

# Neighbors



## 100+ Women Who Care supports Saving Amy

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Homelessness is a growing crisis in Maricopa County, with 9,642 individuals experiencing homelessness on any given night in the county, according to the 2023 Point-in-Time Count Report.

This staggering statistic highlights the urgent need for effective solutions to help families and individuals break the cycle of homelessness and organizations like Saving Amy are stepping in to offer hope, empowerment, and tangible support to those in need.

Saving Amy was founded by Jennifer Kiernan, a woman with a deep passion for helping others.

While volunteering at a homeless shelter, Jennifer noticed that many families who left the shelter, after working hard to improve their circumstances, often found themselves falling back



The Scottsdale chapter of 100+ Women Who Care of the Valley of the Sun donated \$17,500 to Saving Amy, a nonprofit that helps homeless families. Saving Amy founder Jennifer Kiernan, second from the right, accepts the check from 100+ Women representatives, from left, Kim Tarnopolski, Preeti Kamat and Libby Murphy. *(Special to the Progress)*

into homelessness or becoming stuck in poverty.

Through her interaction with a woman named Amy, she formed Saving Amy, whose mission is to empower individuals and families transitioning out of homelessness by transforming their lives through mentoring, teaching life skills, promoting educational advancement, and fostering financial stability through employment.

Saving Amy takes a holistic approach to helping those in need to rebuild their lives through emotional healing, educational opportunities, and career development so they do not fall back into homelessness.

It operates five core programs that are essential in helping families and individuals achieve long-term success and stability.

The Empowerment Through Therapy

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program provides trauma-informed help to families to cope with their past experiences and build the emotional resilience needed to navigate life's challenges.

Rise Up helps families transition into permanent housing by providing essential items such as furniture, kitchen supplies, and bedding, all the way to covering their first and last month's rent.

It helps families move into neighborhoods with access to A+ schools and better employment opportunities. This shift significantly improves their quality of life.

Homelessness affects children in profound ways and the Kids Go program offers a year-round mentoring and tutoring program. Local high school students serve as positive role models and tutors for younger children, helping them improve their grades, develop a love for school, and manage their emotions in healthy ways.

In addition to academic support, the program includes fun activities such as bowling and ice skating, giving children a chance to enjoy their childhood without the constant worry about their family's housing or financial situation.

The Rolling Forward program provides donated cars to families to help them to commute to work, school, and other essential places, increasing their access to better job opportunities and stable neighborhoods.

The THRIVE program equips families with essential life skills, offering classes on budgeting and financial planning, parenting, computer literacy, and career goal setting.

One of the key factors behind Saving Amy's success is the strong sense of community it fosters.

Every family that Saving Amy supports is paired with a Journey Partner Mentor, a volunteer who walks alongside them throughout their journey providing guidance, support, and encouragement. This mentorship helps families stay on track and remain committed to their goals.

Saving Amy also works with over 300 volunteers and 47 community partners to provide a wide range of services. The sense of belonging and the relationships built within this community are instrumental in helping families main-

tain stability and avoid falling back into homelessness.

All the the families that have participated in Saving Amy's programs have successfully transitioned into stable housing.

In August, shared the mission of Saving Amy with her 100+ Women Who Care Valley of the Sun group in Scottsdale. The members were moved by her presentation and selected the charity to receive their quarterly donation of \$17,500 to support the nonprofit's programs.

"We are incredibly grateful to partner with 100+ Women Who Care Valley of the Sun," Kiernan said. "Their support is vital to our 100% success rate, ensuring that all Saving Amy families continue living in their homes and become contributing members of society."

"Their support enables us to continue our holistic approach via our five core programs, which are truly life-changing and play a vital role in resolving homelessness."

100+ Women Who Care Valley of the Sun meets quarterly to learn about local nonprofits, then votes on which organization will receive their quarterly donation. Each member donates \$100 to the chosen charity. In one hour, over \$10,000 is donated to a local nonprofit.

The chapter has donated over \$1.3 million to local charities since its inception. To learn more or to register for their upcoming giving circle on October 30, visit [100wwcvalleyofthesun.org](http://100wwcvalleyofthesun.org). Guests are welcome.

To learn more about Saving Amy, visit [savingamy.org](http://savingamy.org). 🐾

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