

Programs and Services include:

At Cornerstone, women can access a variety of programs and services that help them build the life they want, including:

- **Basic Needs:** Providing the necessities, including nutritious food, personal hygiene products, and a place to stay, so women always have somewhere to go.
- **Case Management:** Preparing individual plans for each woman as she moves forward to reach her full potential.
- **Goal Planning:** Empowering women to dream big – and guiding them as they plan to make those dreams happen.
- **Housing Search:** Getting women into housing that fits their needs and their budget, so they can live independently.
- **Referrals:** Connecting women with the local resources they need to gain independence and stability.
- **Recreational, Mental Health & Spiritual Supports:** Healing women's hearts, minds, and souls.
- **Safety Planning:** Enabling women to leave unsafe situations, such as abuse, for good.
- **Substance Use and Harm Reduction Supports:** Standing with women through the lifelong process of overcoming and managing their substance use disorders.
- **Rent-Geared-To-Income:** Providing secure housing that women can afford, no matter how much they make at work.