



REBUILD

REBUILD is a voluntary program offered by RHA to assist participants in setting and reaching short-term and long-term goals to become self-sufficient. Participants will work closely with a program coach and specialist who will provide direct services and assistance, service coordination and case management through two, eight-week sessions and beyond.

ReStart (ReBuild I) Empowerment & Life Skills:

- Personal Empowerment & Team Building
- Self-Respect & Soft Skills
- Stress & Wellness
- Establishing Boundaries & Relationships
- Anger & Conflict Management
- Life Skills & Skill Building

ReThink (ReBuild II) Workforce Readiness, Networking & Professional Development:

- Time Management
- Workforce Readiness & Education
- Career Exploration & Advancement
- Professional Networking & Development
- Financial Readiness
- Community Collaboration & Leadership

For more information, please contact the:

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