

# LIFT UP Atlanta

invites you to participate in these programs in 2015.

We are looking for volunteers or donors to help the homeless, unemployed or low income, underserved of Atlanta.

Contact Us:

(678) 245-4622

liftupatlanta@yahoo.com

www.liftupatlanta.org

## CAREER WORKSHOPS

Assist with resumé building, interview skills, dress for success, & job coaching

## COMPUTER TRAINING

Teach the basics, e-mail, and Microsoft Office

## GED TUTORING

Tutor in the following subjects: math, language arts, science, and social studies followed by practice tests

## Women's EMPOWERMENT PROGRAM

Provide one-on-one mentoring and lead women's empowerment workshops

## Clothing CLOSET

Donate clothing, shoes, accessories, household goods and furniture

## backpack & School Supplies

Provide new backpacks and school supplies for needy children

## Bless the Homeless

Distribute coats, warm wear, and clothing to homeless men, women, and children

## Summer Lunch Program for needy children

Provide and distribute snacks, juice and water

## COATS PLUS DRIVE

Provide coats, jackets, sweaters, gloves, caps, new socks, scarves, and any items to keep warm

## THANKSGIVING FOOD DRIVE

Donate food for meals for 300 needy families or act as drop-off location for donations\*

## CHRISTMAS TOY DRIVE

Donate and distribute toys, gift cards, and money to 500 children or act as drop-off location for donations\*

\*LIFT UP Atlanta will provide boxes and flyers.