

ON THE R!SE NEWS! AUGUST 2023



WELCOME

The Twin Cities R!SE team wants to stay connected with you! You'll receive this newsletter monthly with current events, fun tips, class updates, empowerment reminders, and MORE!



Empowerment at the Capitol

Our leadership team (Jacquelyn, Alex, and Emma) and Senator Bobby Joe Champion were smiling big! They were celebrating the signing of the One MN Budget at the capitol building.

Twin Cities R!SE received TWO appropriations in this budget bill:

- Pay For Performance funding which TCR pioneered in 1997
- A brand new appropriation for our Empowerment Institute which allows TCR to expand the personal empowerment training to more youth and to other areas of the state

Empowerment Moment: Affirmations

"I'd like to share briefly about the connection between **Affirmations** & **Optimism**. We go in-depth about **Affirmations** during our Empowerment training but don't always talk about the by-product of those **Affirmations**. When we affirm ourselves, **Optimism** comes to the surface and serves as fuel to keep us moving forward in our journey. So, keep those **Affirmations** coming!"

"TODAY IS A BRAND
NEW DAY.
I CHOOSE TO BE
OPTIMISTIC!"

EMPOWERMENT MOMENT



Rick Thomas
Sr. Empowerment Institute
Training Manager

TWIN CITIES R!SE

Partnership Corner

We love our colleagues at Northside Achievement Zone! This summer, TCR and NAZ staff completed the Personal Empowerment training together. Our team also had a BLAST celebrating with our spectacular partners at the NAZ Soar North Gala!

We are so grateful for our partnership in EMPOWERING community members to reach their full potential.



TWIN CITIES R!SE

"Personal Empowerment has helped me love myself, understand my worth and become a better mother."



LUMINARY LEADER AT TCR

Kristin Mitchell

Front Desk Outreach Administrator



"A TCR alum called and seemed very discouraged in her ability to update her own resume."

"I found myself going into Empowerment Mode! I immediately began to encourage her that she could do it and provided tools so she would feel confident in her ability to update her own resume. By the end of the call, I could hear her confidence and she said "yes, I can do this!" That made my day!"

Christine Rasmussen

TCR Alum and Intern

"I had an employment gap of 20 years... I just accepted a position at Planned Parenthood. My internship at TCR gave me confidence."

What does TCR mean to you?

"Oh my goodness... so much! I did not know I could have this much confidence in myself and my abilities. I am finally proud of who I am. My experiences as a participant and then an intern were integral to where I am in my journey."

"The TCR staff, my fellow participants, and my internship forever changed me. I have learned so much this past year about myself and about how good it can feel to work in a place that values its employees and cares so much about the people they are serving."

RISER IN THE
SPOTLIGHT

TWIN
CITIES R!SE

How has Personal Empowerment impacted you?

"I no longer say "I am just a ____." I recognize my strengths and I am working on my insecurities. If something in my life seems daunting, I am better able to navigate why I feel that way and use the skills I learned in Empowerment to achieve my goal. I am a much more positive person, and I seem to be able to handle stress better."



TWIN
CITIES R!SE

UPCOMING CLASSES

[VIEW FLYERS](#)

APPLY NOW



FACILITIES MAINTENANCE SPECIALIST October 23rd 2023

Enrollment Deadline: August 2nd, 2023

Monday-Friday 9:00 am-1:30 pm

[APPLY NOW](#)



MY ROAD TO SUCCESS August 21st, 2023

Enrollment Deadline: August 16th, 2023

Monday-Thursday 1:00 pm- 3:00 pm
Evening class coming September 18th

[APPLY NOW](#)



CUSTOMER SERVICE October 2nd, 2023

Enrollment Deadline: September 27th

Monday-Thursday 1:00 pm-3:30 pm

[APPLY NOW](#)

TWIN
CITIES **R!SE**

PAID DIESEL TECH TRAINING: 9/11/23

APPLY NOW



MON-FRI 3:00-7:30PM

Attention Ramsey County residents ages 18-30! Are you looking for a high-paying hands-on career?

Our hybrid Diesel Technician training program kicks off 9/11/23!

ENROLL TODAY as space is very limited.



ELIGIBILITY

- Ramsey County resident
- 18-30 years old
- Willing/able to work FULL-TIME
- Felonies & misdemeanors - case by case review
- Eligibility depends on income
- HS Diploma or GED
- Have a valid Driver's License or the ability to obtain one
- Ability to pass a general physical exam



DETAILS

- Hybrid training at St. Paul College
- OSHA 10 Certification
- Diesel/Commercial Inspection Certification Prep
- Diesel Tech Fundamentals
- Steering & Suspension
- Fuel Systems
- Breaks & Chassis
- Engine Troubleshooting
- Mechanical Repair and MORE!



LEARN AND EARN UP TO \$4,800!
DIESEL TECHNICIAN AVERAGE PAY: \$23-\$30/HOUR

TWIN
CITIES **R!SE**

Come out and join us at various community events and help us spread the work of Twin Cities R!SE



Volunteer

Twin Cities R!SE relies on the tremendous dedication of our volunteers in every aspect of our operations – we could not function without YOU!



GET INVOLVED!

Volunteer and Employer Engagements:

Interested in engaging with TCR further? Become a volunteer to assist in mock interviews, in-class assistants, mentorships, or HR Spotlights to highlight your hiring needs!

Your time and support can make a world of difference to someone who is eager to learn and grow. Together, we can build a stronger, more resilient community - one person at a time.

Volunteer

TWIN
CITIES R!SE

ST PAUL

COMMUNITY INFO SESSION

Ready for a change in life? A fresh start
in your career? Drop in to learn about our FREE
career development and empowerment trainings!



Thursday, Aug 10th 5-7PM



Twin Cities Habitat for Humanity
1954 University Ave W.

RAFFLES!

\$50 gift card

\$100 gift card



Refreshments provided
ALL are welcome to drop in



**Get enrolled in our PAID Diesel
Technician training program!**

TWIN
CITIES **R!SE**



SCAN ME



EVENTS!

Event Details

Work Wednesday

Wednesday, August 2, 2023 Add to Calendar

1:00PM – 3:00PM

Minneapolis Central

Description

Looking for a new job with a future? Drop by on Work Wednesdays to meet with representatives from local nonprofit organizations and agencies that prepare people for meaningful careers. Learn about free training programs for in-demand jobs, job search support, and other services for job seekers. Schedule subject to change.

- August 2: EMERGE, Hired, Twin Cities R!SE
- August 9: Avivo, Goodwill-Easter Seals of MN
- August 16: CareerForce, Hired, Twin Cities R!SE
- August 23: EMERGE, Goodwill-Easter Seals of MN

Suitable for: Adults
Seniors

Type: Jobs, Business, Money, Law

Language: English

Additional Details: The Commons

Share

Permalink

Our team offers info sessions and on-site program enrollment support at CENTRAL LIBRARY the 1st and 3rd Wednesday of each month.

More Info

TWIN
CITIES **R!SE**

R!SE TO THE OCCASION GALA

30TH Anniversary

EVENTS!



As Twin Cities R!SE continues transforming lives through meaningful employment and personal empowerment, your support means everything! You'll enjoy a reception, dinner, and program highlighting how your support has impacted the lives of so many over the past 30 years! We will honor Marilyn and Steve Rothschild for their tireless commitment to TCR from its inception to present day.

[TICKETS](#)

Thank you for reading,
send us your TCR
Stories HERE!

APPLY NOW

REFER A FRIEND

VOLUNTEER