Together We **Thrive**

At Lifetrack, our vision is that all families in Minnesota are empowered to reach their full potential. We believe that when this happens, our communities benefit – it makes for improved health, happiness and opportunity all around.

Many people have networks of support they need through their families, schools, employers, community organizations and friends. But some people have very few of these connections. **That’s where Lifetrack steps in – to be a web of support so that families gain tools and build resilience to power through life’s challenges.**

Together, we change lives. Together, we help put an end to disparities in our community.

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**OUR MISSION**

To strengthen the resiliency in families experiencing the greatest disparities in education, health, employment, and income.

Visit us online at www.lifetrack-mn.org.
Together, we offer building blocks for learning and tools for overcoming crisis.

"Working with the therapists and staff at Lifetrack, they just overcame all their hurdles... Lifetrack has been right in my corner."
Jackie, Lifetrack Parent

In our Families Together Program, families are often challenged by generational poverty and the barriers that arise from that: homelessness, mental illness, domestic violence, trauma, etc. When children spend their early years in communities and homes where life is full of unexpected changes or crises -- the chronic stress they feel can wreak havoc on a child’s ability to learn.

That’s why Lifetrack’s Home Visiting and Therapeutic Preschool are so effective -- we offer parenting support and preschool along with on-site mental health, speech/language, and occupational therapy, so that families have access to the tools to thrive.

When parents get support to create stable, nurturing home environments, their children’s stress levels decrease, they gain emotional stability, and their resilience rockets.

THE IMPACT
The numbers behind how we helped families in 2016...

- 96% of our preschoolers graduated meeting age-appropriate developmental milestones.
- 114 children were given tools and support to prepare for kindergarten.
- 458 parents, children, and caregivers received support to break cycles of crisis and trauma through therapy, parenting education, and connections to resources.
Together, we help kids develop language skills and confidence. We help families find resources and community.

For families with kids who are deaf or hard of hearing, Lifetrack offers unbiased parent support, connections to the deaf and hard of hearing community, instruction in American Sign Language and the opportunity to develop relationships with successful Deaf or Hard of Hearing Role Models.

“Now that she has ASL, she OWNS it. She knows who she is and she’s FIVE.”
Michelle, Lifetrack Parent

THE IMPACT
The numbers behind how we helped families in 2016...

1,673 families with kids who are deaf or hard of hearing were connected to community, resources, role models, and language instruction.

85% of families felt their child’s quality of life had improved as a result of participating in the Deaf Mentor Family Program.
Together, we expand educational horizons and open doors to meaningful career opportunities.

“Lifetrack walked next to my family so we could find our way in America. The support I have gotten from Lifetrack is something I will never forget.”

Peace, Lifetrack Employment Participant, and her two daughters

Lifetrack works with people with disabilities, immigrants and refugees, and people experiencing poverty to launch and develop careers.

Minnesota has some of the highest racial disparities in unemployment and poverty rates in the nation. While 78% of white adults are employed, the same is true for just 45% of American-born black, 63% of black immigrants/refugees, and 64% of Southeast Asian adults. The unemployment rate of people with disabilities in Minnesota is the second highest in the nation at 47%.

Through career exploration, training, placement, and coaching, Lifetrack helps reduce these disparities. We help people develop the skills and knowledge to overcome barriers, find meaningful work, and move from poverty to self-sufficiency.

THE IMPACT

The numbers behind how we opened doors for in jobseekers 2016...

Participants started their new jobs at an average wage of $13.18 up from $11.03 the previous year.

1,412 jobseekers served 792 people learned new skills & insights through financial literacy training

$13.18

173 people advance in their jobs over a 12-month period.

72% of participants stayed in the job they were hired in for at least 12 months.
“Lifetrack is bigger than the individuals they directly help. They are lifting up one person and that person is going out and helping others. This is exactly what they gave me the ability to do. The impact is exponential.”

Lynda, Lifetrack Employment Participant

Thank you for being a part of the Lifetrack community!

Together, we change lives and make our community stronger. You make this work possible! Take action today to help us reach more families in Minnesota.

Make a gift. Volunteer. Learn more. Contact us.

Lifetrack-mn.org • /lifetrackmn • @lifetrackmn • company/59860

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Interested in volunteering? Contact us at Volunteer@Lifetrack-MN.org

Lifetrack is an accredited and certified nonprofit organization participating with key organizations and supported by the United Way.