



Xavier Mission is a 501(c)(3) non-profit organization founded by the Church of St. Francis Xavier. We continue our long tradition of service to the community through our five outreach programs: a soup kitchen, food pantry, shelter, clothing room, and the Life-Skills Training & Empowerment Program.

Life-Skills Training & Empowerment Program

Finding a Path to a New Future

L-STEP Mission Statement

The Life-Skills Training & Empowerment Program (L-STEP) empowers individuals who have experienced homelessness to create a new path toward a more successful future.

During the 13-week program, you will become part of a small community of men and women, forming bonds of trust and belonging. You will attend inspirational workshops that will help you set goals, make a plan to achieve your goals, and develop the skills for success. You will have the support of your peers, as well as a mentor who will journey with you throughout the program. You will meet and connect with people and organizations that can help you move further along your chosen path.

When you graduate, you will be ready to take hold of your future!



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Life-Skills Training & Empowerment Program (L-STEP)

Do you want to change the course of your life?

Do you want your voice to be heard?

Do you want to discover yourself and experience community?

L-STEP can give you the tools and support to achieve your goals and find a path to a new future!

Purpose:

L-STEP is a support system. In a safe, trusting environment, you are empowered to share your story with others who have similar experiences, and to learn from your past so that you can create a new and different future for yourself.

L-STEP is a pathfinder. We work with you to decide where you want to go and how to get there. We connect you with positive people and specialized programs that will help you achieve your goals.

L-STEP is an advocate. By sharing your story at graduation, you educate others about the reality of homelessness and the needs of those who face serious obstacles in life. You are also invited to become a spokesperson and speak to different groups and elected officials about your experiences.



Key Elements:

There are 4 key elements to L-STEP:

1. LIFE-SKILLS WORKSHOPS:

Guest speakers lead discussions on life-skills topics including goal-setting, personal empowerment, employment, money management, conflict resolution, and education.

2. POSITIVE SUPPORT SYSTEM:

In addition to the community of the group, you will meet one-on-one with a mentor throughout the program to set short and long-term goals and to make the plan to achieve those goals, and you will work with the support service coordinator to address any issues that are creating roadblocks to your success.

3. STEPPING STONES AND GRADUATION:

You will share your personal story as a means of healing, and as a way to identify key moments in your life that will affect your decisions and goals for the future. You will also learn how to turn your experiences into a compelling story that you will share with an audience of family, friends, and community members at graduation.

4. BUILDING BRIDGES:

You will have the opportunity to connect with people and to other organizations and programs that will assist you in achieving the goals you set for yourself.

Benefits of Participation in L-STEP:

- Join a community of people who can relate to your life experiences
- Develop a support system based on trust and respect, with no judgments
- Feel safe in a sacred space
- Discover and learn about yourself
- Obtain valuable, marketable skills
- Learn how to set realistic goals and take steps to achieving them
- Get connected with resources
- Give back to the community

You will also share a home-cooked meal each night and receive a stipend and MetroCard for each session you attend.



You belong at L-STEP!

Requirements for Participation:

- Desire to make a change in your life!
- Willingness to make the effort to set and achieve your goals
- Clean and sober for at least six months
- The ability to stay focused and attentive during a two-hour session
- Be comfortable sharing your personal story and experiences with a group
- Respect for other people's stories and experiences
- In a transitional state of homelessness (i.e. in the process of finding housing while living in a temporary situation such as a shelter or SRO)
- Referred by a case worker or other professional familiar your situation and background
- 21 years old or older
- Not in an intimate relationship with another participant

Track Record of Success:

"L-STEP is powerful...it brings you a whole lot of hope...it helped me change. When you come here, you are a big family. You come not knowing anybody and leave with friends." -D

"L-STEP helped me realize that whatever situation I am in is a stepping stone to a higher horizon where I am meant to be. That which I seek I am." -A