



30 Years of PA Women Work



PA Women Work is proud to celebrate our 30th year of empowering women to achieve success.

Join us this year, as we share stories from women in our community whose lives have been changed through their involvement in PA Women Work. Together, let's celebrate 30 years of resilience; 30 years of community; 30 years of women helping women.

Together, let's celebrate 30 years of Pennsylvania Women Work.

Thought Leadership Blog

Join us for 'Next Level Career Development'

In partnership with DDI



For anyone looking to advance in their careers and learn new skills, Pennsylvania Women Work will host **Next Level Career Development** in partnership with DDI on April 15 and 29 from 9 a.m.- 4:30 p.m.

"This class is a unique opportunity to build professional skills in communications, collaboration, and confidence in the workplace. This session is based on the curriculum and expertise of DDI, a renowned global leadership development consulting firm," said Liz Gryger, PA Women Work's Manager of Participant Learning and Development.

During this FREE two-day course, working professionals, job-seekers, and those seeking career advancement, will learn to communicate more effectively with colleagues and customers, effectively deliver and receive feedback, navigate conflict, project confidence, and overcome workplace setbacks.



It's never too late to achieve your goals. Darcie Orr, Manager, Procurement, Duquesne Light Company, shares her personal story, along with some tips on going back to school, in this month's [thought leader blog](#).

Save the date!



We are excited to announce PA Women Work's new spring event **Working 9-to-5 Bingo!** Join us on May 11 from 7-9:30 p.m. at the Maverick Hotel in honor of the trailblazing women in the 1970s who started the work we continue today. Mark your calendars and join us for our 1970s themed Bingo including drinks, appetizers, music, and of course, PRIZES. **Tickets go on sale March 29!**

Annual Report

"This opportunity is not just for those currently looking for a job. The course material is also relevant to anyone looking to grow their career professionally, freshen up their communications skills, and practice new ways to collaborate and work with colleagues, employees and customers," said Liz.

Current clients, volunteers, mentors, and the general public are welcome to register for this free two-day class. [For more information or to register, click here.](#)

Make a small monthly commitment that creates long-lasting change



Last year, the generosity of our [Coffee Club](#) members helped make 154 mentorships possible and 154 futures brighter. Join The Coffee Club and help increase the impact in 2023!

"I am constantly amazed and inspired by our clients' stories, their determination and their drive. I urge you to join me as a recurring donor; every woman deserves to find meaningful work and achieve self-sufficiency," said Nicole King-Yohe, member of The Coffee Club.

Nearly 80% of 3 Cups of Coffee participants find jobs after completing the program. When you give just \$5, \$10, or \$25 a month, you will help provide a job-seeking woman access to a career mentor and new professional opportunities.

[Join the club and start making an impact today.](#) **During the month of March, if 25 individuals sign up as monthly givers or increase their current monthly gift, a supportive ally of our mission will provide an additional \$5,000.**

Thanks for joining us!
3 Cups of Coffee Meet & Mingle Breakfast



The 2021-2022 fiscal year was full of transitions, reflection and planning. We are proud to acknowledge this year's accomplishments that were made possible with support from our clients, donors, volunteers, and supporters.

We invite you to learn more about our programs, events, and partnerships in our [2021-2022 Annual Report](#).

Advocate for New Choices!



New Choices is PA Women Work's flagship program that supports job-seekers on their path to meaningful employment. **For over 30 years, we have helped over 70,000 job seekers** with career development, coaching, employer connections, and more.

This program is funded through a line item in the state budget. Each year, we work to ensure our legislators know the impact of New Choices. Please help us ensure this critical program remains available to those unemployed and under-employed.

You can help by contacting your local legislator. [Reach](#)



Our hearts are full of gratitude. On March 1, 2023, we hosted our first-ever 3 Cups of Coffee Meet & Mingle Breakfast at the LeMont Restaurant.

More than 80 women joined us to celebrate the power of mentorship through networking, conversation, and inspirational testimonials and stories. The event began with coffee and mingling, and was followed by lively table discussions led by some of our incredible volunteers.

We left the event feeling energized and inspired. Thank you to everyone who joined us!

A happy, successful mama: *Francesca's story*



Francesca was new to the United States. She and her husband moved to Pittsburgh from Italy for her husband's career. Francesca put her professional life on hold while they started their family.

After giving birth to her son, she felt isolated and lonely. She loved her son but didn't want to leave her career behind. She found out she was pregnant with their daughter, but decided it was time to begin her job search with hopes to line up a job following her maternity leave.

"I knew I wanted to go back to work. It was very hard for me being a stay-at-home mom. I was very lonely," Francesca remembered. "I started applying for jobs but wasn't hearing back. I didn't know what I was doing wrong."

[out to Abby Swalga to learn more!](#)

Strategic Plan

Last summer, PA Women Work convened a Strategic Planning Committee consisting of staff and Board members to develop the strategic plan for 2022-2024. [You can view a summary of the strategic plan and take a look at our key focus areas here.](#)

Upcoming classes



New Choices

Virtual

March 20-24, M-F, 6-8:45 p.m.

April 24-28, M-F, 6-8:45 p.m.

In-Person

April 10-14, M-F

Dormont Public Library

M/TH/F, 9:30 a.m. - 2 p.m.

T/W, 12 - 4:30 p.m.

May 8-12, M-F

Crafton Public Library

10 a.m.-2:30 p.m.

Career Kick-Start

May 19

Frank Sarris Public Library

Canonsburg, PA 15317

10 a.m. - 4 p.m.

Next Level Career

Development

April 15 and 29

DDI, Bridgeville, PA 15017

9 a.m. - 4:30 p.m.

Client Support Services

A friend told Francesca about PA Women Work. After refreshing her base-level career development skills in New Choices, Francesca signed up for 3 Cups of Coffee and was connected to volunteer mentor, Samantha Caruthers.

After working together on her resume, doing mock interviewing, and a few helpful discussions, Francesca obtained a job within her field. "I'm happy to have this job. It's such a great starting point for me, and I can use my experience and knowledge," Francesca said.

Ultimately, she is grateful for the allies and friends she met through her experience at PA Women Work. "During New Choices, I shared my experience with other women like me, going through the same things. And during 3 Cups of Coffee, Samantha was kind, open-minded, and so helpful," Francesca shared. "I believe my kids need a mother that is happy and satisfied, and I feel grateful to be where I'm at today."

Thank you to our 3 Cups of Coffee funders for making stories like Francesca's possible: Arconic Foundation | American Eagle Outfitters Foundation | FedEx Ground | J. Jill Compassion Fund | Jack Buncher Foundation | CNX Foundation | Snee-Reinhardt Charitable Foundation

Volunteer Spotlight: *Maple Chen*



A Pittsburgh native, Maple Chen, Manager of Omni Business Strategies at Aerie, was eager to give back to the city that she loves. After graduating from college in 2017, she went to work for American Eagle Outfitters (AEO).

Last year, Maple learned that AEO was a strong supporter of PA Women Work through volunteerism and grant funding. She was inspired to get involved

after learning more about the organization. "This is an organization I want to be a part of," she thought. Shortly after, Maple signed up as a volunteer mentor through the 3 Cups of Coffee program. "My involvement in the program helps me strengthen the community I am trying to build in the city."

Maple recognizes the importance of support and mentorship during all phases of a professional career, and feels she can offer mentees guidance based on her experiences and cheer them on as they move ahead with their goals. "It's nice to get other's perspectives at

Already a current or former PA Women Work client? You're eligible to [participate in the following virtual workshops](#) to help continue on your path to success.

A Closer Look: LinkedIn
March 21, 10 - 11:30 a.m.

Career Pathways: Healthcare
March 22, 9 - 11 a.m.

Gathering Place
March 23, 7 - 8 p.m.

Thank you, funders!

Thank you to our generous funders at **EQT Foundation** for supporting our Career-Kick Start program – a one-day deep dive into important preparations for successfully navigating the job market. EQT's generosity allows us to bring critical career services to working women and job-seekers in our region!

different stages in your life and career," said Maple. "With my most recent mentee, we learned a lot from each other."

Additionally, she sees her participation in 3 Cups of Coffee as an opportunity to meet more working women and grow as a professional, herself. "Give 3 Cups of Coffee a try, it's nice to expand your professional network," said Maple.

*Thank you to Maple for her continued volunteerism, and a special thank you to the **AEO Foundation** for their support of our 3 Cups of Coffee GRAD program.*

Job Training Provider Fair Recap



Our region has many employment training programs available for those looking to grow their career. Our January Job Training Provider Fair at the UPMC

Neighborhood Health Center brought together 14 community partners to share information on local paid training, apprenticeship and educational opportunities. More than 50 people networked with local organizations, learned more about PA Women Work's programs and mission and received free professional headshots.

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