

Most incarcerated women have been abused, by a family member or domestic partner.

Often combined with later substance abuse and addiction, a downward spiral can end in poor choices and incarceration.

Yet if offered access to housing and life skills training, **83% of these women do not re-offend.**

The **YWCA's Transitional Services** provide a secure foundation of opportunity for women transitioning from at-risk situations to develop new life skills and rebuild lives of hope and independence.



“The YWCA helped me get back on my feet so I can concentrate on my goals.”

— Zena,
on her experience with the YWCA's Transitional Services

transitional opportunities project (TOP)

The Transitional Opportunities Project (TOP) offers a safe, residential opportunity for women in transition from incarceration to build stable, healthy lives.

The program provides a female-specific environment for success-building that includes skills development, financial independence, housing stability, and family reunification.

TOP is designed to address the long-term impact of childhood abuse, sexual assault and domestic violence on the ability of individual women to avoid substance abuse and criminality.

transitional housing

Transitional Housing helps women and families in need achieve independence and housing stability. The program offers twenty units of affordable housing where residents may live for up to two years.

Residents become self-reliant and able to accomplish goals with the help of skills-building classes in trauma management, money matters, and rental readiness.



zena's story

Zena is in school full-time with a 4.0 GPA on her way to becoming a dental hygienist.

After being released from prison, she says that having a place to call her own at the YWCA's Transitional Opportunities Project made a big difference. She has beaten addiction and transformed her life.

"At the YWCA you just have to take one step forward and someone's there to take two or three steps behind you. So it's in the effort, and how bad you really want your life back, and how you want it back."

energy assistance

Energy Assistance helps those in need in our community — especially seniors, the disabled, and families with children under six — secure emergency payments for the electricity, gas, water, and oil they need to stay safe in their homes.

The YWCA is contracted with Multnomah County and utility funds to offer shut-off prevention help at crucial times of the year.

Energy Assistance also provides educational outreach throughout the community on conservation, payment alternatives and assistance available through the YWCA.

"Now I'm okay in my skin, and it's actually beautiful because I don't need anyone else to validate who I am within myself."

Zena is reconnecting with her kids and family as a new woman. "I'm so grateful for my journey. Because I found me."

The YWCA of Greater Portland provides life-changing social services for women, children and families from all walks and phases of life, guiding them through three stages of empowerment: Safety, Opportunity, and Independence.

Our comprehensive programs create positive impact in the community by encompassing four key service areas. In addition to Transitional Services, we provide Domestic Violence Services, Youth Services, and Senior Services.

