



HELPING WOMEN FIND POSITIVITY,
COMMUNITY & HOPE SINCE 2018

VOLENTEER WELCOME GUIDE



Celebrating and Supporting Women since 2018

Uplifting Women is a 501c3 organization that exists to help women find positivity, community & hope primarily through financial support & community building events.

Officially founded in 2021 by Kara Ames, this non-profit organization was established in order to further accelerate the passion and drive our community has for empowering women through a larger means.

Our mission is simply to facilitate in building a tight knit community of women that have the shared desire to improve the lives of other women.

We strive to empower women, especially those in crisis through acts of kindness, community, financial relief & education because we believe we are better together!

In just 4 short years,
Uplifting Women has raised and donated nearly \$60,000
to women in crisis through the following :

*Mother's Day Bereavement Project,
Women's Non-Traditional Scholarship Fund,
VFW Ladies Auxiliary, Project Restore, Lady Scouts,
Stray Haven, Hair Peace Charities, Hurricane Hellen Victims,
Mercer County Food Bank, Children's Aid Society,
Local Girls Enrichment Programs, Warrior in Her,
Mercer County Feminine Hygiene Project,
Local Women in Medical Crisis (Cancer, Abuse & Accident),
Building of Hope and many more.

WELCOME FROM THE FOUNDER & EXECUTIVE DIRECTOR

Hi, I'm Kara and I am so glad your here!

If we've ever met you probably know how passionate I am about community among women. I am energetic, enthusiastic and a girls' girl through and through. I wear a lot of different professional hats but my favorite will always be encouraging and uplifting other women.

I founded this organization with the help of friends & family to bring a sense of community to women & to help those in crisis feel seen and maybe a little less alone.

As a part of our organization, you won't just be offering your time, you'll be serving local women, promoting community & impacting this area for generations to come. Your insights, your leadership, and your heart will help ensure that this mission grows with integrity, intention, and impact that all women deserve.

I am so honored to walk this journey with you.

With love & gratitude,

Kara Ames

Founders & Executive Director of Uplifting Women.



VOLUNTEER ROLES

BOARD OF DIRECTORS

Board Members should be upstanding members of society who can add value to the organization & conduct themselves in a professional manner. The Board of directors has full and final authority over the affairs of the organization. Responsibilities include (but are not limited to) voting on yearly agenda, bylaws, budgets, salaries, projects, allocating grant funds over the amount of \$1,000 & monitoring general progress and goals throughout the year. They will be encouraged to participate in a minimum of one community event during the year and to assist with fundraising where possible. Meetings will be held quarterly on the 2nd Wednesday of January, April, July & October unless otherwise specified or circumstances do not allow. Board Members may assume the role of general members, Executive Director or Standing Executive Committee members. Upon approval of a board position, all members are required to read "Board Member Orientation" and sign a code of conduct agreement.

Anticipated time commitment : less than 1 hour/month

STANDING EXECUTIVE COMMITTEE

This branch is the heart of the organization. They are responsible for project planning and development, fundraising, volunteering, goal setting and community relations. Any Lifetime Member is eligible to apply to join the Standing Executive Committee. In-person meetings will be held 2nd Tuesday of every month.

Anticipated time commitment - average of 6 hr/month

COMMUNITY MEMBERS

Community Members are members of the community who would like to be a part of the organization on a no-commitment basis. They will be first point of contact when volunteer opportunities become available. They will have priority when considered for micro grants. Yearly fees are \$30 per member or \$100 Lifetime Membership. Yearly dues sponsorship is available for members who actively serve in volunteer roles 10+hours/yr. Members are welcome to voice concerns and suggestions at the annual Community Members meeting but do not have voting rights. They may be "poled" on certain concerns. Community Membership will be open to submit applications from February 1st through April 1st. Membership will be approved by Standing Executive Committee at their April meeting. First community meeting will take place 1/10/2026 and will be open to any women interested in joining

BOARD ROLES & RESPONSIBILITIES

President:

- Oversees board meetings
- Ensures the board fulfills its governance duties

Vice President:

- Supports the President and leads committees as needed
- Steps in to facilitate meetings or initiatives when the President is unavailable

Treasurer:

- Reviews financial statements and budget reports
- Ensures fiscal health and legal compliance

Secretary:

- Records and distributes meeting minutes
- Maintains governance records

Chairpersons:

- Participate in board votes and strategic discussions
- Serve on a committee
- Support the board in furthering our mission
- Take on additional responsibilities as the organization grows

Executive Director:

- Responsible for day-to-day workings of the organization
- Reports to the board and oversees the standing Executive Committee
- Representing the organization as the face of the program

*All board positions are a 3 year term with option to renew. Executive Director position is permanent unless otherwise decided by them or the board



— ✕ — Funding our Mission — ✕ —

**Uplifting Women is primarily funded by our flagship event,
Ladies Night Out.
an evening for women to come together.**

A one of a kind event, promoting community while raising money for various local organizations has made this event a sell out every year. **350 local women attendees** purchase tickets in advance by tables giving them a chance to reach out to friends and acquaintances to invite them to their table. Once their table is full, the conversation continues while attendees plan table decorations and dress up along with the theme for the year. Most of these relationships continue throughout the year & would have never been made if it hadn't been for this step & our Ladies Night Out event. This gathering has proven to foster connection, inspiration, and community growth among the women of our area.

The evening of the event, ladies can expect a dinner, drinks & dancing. Games will be played, prizes will be won, photos will be taken & fun will be had by all!

The proceeds from the event & sponsorships will help Uplifting Women support several other local organizations, projects & families. We are dedicated to providing essential resources and empowerment to all women in our community, especially those in crisis!



THANK YOU FOR YOUR INTEREST IN UPLIFTING WOMEN

If you have any questions or would like to further discuss our mission and how you can be a part of it, reach out to and I will be happy to assist!

Kara Ames
upliftingwomennp@gmail.com
724-301-0119



HELPING WOMEN FIND POSITIVITY,
COMMUNITY & HOPE SINCE 2018