



NpowerU

Presented by Love N'spired Inc. 501(c)(3) Non-Profit Organization

Programs & Classes Coming Soon!

About Love N'spired Inc.

Love N'spired Inc. is a nonprofit organization committed to uplifting individuals through empowerment, education, and holistic healing. Our mission is rooted in love, self-worth, and transformation. By completing our programs, participants gain tools for personal growth, emotional wellness, and renewed purpose.

Program & Class Information

- **Interpreters Available:** Spanish & ASL
- **Who Can Join:** At-risk youth, young adults, and adults
- **Class Size:** Small, intimate groups of 5–10 participants
- **Fees:** Sliding scale • Insurance-based • Private pay options

Program Duration:

6-week programs

Class Schedule:

- **Monday – Friday:**
 - Morning Session: 9:30 AM – 11:30 AM
 - Evening Session: 4:30 PM – 6:30 PM
 - **Saturday:** 11:30 AM – 1:30 PM
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Welcome to NpowerU

At NpowerU, your **growth and self-worth** are at the heart of everything we do. We believe in the power of healing, confidence-building, and creating space for your voice to be heard.

Our community is here to walk beside you — through mentorship, workshops, and personalized support. Whether you're navigating past trauma or building a stronger future, NpowerU is your place to feel seen, supported, and empowered.

We emphasize holistic development—offering guidance for both your **mental and physical well-being**, along with tools for resilience, creativity, and career growth.

Upcoming Programs & Classes

Voices Unveiled: Speak & Be Heard Through Music, Poetry & Art

Discover the power of self-expression through creative arts. This class helps you connect with your voice, tell your story, and build confidence through music, poetry, and visual art.

Community Need: Many individuals feel unheard. This program offers a platform for authentic expression and connection.

Participant Reflection Questions:

1. What artistic forms interest you most?
 2. How can creative expression impact your personal growth and community?
 3. Are you interested in performing or showcasing your work?
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Mental Connections Initiative: Navigating Stress & Mental Health

Focuses on managing stress, depression, and emotional well-being. This program offers tools, peer support, and access to resources that promote healing and mental strength.

Community Need: Mental health issues are often under-addressed due to stigma or lack of support. We're here to change that.

Participant Reflection Questions:

1. How do you currently manage stress?
2. What kind of support or resources would help your mental wellness?
3. Are you open to workshops or group support?

Endless Discovery: Exploring Self-Awareness & Purpose

This journey of self-discovery helps individuals identify personal values, set goals, and find clarity. It's about reconnecting with your “why.”

Community Need: Many struggle with identity and purpose. We offer a space to reflect and grow.

Participant Reflection Questions:

1. What do you hope to learn about yourself?
 2. How can greater self-awareness empower you?
 3. What challenges block your personal growth?
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Mentors of Love N'spired: Life & Career Mentorship

Connect with a mentor who understands your journey. Mentorship provides personalized guidance for both personal and professional development.

Community Need: Support from experienced voices can make all the difference in reaching your goals.

Participant Reflection Questions:

1. Would mentorship help your journey?
2. What kind of mentor support would benefit you?
3. How could a mentor help you overcome your current challenges?

Sheltering Hope: Housing Support & Life Skills

For those facing homelessness or housing insecurity, this program provides shelter support, necessities, job prep, and essential life skills.

Community Need: Housing insecurity is rising. We aim to offer immediate help and long-term solutions.

Participant Reflection Questions:

1. Have you or someone you know faced housing challenges?
 2. What resources do you think are most needed?
 3. Would you like to get involved in volunteer or support efforts?
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Youth Empowerment Network

Helping young people build confidence, leadership skills, and community involvement through mentorship and real-world experience.

Community Need: Youth are our future. Empowering them today creates stronger communities tomorrow.

Participant Reflection Questions:

1. What leadership skills do you want to grow?
2. How are you involved in your community?
3. Would you like to be part of youth-led initiatives?

Job Readiness Assistance: Career & Employment Support

Learn job search strategies, interview prep, resume building, and more. Gain the confidence and skills to secure employment and advance your career.

Community Need: Many people face employment barriers. We're here to help bridge the gap.

Participant Reflection Questions:


1. What job-related skills do you need help with?
 2. What job search struggles have you faced?
 3. Are you interested in career-building workshops?
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Final Thoughts

Building healthy self-esteem and healing is a journey, not a destination. Take each step with patience and celebrate your progress. You're not alone—and your journey matters.

Connect With Us

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