



Connect. Inspire. Support

EmpowHERment was founded in 2017 after Ambretta Stephens and her family tragically lost their father to suicide. Grieving and feeling lost, Ambee realized that access to important resources, community support, and having a safe place for women to connect was vital. Therefore, Ambee started EmpowHERment as a Facebook group in order to heal and connect with women in similar circumstances. Consisting of 700 women in the Tampa Bay community, EmpowHERment became a reliable place where they could meet monthly to discuss goals, self-care, healthy relationships, and provide and receive support. EmpowHERment then began meeting at local restaurants and coffee shops to discuss various topics that would empower real-life change. After one year of success and establishing connections, EmpowHERment decided to become a legal 501(c)(3) to provide services and vital resources such as; wraparound services support, career guidance, temporary financial assistance, meal services, empowerment workshops, and opportunities for women to connect and support one another. Today, the EmpowHERment Community Center is a safe place for women to grow together financially, emotionally and physically as we offer workshops for self-sufficiency, co-working space for potential entrepreneurs, a hygiene pantry, support groups, and an advocate program designed for personal and private relief. With two community centers, we look forward to continuing to grow in Tampa Bay.

Our Focus

- ✓ *Women Empowerment*
- ✓ *Wellness and Self-care*
- ✓ *Managing Anxiety and Stress*
- ✓ *Being Your Authentic Self*
- ✓ *EntrepreneuHERish*
- ✓ *Wraparound Services*



2021 IMPACT

717

Women and families served through our support services.

180

Workshops and events hosted

102

Individuals helped with our hygiene pantry



Lives positively transformed