

OUR COMMUNITIES TRANSFORM LIVES.

We are a community of people who believe every human being has the potential to attain self-sufficiency. We envision a country in which people experiencing homelessness can access the tools and resources needed to overcome barriers and achieve their professional and personal goals.



WHAT WE DO

There are approximately 400,000 people residing in shelters and treatment centers across the US — people with goals who want to find jobs and rebuild their lives. Back on My Feet is stepping in to transform the lives of the nearly sixteen out of every 10,000 people finding themselves struggling with homelessness. We believe long-term transformation can happen through the power of community, fitness and essential employment and housing, and we can break the vicious cycle of homelessness.



PHYSICAL FITNESS

A goal-oriented, shared activity that provides the foundation for accountability and achievement.

COMMUNITY

Volunteers act as springboard, safety-net, and support system as members transform their own perceptions of self-worth, capabilities, and identity.

WORK PLACE DEVELOPMENT

Workforce development training, career coaching, and employment resources that support members in their journey to achieving self-sufficiency.

THERE'S OPPORTUNITY IN POTENTIAL

Back on My Feet helps people experiencing homelessness overcome barriers that can keep them locked in a perpetual cycle of poverty and homelessness. Chief among them includes limited job opportunities, lack of affordable housing, medical diagnoses and substance abuse disorders, former incarceration – as well as systemic racism. We help by connecting our members to the right workforce development tools, opportunities, and community to overcome what is impeding their ability to achieve economic stability.

"Measuring our impact is critical. We look at it from every angle; economic, health and social. We are proud of our national impact and all of our member achievements."

— Katy Sherratt,
Back on My Feet CEO

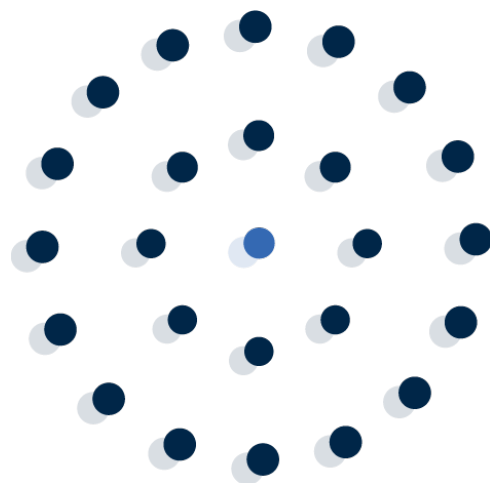


What we do, works. Physical fitness, coupled with community and workforce development programs have made way for **70%** of our members to gain employment and housing, and **83%** of those members maintain employment after their formal time with Back on My Feet has concluded. Our over **150,000** volunteers and supporters have helped us train and educate over **3,000** people experiencing homelessness and obtain over **7,500** jobs and homes. And this is only the beginning. Contact us to find out how you can help more than double our impact.

HOW YOU CAN GET INVOLVED

As a Back on My Feet Volunteer, you'll not only be part of revolutionizing the way society perceives homelessness, you'll have a chance to be part of a person's journey towards self-sufficiency.

By increasing the amount of community member touchpoints, members not only have more opportunities to develop both hard and soft skills, but more opportunities to create meaningful relationships.



JOIN US

Join us as a morning circle-up volunteer, career coach, or workshop facilitator. To learn about these and other volunteer roles, visit us at backonmyfeet.org/get-involved/volunteer.

[BACKONMYFEET.ORG](https://backonmyfeet.org)

back on my feet
TRANSFORMING LIVES ONE MILE AT A TIME