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San Diego Women Reach Milestone Graduation on December 12

(San Diego, Calif., December 10, 2018) – Twenty women overcoming domestic violence, homelessness, and trauma – sometimes all three – will become part of a milestone graduation on Wednesday, December 12, at 2 p.m.

The **“Leap to Confidence”** program celebrates its 50th graduation ceremony on Wednesday, December 12, at 2 p.m. in East Village, San Diego. Leap to Confidence is a personal leadership workshop offered at no cost to women emerging from major life challenges to help them reach their greatest potential.

Jill Steeves graduated from the very first Leap to Confidence program in 2011. Jill, who had been homeless and living on the streets of San Diego for 10 years, is the ultimate success story. When Jill finally reached her breaking point, she sought help from Father Joe’s Villages. Jill is no longer recognizable as the alcoholic homeless woman she once was. After regaining belief in herself through Leap to Confidence, she became employed and today is a property manager at a complex for previously homeless seniors.

Jill shared this message with the women at the launch of class number 50. **“Confidence is everything. I use these tools every single day. All of the things I was ashamed of are an asset to me now. They make me good at my job today. This is a good place to start it’s where I got my life back.”**

“Women in transition, especially those coming out of domestic abuse, addiction, and homelessness, need to know that they can start over and make new choices,” said Dana Bristol-Smith, founder of Leap to Success. “They also need to know that there is support to help them create positive futures—no matter what they’ve experienced in the past.”

Funds from the ***Cushman Foundation Making a Difference for San Diego*** initiative sponsored San Diego women to attend the seven-week program, including follow-on monthly support to begin after graduation.

By participating in the transformative Leap to Confidence, women are gaining:



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- Increased confidence and improved resilience;
- Cultivation of personal leadership skills;
- New relationships with potential employers;
- Tools and skills to create healthy relationships for their families.

Participants were referred by 13 partner agencies including:

- County of San Diego - Maternal Child Health
- District Attorney's Office – Homeless Services
- Family Health Centers of San Diego
- Father Joe's Villages
- Goodwill Industries of San Diego County
- North Central Women's Recovery Center
- Private Therapist Rachel's Women's Center
- San Diego Family Care
- San Diego Housing Commission
- San Diego Rescue Mission
- Step Forward
- Urban League of San Diego County

After graduating on December 12, these women will walk away with higher self-esteem and renewed confidence in their abilities. They will set goals for their next steps towards education or employment and know that they have the self-worth and capacity to achieve them, along with specific skills to support their goals and allow them to leave a troubled past behind.

About Leap to Success

Our mission is to educate and empower women who are overcoming domestic violence, homelessness and other major challenges to reach their greatest potential. Leap to Success became a 501(c) 3 not for profit organization in 2013 and is based in Carlsbad, California. Learn more about Leap to Success www.leptosuccess.org