

# The Warrior in HER



## Our Programs



### WARRIOR ADVOCATE (PEER SUPPORT)

Trained peer supporters who walk alongside women, providing emotional support, resource navigation, and encouragement to help them overcome challenges and achieve their wellness goals.



### COMMUNITY HEALTH WORKER (CHW)

Our CHWs connect women and youth to community resources, provide health education, support care coordination, and help remove barriers to better health and well-being.



### WELLNESS EDUCATION

Workshops and programs on mental health, nutrition, fitness, and healthy living.



### YOUTH PREVENTION PROGRAMS

Engaging youth in wellness, self-care, and healthy decision-making.



### COMMUNITY SUPPORT

Care packages, resources, and supportive programs for women in need.



### COMMUNITY PARTNERSHIPS

Collaborating with local organizations to expand resources and create lasting impact.

## Mission Statement:

The Warrior in Her is dedicated to empowering women facing chronic mental and physical health challenges through advocacy, support, and essential resources.

## Vision Statement:

We strive to uplift and inspire every woman to reclaim her strength and well-being.



### EMPOWER

We empower women to take control of their health and their future.



### PREVENT

We focus on prevention through education, early awareness, and healthy habits.



### ELEVATE

We build stronger women and healthier communities.


## Who We Serve

Women and girls who are:

- Navigating physical and mental health challenges
- Overcoming trauma, stress, or life transitions
- Seeking personal growth and empowerment
- Facing barriers to health and well-being
- In need of supportive community and resources

*When women heal,  
communities rise.*

## Where We Serve

 Proudly serving women and families across Western Pennsylvania, and Eastern Ohio, including:

**Western PA:**  
Mercer County  
Lawrence County

**Eastern OH:**  
Mahoning County  
Trumbull County

## Our Approach




We believe in a holistic, trauma-informed, and culturally responsive approach that honors every woman's story and supports her unique journey toward healing and empowerment.

## Connect With Us

-  724-734-3918
-  thewarriorinher@gmail.com
-  www.thewarriorinher.org
-  @thewarriorinher
-  @thewarriorinher



 Scan to visit our website & support our mission!