

(Young) Women's Empowerment at R.I.S.E. Program Guide



Cause for Action:

- New Americans are at higher risk for poor mental health and certain physical health problems; this is particularly true among [refugee children and adolescents](#) who may be more vulnerable to social stressors associated with acculturation.
- There is an [established need for preventive interventions](#) to support the emotional wellbeing of refugee youth.

Where is the program?

The [Women's Empowerment program](#) is hosted by [Refugee and Immigrant Self-Empowerment \(R.I.S.E.\)](#), 302 Burt St. Syracuse, NY 13202.

What does Women's Empowerment at R.I.S.E. do?

R.I.S.E. provides a wide range of economic and educational opportunities for New Americans. The Women's Empowerment program aligns with these goals to provide academic and emotional support to girls and teenagers.

Who does Women's Empowerment at R.I.S.E. serve?

The program serves female children and teenagers affiliated with R.I.S.E.

How does the program provide for this population?

Students coordinate monthly sessions with female children of the Syracuse R.I.S.E. program in order to educate, motivate, and present participants with skills to promote their long term success.

What would I do as a student?

Activities vary from month to month, but are often interactive sessions focused on social wellness and academic enrichment, with a creative element. Upstate students help to plan and deliver the sessions.

How often would I serve?

This program occurs on Sunday afternoons once per month.

What are the community impacts?

The Women's Empowerment at R.I.S.E. program recognizes the particular needs of child and adolescent New Americans and provides an opportunity for girls of different cultural backgrounds to come together and share their experiences in a fun, supportive environment.