

Middle Class Express

What is Middle Class Express?

The Middle Class Express is an innovative approach to help motivated citizens of Wake County attain a Middle Class Lifestyle.



Who Can Participate?

Individuals that are prepared to meet the following requirements.

- Motivation to achieve
- Cooperation with Life Coaches
- Commitment to weekly Self Development Activities
- Investment in a 5 year plan

Special emphasis on serving individuals who fall into three groups

1. Wake County residents that live in households with income equal or less than two times the federal poverty level (2017 guidelines) or total yearly income of less than \$49,200 for a family of four
2. Individuals who receive public assistance
3. Parents that meet criteria and have children who are underachieving in the Wake County Public School System

What Opportunities/Services are Provided for Participants?

- Individualized assessment of strengths, wishes, mind-sets and needs
- Life Coaching
- Developing a personal support network
- Motivational Groups and Celebration
- Educational opportunities related to eight specialized tracks
 1. Employment
 2. Financial Literacy & Entrepreneurship
 3. Formal Education: School-College
 4. Training/Skill Sets
 5. Attitude/Mind Set
 6. Access & Utilization of Resources
 7. Healthy Lifestyle
 8. Family & Community

How do I get Involved?

- Attend an orientation session

RSVP: **February 4, 6-8 PM** [mceorientation2-4-20.eventbrite.com](https://www.eventbrite.com/e/mceorientation2-4-20) OR
February 6, 11:30 AM-1:30 PM [mceorientation2-6-20.eventbrite.com](https://www.eventbrite.com/e/mceorientation2-6-20)

- Complete 9-week Goal Setting/Life Planning Series
- Commit to meeting with a Life Coach and working through a Life Plan
- Complete at least 10 additional monthly group coaching sessions

For More Information: Contact Vielka Maria Gabriel
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