



PARTICIPANT REFERRAL FORM

Self-referral is allowed and encouraged. If you are interested in finding a job or getting a better job, getting out of poverty, and improving your life, please call Rebecca at 785-229-3520 or email rmcfarla@ksu.edu. This form is not required to participate in a discussion about joining *Ripples of Change*.

Referring Agency/Person

Agency Name and Staff Person

Staff Person Email

Staff Person Phone Number

Potential Participant Contact Information

Name and Age

Address

Cell Phone

Home Phone

Place of Employment, if any

E-Mail Address

Preferred Method of Contact/
Best Time to Contact

Primary Criteria

☐ Live at or below 185% of the Federal Poverty Guidelines

☐ If history of alcohol or other addiction has been in recovery for at least the past 6 months

Family Information

Child(ren) Name(s)

Age(s)

Agreement and Confidentiality Statement

Ripples of Change agrees to ensure the confidentiality and privacy of all those who participate including mentors, volunteers, and staff.

Please call Rebecca at 785-229-3520 or email her at rmcfarla@ksu.edu today to participate in Ripples of Change

Thrive, Don't Just Survive

Surviving	Thriving
Spend all of your money as soon as you get it.	Always set aside some money for emergencies and the future.
Focus on the problems of today without thinking about your goals for the future.	Focus both on today and your future.
Don't save money	Save money so you have at least 3 months of emergency reserves.
Take jobs that provide only enough money to get by on.	Get a good job that pays for more than your expenses so you can invest in your future.

What is Ripples of Change?

Ripples of Change is like family and provides a support group. Children are welcome with childcare provided.

A free meal is provided each week and everyone dines together. Participants learn about community resources that are available, they network, receive education on how to succeed and get tips on things like parenting and relationships.

It allows participants to *dream* by helping them develop goals to attain their dreams. It provides *hope* through positive encouragement, increased self-esteem and dignity.

Become a Ripples of Change participant Today!

Who: Anyone who wants to improve their life by getting a job, or a better job to support their family and increase their ability to provide for their family. Anyone who wants to thrive instead of merely surviving.

What: Join Ripples of Change

When: Each Thursday from 5:30 to 7:30 pm – the next class starts March 2

Where: First Baptist Church, 410 S. Hickory, Ottawa

Gain new friends who will help you find a job that is fulfilling and allows you to support your family, develop skills to improve your financial situation, and tools to create healthier family relationships.

To join the Ripples of Change community fill out the referral form and email it to rmcfarla@ksu.edu or call 785-229-3520 for more information.