

## 20 TABLE GRADUATES WERE SURVEYED...

1. I have long-term relationships with one or more of my Table members. (95%)



2. I now have the skill to be able to access help and ideas from other people in my community, beyond those people who were on my Table. (80%)

3. I have the skills of being able to get through problems and crises better than I used to. (85%)



4. I am currently taking classes that will help me get a better job or have a better job than I used to have before Open Table. (85%)

5. I am self-supporting at this time or am confident that I will be self-supporting in the future. (95%)



6. Overall, I now have more optimism about my future and feel like I am headed in the right direction. (100%)



7. Overall, my own spiritual journey is now more meaningful to me. (90%)

8. I would like to serve on a Table to help someone else in the future. (95%)



## I AM INTERESTED IN OPEN TABLE. WHAT WILL THE ACCEPTANCE PROCESS LOOK LIKE?

- If you don't already have a case manager, **head to the Daily Planet.**
- **Ask your case manager** to submit the referral form.
- Someone will call your case manager. If you are interested, you'll **sign a release form** with your case manager.
- You'll complete a **Readiness Survey** with your case manager to see if you are ready to work with a Table.
- If there is a Table ready for you, you will move towards the **background process** and start your journey together.

### CONTACT US

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[www.umfs.org](http://www.umfs.org) | [www.TheOpenTable.org](http://www.TheOpenTable.org)

Submit a referral here.

<http://bit.ly/2Hza2TI>



# Relationship TRANSFORMS Communities



## Candidate Information





Table in Richmond, VA.

**“I lost focus on all the good things I was trying to do...” – Table graduate**

Have you ever felt left behind? Have you ever wanted to make changes in your life, but you didn't even know where to start? Or maybe you look around you and think that everyone else has someone on their side and you don't have anyone to turn to. Maybe it's that you want to make big changes and have tried to do so, but feel like you aren't getting anywhere and are stuck in a rut.

These emotions and experiences are hard to deal with. **The good news is that you don't have to deal with them alone.** You can have a team of dedicated people doing whatever it takes alongside of you.

## THE MOVEMENT AND MISSION

UMFS is not just for kids. We are **CHAMPIONS** for children, families, and communities.

A Table is formed by 6-12 volunteers who bring their vocational and life experiences, along with their networks, to build on your strengths for approximately one year. Together, you and the members of the Table will develop and implement a customized Life Plan to help you reach your potential.

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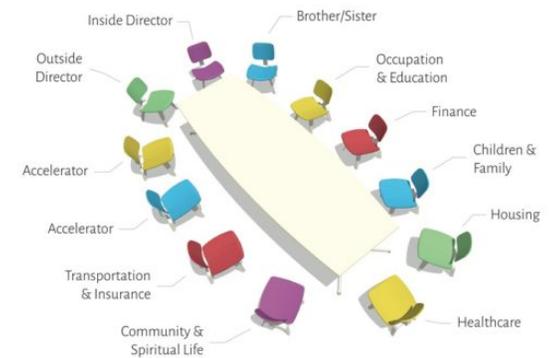
*“They stuck with me through the process and beyond.” – Table graduate*

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## FACTS ABOUT OPEN TABLE

- The outcomes of the Table experience for you are in direct proportion to the effort you put in.
- Most Table members come from churches, but there is no pressure for you to go to church or be religious.
- All conversations held with your Table are confidential and will not be shared.

## THE OPEN TABLE MODEL



## WHAT WOULD THIS LOOK LIKE IN MY DAILY LIFE?

- The Table members will surround you in unwavering relationships.
- You volunteer to formally meet with your Table once a week, but will informally see one another at other times. Formal meetings last about one hour.
- Between meetings, you and your Table members will work on bold goals relating to the Life Plan created together.

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*“...through Open Table, I have been able to heal myself and make it to where I want to be.”*

*– Table participant, Richmond, VA*

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