

# Your Life Transformation Begins Today

## What is Momentum?

Momentum is a successful, workforce development and life transformation program of One City United. Each Momentum graduate completes a six-week course that includes 100 hours of in-class instruction and volunteer work experience. **Momentum graduates are placed into good-paying jobs from local employers with a 94% 90-day job retention rate.\***

### Momentum Benefits:

- Fulfilling Employment
- Strength & Asset Building
- Emotional Intelligence
- Leadership
- Time Management
- Self-Confidence
- Goal Orientation
- Networking

## Momentum is for you, if...

- ✓ You are unemployed or underemployed.
- ✓ You are a recovering addict.
- ✓ You are justice impacted/returned citizen.
- ✓ You are homeless.
- ✓ You are affected by mental health struggles.
- ✓ You struggle to make ends meet.
- ✓ You do not know your skill set.

Apply for the program at

## WALK-IN OPEN ENROLLMENT

Tuesday, May 16 & Wednesday, May 17

9 am - 12 pm at 907 Independence Ave Waterloo, IA 50703

### OR APPLY ONLINE

at [onecitycv.org/momentum-application](https://onecitycv.org/momentum-application)

For more information, contact Michele Feltes, Momentum Director,  
at 319-334-0156 or [mfeltes@onecitycv.org](mailto:mfeltes@onecitycv.org)

Scan the QR code  
to apply online!



To learn more about One City, visit our website at [onecitycv.org](https://onecitycv.org) or  
connect with us on Facebook [@onecitycv.org!](https://www.facebook.com/onecitycv.org)

\*data from August 2022



FILLING GAPS...EQUIPPING PEOPLE



**MOMENTUM**  
URBAN EMPLOYMENT INITIATIVE