Lifetrack is an accredited and certified nonprofit organization participating with key organizations and supported by the United Way.
At Lifetrack, our vision is that all families in Minnesota are empowered to reach their full potential. We believe that when this happens, our communities benefit — it makes for improved health, happiness and opportunity all around.

Our community is at its best when we help each other thrive. It’s our connection to one another that makes success possible and gets us back on our feet after a setback. Yet, some of us do not have access to these important relationships — that’s where Lifetrack comes in.

We are committed to the people that we serve and the community we share. Together we thrive!

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**OUR MISSION**

To strengthen the resiliency in families experiencing the greatest disparities in education, health, employment, and income.

Visit us online at [www.lifetrack-mn.org](http://www.lifetrack-mn.org).
Families Together Program

Together, we ensure that our families develop strong futures for both parent and child.

"Working with the therapists and staff at Lifetrack, they just overcame all their hurdles... Lifetrack has been right in my corner."
Jackie, Lifetrack Parent

Lifetrack’s Families Together combats the effects of poverty, violence and toxic stress through a therapeutic and intensive relationship-based approach that results in significant developmental progress for children, builds stronger families and empowers parents with the tools to create a nurturing, healthy environment at home.

Our strategy focuses on three areas: parent education and support, early childhood education and therapy services. Families Together is uniquely effective in both early intervention and prevention for children and families requiring the most intensive, complex and targeted services.

When parents get support to create stable, nurturing home environments, their children’s stress levels decrease, they gain emotional stability, and their resilience skyrockets.

THE IMPACT

The numbers behind how we helped families in 2017...

95% of our preschoolers graduated meeting age-appropriate developmental milestones.

87% The percentage of parents that demonstrated positive parenting techniques and conveyed knowledge and understanding of early childhood developmental milestones.

241 parents, children, and caregivers received support to break cycles of crisis and trauma through therapy, parenting education, and connections to resources.
Together, we help kids develop language skills and confidence. We help families find resources and community.

For families with kids who are deaf and hard of hearing, Lifetrack offers unbiased parent support, connections to the deaf and hard of hearing community, instruction in American Sign Language and the opportunity to develop relationships with successful Deaf or Hard of Hearing Role Models.

“Now that she has ASL, she OWNS it. She knows who she is and she’s FIVE.”
Michelle, Lifetrack Parent

THE IMPACT
The numbers behind how we helped families in 2017...

919 families with kids who are deaf or hard of hearing were connected to community, resources, role models, and language instruction.

92% of families felt their child’s quality of life had improved as a result of participating in the Deaf Mentor Family Program. This is up from 85% the previous year.
Employment Services

Together, we expand educational horizons and open doors to meaningful career opportunities.

“Lifetrack walked next to my family so we could find our way in America. The support I have gotten from Lifetrack is something I will never forget.”

Peace, Lifetrack Employment Participant, and her two daughters

Lifetrack works with people with disabilities, immigrants and refugees, and people experiencing poverty to launch and develop careers.

Minnesota has some of the highest racial disparities in unemployment and poverty rates in the nation. Through career exploration, training, placement, and coaching, Lifetrack helps reduce these disparities. We help people develop the skills and knowledge to overcome barriers, find meaningful work, and move from poverty to self-sufficiency.

Lifetrack’s Employment Services model relies on five key elements that include providing: mentoring supports to build resiliency and confidence, financial skill development, interval job retention supports, motivational interviewing and work-life balance supports.

THE IMPACT

The numbers behind how we opened doors for jobseekers in 2017...

1,133 received job search assistance

$1.07M the amount of money that state of MN saved by Lifetrack helping 91 people exit from the welfare system.

548 people started a new job

78% of participants stayed in the job they were hired in for at least 12 months

$14.77 up from $13.18 the previous year.

Thank you for being a part of the Lifetrack community!

Together, we can make a difference. You make this work possible!

Make a gift. Learn more. Volunteer. Contact us.

“Lifetrack is bigger than the individuals they directly help. They are lifting up one person and that person is going out and helping others. This is exactly what they gave me the ability to do. The impact is exponential.”
Lynda, Lifetrack Employment Participant

Thank you for being a part of the Lifetrack community!

Together, we can make a difference. You make this work possible!

Lifetrack’s Impact in 2017

- People Helped: 2,669
- Volunteer Hours: 4,735
- Families Served: 1,444

Make a gift. Learn more. Volunteer. Contact us.

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Interested in volunteering? Contact us at Mail@Lifetrack-MN.org