

# Middle Class Express

# Open Enrollment

## Wake County Human Services Human Capital Development "Middle Class Express"

### What is the Middle Class Express?

The Middle Class Express is an innovative approach to help motivated Wake County citizens attain a middle class lifestyle.

### Who Can Participate?

**Individuals who are ready to meet the following requirements:**

- Motivation to achieve
- Compliance with Life Coaches
- Commitment to 40-50 hours per week of Self Development Activities (Sweat Equity)
- Commitment to a 5-year plan

### Special emphasis on serving individuals falling into three groups:

1. Wake County residents that live in households with income equal or less than two times the federal poverty level (2011 guidelines) or total yearly income of less than \$44,700 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.

### How Do I Get Involved?

- 1) Complete an application.
- 2) Ask your agency contact, program leader or caseworker to nominate you.
- 3) Complete the Middle Class Express Test.
- 4) Attend Orientation.
- 5) Commit to a contract for a Life Plan and Life Coach. (to be assigned)

### What Opportunities/Services Are Provided to Participants?

- Individualized assessment of strengths, wishes, mindset and needs
- Life Coaching
- Developing a personal support network
- Developing a Life Plan
- Motivational Groups & Celebration
- Educational opportunities related to each of the eight 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 and Community**

I am interested in joining the Middle Class Express. Please mail me an application **TODAY**.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_, Zip code \_\_\_\_\_

Email: \_\_\_\_\_



I have children ages 0-18.  
Please send me information  
on Children & Youth  
Development  
Opportunities.

More Information Contact: Vielka Maria Gabriel 919-212-7423 or [Vielka.Gabriel@wakegove.com](mailto:Vielka.Gabriel@wakegove.com)