



Crossroads United Way
Serving Elkhart, LaGrange
& Noble Counties

STRENGTH. SUPPORT. SUCCESS.

EMPOWERING FAMILIES, TRANSFORMING FUTURES

Lupita's story exemplifies how Crossroads United Way and partners like CAPS – Healthy Families help individuals overcome challenges and **"LEAD THE WAY"** to healthier futures. As a new mom juggling mental health struggles and family demands, Lupita received guidance from a home visitor that empowered her to balance her family's needs while focusing on self-care. This support helped her improve her well-being and set new goals, like learning infant massage.

Her journey reflects Crossroads United Way's mission to improve lives and aligns with the **"LEAD THE WAY"** theme. With the right support, individuals like Lupita can take charge of their own lives, creating lasting positive change for their families and the broader community.



Visit www.crossroadsuw.org to learn more and get involved.