



I guess it is age, but I am getting slower and . . . s . l . o . w . e . r on my morning runs. It might take me 2 or 3 miles to get into it, but once I am there, I am golden. Until I hit a stoplight.

Then I have to work to get going again. I have looked for routes that minimize stop lights but it is a little tricky in an urban neighborhood! The longer I go without stopping, the greater opportunity I have to get into a rhythm and all the benefits that go with that - time to reflect, stress relief, and a [steady, increased heart rate](#).

I don't need to cross that finish line first - just want to be a little healthier at the end than I was at the beginning!

The low-income moms that First Shift serves seek that same steady momentum in their work lives, working for healthier and more stable lives for their families. And when job loss happens, it is like hitting a stop light, temporarily derailing their progress. **First Shift helps low-income women avoid the road blocks and stoplights that prevent them from growing stronger, healthier families.**

At [First Shift](#), we are gaining momentum too! Our progress is slow and incremental: every year, we raise a little more grant money, forge a few more relationships with organizational partners, and serve a few more clients. We now have office space, another lawyer and a fledgling volunteer attorney program! We are also working with the [Georgetown Community Justice Project](#) to determine a way that our preventive service model can help low-income women who are

suffering from workplace sexual harassment.

You can help us maintain our momentum! **Support our runners in the Veterans' Day 10K on November 12th for First Shift's Run Like a Mother Campaign!**

Last year we raised \$8000; this year, our goal is \$10,000. We are already 23% of the way there!

Here are some suggested amounts and how they will help:

\$50 = One Know Your Rights training

\$150 = One Legal Consultation

\$500+ = Ongoing assistance/representation to one client

Make a tax-deductible donation to First Shift at:

<https://www.crowdrise.com/rlm2017>

You can also help by forwarding this email to others who might be interested in supporting [First Shift's mission and work](#).

Thanks in advance!

Laura.

We thank our Run Like a Mother sponsors!

 **KATZ, MARSHALL & BANKS, LLP**



**Correia
& Puth**

— T H E —

SPIGGLE

Law Firm

Support our Runners!

©2017 First Shift Justice Project | P.O. Box 2497, Washington, DC 20013

Like

Tweet

Web Version

Forward

Unsubscribe

Powered by **Mad Mimi**®
A GoDaddy® company