



OFF THE RACK

MARCH 2022

GET THE LATEST INFORMATION ON UPCOMING EVENTS, CLIENT STORIES, VOLUNTEER OPPORTUNITIES, AND MORE!

WOMEN'S HISTORY MONTH



While Suited for Change celebrates women all year-round, we are grateful that every March, we all pause to reflect on the accomplishments of women and how we can further their success in the future.

"When you are wearing something you feel good about, your whole demeanor changes"

- Gail (Former SFC Client)

Thank you to all of our incredible supporters for making our clients' dreams a reality.

[Read More](#)

MEET QUINEISHA

CLIENT STORY OF THE MONTH

If I hadn't been through these trials and tribulations, I wouldn't have the opportunities I have now.

”

QUINEISHA

Suited for Change Client



www.suitedforchange.org

@suitedforchange



The last time we saw Quineisha it was DAYS before the pandemic hit and we were all sent into quarantine. Two years later, we were thrilled to reconnect with Quineisha and celebrate with her as she begins her new job.

[Read More](#)

REFERRAL PARTNER SPOTLIGHT

GOODWILL OF GREATER WASHINGTON

“SFC provides a valuable service to our students and graduates. This service helps our students to see themselves as the beautiful, professional individuals that they are.”

MONIQUE WILEY-CRAWFORD, CPC
MANAGER, PROGRAM COACHING



GOODWILL OF GREATER WASHINGTON

“SFC provides a valuable service to our students and graduates. The clothes help them regain their confidence and to be physically and emotionally prepared to do well on their interviews and in the workplaces. This service helps our students to see themselves as the beautiful, professional individuals that they are.”

We are so grateful for Goodwill of Greater Washington’s partnership as we empower the women in our community as they embark on their professional journey. Thank You!

[Read More](#)

WORKSHOPS ARE BACK

WORKSHOP

Workshops are back in full swing!



Workshops are back in full swing!

As we settle into 2022, we have been amping up our workshop offerings for our Referral Partners and their clients.

In the past month, Suited for Change has hosted workshops in connection with Catholic Charities, So Others May Eat (SOME), House of Ruth, and Britepaths.

[Read More](#)

5 INCREDIBLE CUISINES THAT WILL INSPIRE YOU TO EXPLORE OTHER FLAVORS

BY JOSEFINA GIRÓN, RDN, LDN

5 INCREDIBLE CUISINES THAT WILL INSPIRE YOU TO EXPLORE OTHER FLAVORS

BY: JOSEFINA GIRÓN, RDN, LDN



March is National Nutrition Month and this year's theme is "Celebrate A World of Flavor". We love this theme because it helps us appreciate and understand different cultures and learn about different cuisines.

[Read More](#)

[Read in Spanish](#)

MARCH BOUTIQUE SALE

WOMEN'S HISTORY MONTH



BOUTIQUE SALE!

03/16 | 3 PM - 7:00 PM

Proceeds help provide professional attire, coaching and skill training for women in need!

Looking for a way to empower and embolden the women in your local community during Women's History Month? Suited for Change's monthly boutique sale is your solution!

So be sure to stop by the SFC Boutique on March 16th between 4 PM-7 PM and shop for a cause.

What are you waiting for? [RSVP Today!](#)

SHARE WITH YOUR FRIENDS



Connecting with us on social media and sharing our content to your friends and family is just as if not more important than receiving donations.

We'll love to see it on your social media page! ❤️



[**Donate**](#)

© SUITED FOR CHANGE
1023 15th St NW #601, Washington, DC 20005
(202) 293-0351

