Suited for Change was honored to receive the incredible opportunity to be featured on Telemundo, a news coverage network in Spanish, and share our mission of empowering women on their path to economic independence.

We are thrilled to be expanding our relationship with the Hispanic and Latina community and are so grateful for Telemundo’s support in spreading our mission to those in need. Thank you!

Watch the Interview and View Full Translation
Meet Shaketa! While initially hesitant of what to expect upon arrival at the Suited for Change boutique, she was pleasantly surprised throughout the entire experience.

Read Shaketa's Full Story

DONOR SPOTLIGHT

JAMSHED MULLA

PHOTOGRAPH BY NADAV KANDER
This month, we are sending a special thank you to one of our longtime donors and Board Members, Jamshed Mulla.

We admire Jamshed’s passion to give back and empower others and acknowledge just how deep his roots are tied to Suited for Change. We are incredibly grateful to have him, and all of you, as members of our community who are dedicated to empowering women on their path to economic independence.

Watch Jamshed’s Testimonial Video Here

PRACTICING A LITTLE LOVE THIS FEBRUARY

7 tips to practice a little love for our own hearts.

By: Josefina Girón, RDN, LDN

We all know February to be the month of roses, flowers, love, friendship, and hearts. This month let’s practice a little love for our own hearts by following 7 tips.

Read More

*Bonus* Read Full Article in Spanish

FRESH & FUN COOKING FOR MENTAL WELLNESS
Want a 3-course family meal in one hour?..For less than $10?...With ingredients that can help reduce stress and improve sleep? Register now!

Read More

FEBRUARY BOUTIQUE SALE

Boutique Sale
#ShopforACause

Date: February 16th
Time: 4 - 7 PM

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

Shop sustainably and support your local community all at once at Suited for Change’s Monthly Boutique Sale.

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

What are you waiting for? RSVP Today!
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! ❤️