



MONARCH **61**

ROOT. RISE. THRIVE.

What's Working in Our Communities | Panel Presentation

Monarch 61 helps women and girls interrupt cycles and create better possibilities for themselves.

EVERYTHING WE BUILD RESTS ON FIVE FOUNDATIONS



Safety



Creativity



Confidence



Connection



Voice



Why This Work Matters

These numbers show that unhealthy relationship patterns can start young and continue into adulthood. And that women in Arkansas are living in or rebuilding from difficult circumstances.

1 in 12

U.S. high schoolers
report
physical dating
violence

CDC Youth Risk Behavior Survey, 2021

1 in 10

U.S. high schoolers
report
sexual dating violence

CDC Youth Risk Behavior Survey, 2021

41%

of women in Arkansas
experience
domestic violence in
their lifetime

Nat'l Coalition Against Domestic Violence, 2020



Three Approaches, One Mission

Root(ed), Rise, and Thrive are three individual ways people connect with Monarch 61 — each serving a different purpose, each working toward the same mission.

Root(ed)

Girls build strong foundations.

WHO IT'S FOR

Girls, ages 12–18

Rise

Women heal and rebuild.

WHO IT'S FOR

Women, 18+

Thrive

Women sustain full, connected, and meaningful lives.

WHO IT'S FOR

Any woman who carries a lot.



ROOT(ED)

Interrupting Cycles — Girls

Girls, ages 12–18 (through high school graduation)

A free after-school program that gives girls hands-on practice with healthy relationships, boundaries, and communication — before unhealthy patterns take hold.

When: Fall (Oct–Dec) & Spring (Jan–Apr) semesters
1st & 3rd Wednesdays, 4–7 p.m.

WHAT IT LOOKS LIKE

Group conversations, hands-on activities, games, creative projects, and real-life practice — built around our five foundations.



Recognize healthy
vs.
unhealthy situations



Explore feelings
through
creative work



Trust themselves &
what they're
capable of



Build healthy
relationships



Learn their choices
& voice matter



Rise

For any woman going through change, facing a challenge, or working on personal growth — three pathways, so she can choose what fits her season of life.

Rise Strong

Healing & personal growth

TIME COMMITMENT

Guided 8-hr class
2 days
Fri 5–9pm / Sat 9am–1pm

Rise Beyond

Financial health & stability

TIME COMMITMENT

Guided 8-hr class
2 days
Fri 5–9pm / Sat 9am–1pm

Rise Renew

*Low-commitment
monthly classes*

TIME COMMITMENT

Flexible 1–2 hr classes,
offered throughout the
year



Thrive

Thrive helps women sustain full, connected, and meaningful lives.



Volunteer Experience

Meaningful ways to give time, talent, and experience to the mission.

Volunteers are matched to a “House” built around one of our five foundations — Safety, Creativity, Confidence, Connection, or Voice — and trained to help further that work.

Time commitment varies — from one-time events to ongoing service.



Thrive Conference

An annual two-day conference for women who carry a lot.

For high-capacity women who are capable, engaged, and contributing, but don’t want their lives to require their own depletion.

Built around 10 Emotional Health Touchpoints — hosted every Spring in Fort Smith, AR.



What This Means for Our Community

Serving Crawford & Sebastian Counties — and beyond

Every Root(ed) and Rise program is 100% free. Because access to the tools, relationships, and support that help people build healthier lives should never depend on their ability to pay.

Not a pipeline — three approaches to one mission

Root(ed), Rise, and Thrive each stand alone. There is no required starting point or next step. People can enter wherever it fits their life, their needs, and their capacity right now.

What becomes possible for one person can change what becomes possible for a family, and ultimately, a community.





MONARCH **61**

ROOT. RISE. THRIVE.

Nicole Walton, RN, BSN
Founder & Executive Director
nicole@monarch61.com
479-414-0563
monarch61.com
Van Buren, Arkansas