Hopeful Cities™
an iFred.org project

Join the Hopeful Cities Movement

Higher hope can positively impact work performance, athletic achievement, health, resilience, and more. Learn the "how-to" of hope with the Five Day Global Hope Challenge.

To find free local resources, and start activating hope in your life and community, visit www.hopefulcities.org. No matter what life brings, there is always a way from hopelessness to hope.