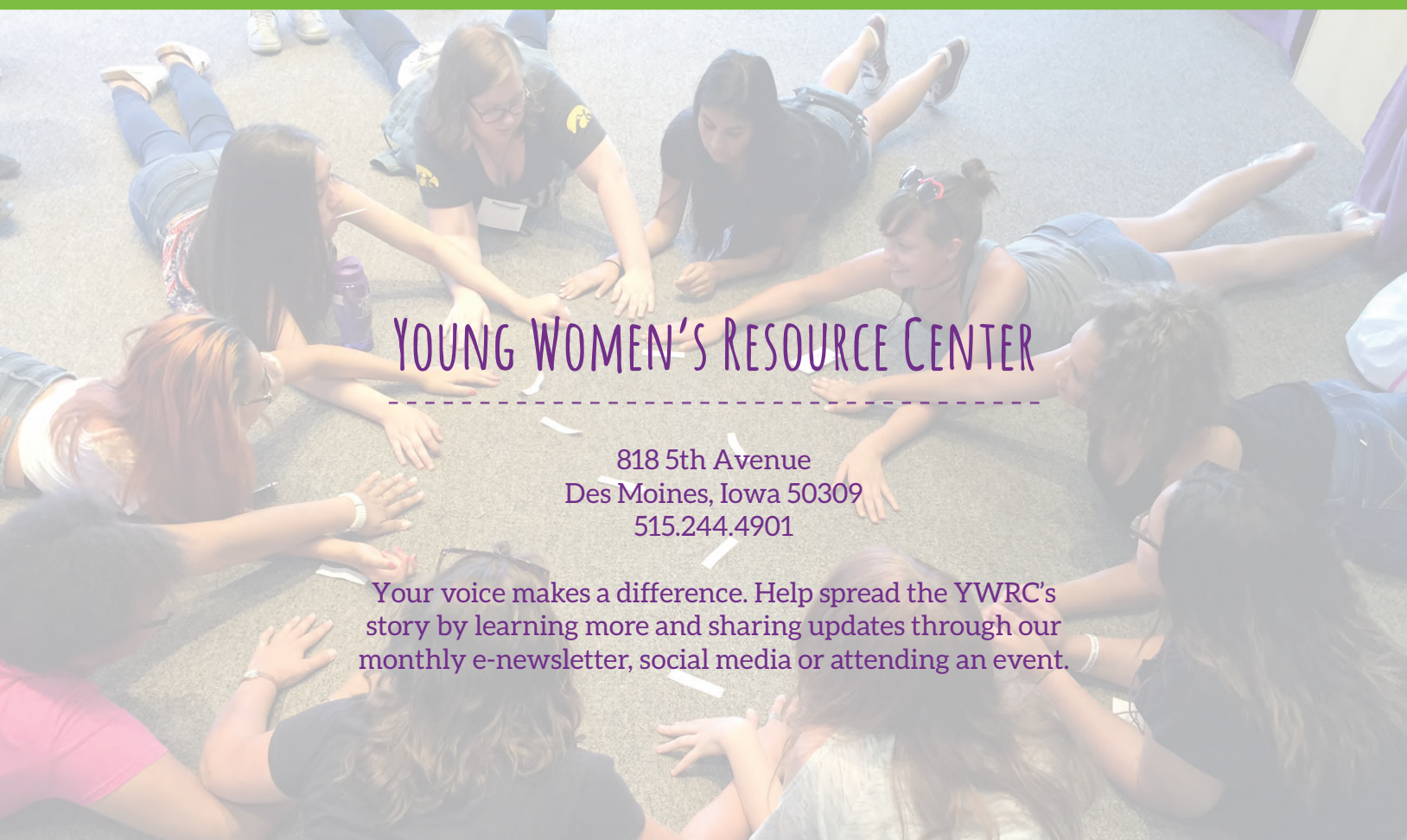


The Young Women's Resource Center (YWRC) is a non-profit organization that supports, educates and advocates for girls and young women ages 10-21 in the greater Des Moines area. We offer small groups and individual support focused on self-esteem, healthy relationships and reproductive health. Young Moms receive additional support focused on parenting skills and understanding the importance of education.

Founded in 1978 by Louise Noun and other community activists, the YWRC meets girls where they are and assists them with discovering their abilities and pursuing their dreams. The YWRC believes that **EVERY** girl is vulnerable at different points in her development and that **EVERY** girl deserves a life of possibilities.



YOUNG WOMEN'S RESOURCE CENTER

818 5th Avenue
Des Moines, Iowa 50309
515.244.4901

Your voice makes a difference. Help spread the YWRC's story by learning more and sharing updates through our monthly e-newsletter, social media or attending an event.



2015 - 2016 ANNUAL REPORT



ywrc.org



ywrc.org/subscribe



[@YWRC](https://twitter.com/YWRC)



www.facebook.com/YoungWomenDSM



[@ywrcgirls](https://www.instagram.com/ywrcgirls)



EVERY GIRL DESERVES A LIFE OF POSSIBILITIES



Young Women’s Resource Center

Who We Are

OUR MISSION: To embrace and inspire girls and young women to become strong, self-confident and successful.

OUR VISION: For all girls and young women in our community to realize their full potential.

FROM THE BOARD PRESIDENT

Every girl deserves a life of possibilities. That is the vision Louise Noun had when she and her collaborators created the Young Women’s Resource Center in 1978. It is a belief all of us associated with the YWRC share. Your support ensures that the YWRC can continue to offer a nonjudgmental, safe place for girls and young women to build inner-strength and resiliency, forge relationships and strengthen their mental and behavioral health.

Over the last year, we have seen several shocking and disheartening realities come to light in the national media leading up to the presidential election. It has reinforced my commitment to do what I can to arm girls and young women with the tools and support they need to have the confidence and fortitude to face whatever challenges life presents to them.

The YWRC is evolving and strengthening under the visionary leadership of Kristin Griffith and the passionate and caring team who work every day to make Louise Noun’s vision a reality. Thank you again for your on-going support...we could not continue this important mission without you!

Sincerely,
TERI BUTTON
Board President



FROM THE EXECUTIVE DIRECTOR

My first year as the YWRC’s Executive Director flew by! I’ve learned a lot, and my appreciation for the role our organization plays in the community has grown exponentially. I’m grateful to have had the opportunity to interact with hundreds of folks who speak passionately about their connections to the YWRC. I am honored to be part of an organization that provides such a wide range of services to girls and young women to enable them to not only survive, but to succeed. It is clear that the vision of Louise Noun and her co-founders continues to fill a critical niche in the lives of many throughout Greater Des Moines.

We continue working toward this vision with the implementation of our new three year strategic plan, which focuses on: continuous service provision improvement to meet local needs; our role in educating local leaders about the challenges girls and young women face; remaining committed to building and sharing our expertise in Trauma Informed Care and female responsive and feminist issues; strengthening our basics such as human resources, volunteer support and risk management; and continuing strong financial stewardship and creative fundraising strategies.

We exist because of the generous support provided by our community. Thank you for ensuring that the Young Women’s Resource Center continues to positively impact our community, embracing and inspiring girls and young women to become strong, self-confident and successful.

Thank you,
KRISTIN GRIFFITH
Executive Director



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Amy Pellegrin (secretary)
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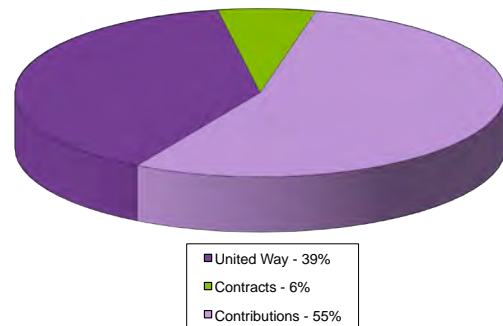
YWRC staff welcomes new Executive Director, Kristin Griffith, in September, 2015.



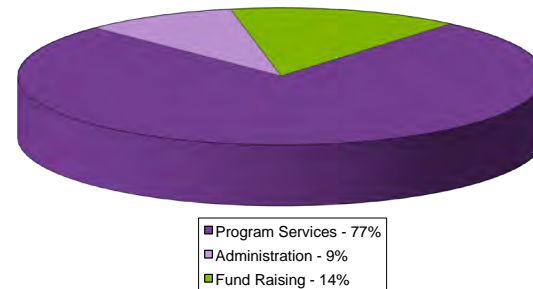
Year In Financials

Impact

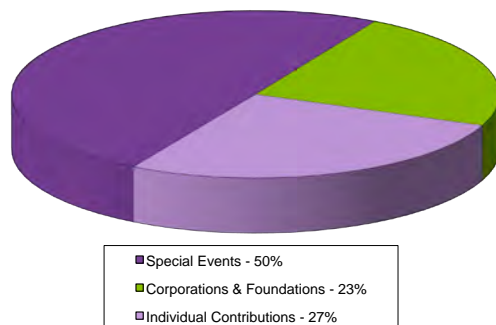
REVENUES



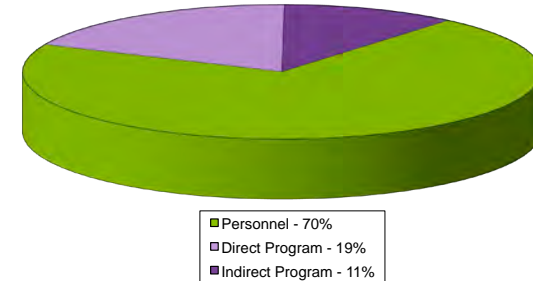
EXPENSES



CONTRIBUTIONS



PROGRAM EXPENSES



THANK YOU
for your interest in
and generosity to
the Young Women's
Resource Center.



United Way of Central Iowa

The Young Women's Resource Center is proud to be a United Way of Central Iowa member agency. Their guidance and support enhances our credibility and strengthens our services.

980 - # OF INDIVIDUAL DONORS
235 - # OF NEW DONORS
\$118.11 - AVERAGE INDIVIDUAL GIFT
\$2,359.50 - AVERAGE MAJOR* GIFT

*Average major gifts are equal to or more than \$500.

The Young Women's Resource Center gratefully acknowledges the individuals, businesses and foundations who generously contributed support between July 1, 2015 and June 30, 2016. These charitable gifts allow us to continue assisting girls and young women in the Greater Des Moines area to discover their abilities and pursue their dreams. Every effort has been made for complete accuracy in our donor recognition, which can be seen on pages 8 – 11. If you have any corrections, or if you are interested in ways to show additional support for the Young Women's Resource Center, please contact Sonia Ashe, Fund Development Coordinator, at (515) 244-4901 or sashe@ywrc.org.

32 - # OF SCHOOLS WITH YWRC PROGRAMS

In FY16, the YWRC facilitated unique programs in 32 different schools throughout Greater Des Moines.

112 - # OF PROGRAMS OFFERED

The YWRC provided 112 Empowerment, Young Moms and therapy groups.

1300 - TOTAL # OF CLIENTS SERVED

The total number of clients served through Empowerment, Young Moms, therapy and client events.

4 - # OF CLIENT EVENTS

4 client events were held for girls and young women ages 10 – 21, including those who may otherwise not be engaged with the YWRC. These included the Back to School Bash, Winter Party, Empowerment Workshops and Young Moms Program Graduation.

91% of participants can identify the parts of the internal reproductive health system.

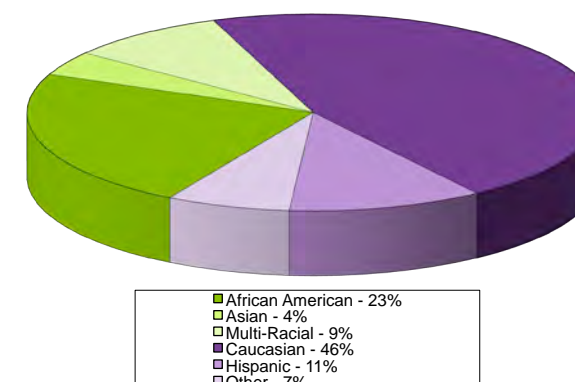
94% of participants can define self-esteem.



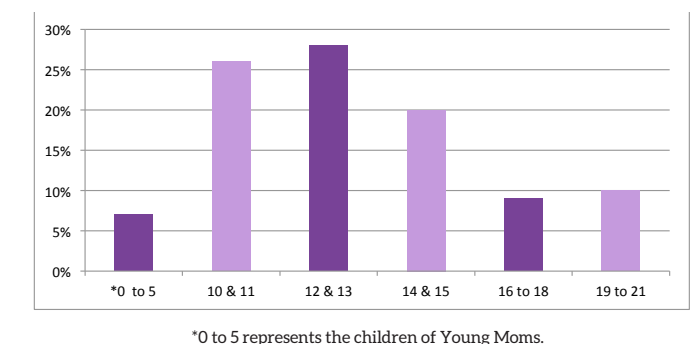
YWRC GOALS:

- Build self-esteem through curriculum based activities and community service.
- Provide strategies that help to build healthy relationships and eliminate risky behaviors.
 - Deliver developmentally appropriate reproductive health education.
 - Support Young Moms through education and high school completion.

RACE OF CLIENTS



AGE OF CLIENTS



Empowerment Programs

During the 2015-2016 fiscal year, girls and young women were supported through these Empowerment programs:

IN SCHOOL GROUPS

Provided within schools, these groups offer support and education on topics pertinent to girls and young women, including body image, self-esteem, healthy relationships and reproductive health.

AFTERSCHOOL GROUPS

Weekly 5th-12th grade groups are provided to include hands-on activities, field trips, speakers and service projects.

THERAPY

Individual and group therapy services are provided by a masters-level mental health professional.

SUMMER PROGRAMS

This unique programming offers girls and young women an interactive, supportive and safe environment.

SPECIALIZED AFTERSCHOOL GROUPS

CONNECTIONS

Groups for impulse control, anger management and healthy decision making are facilitated by a mental health professional.

HIT THE GROUND RUNNING

This empowerment and running group is focused on building a 'healthy body, healthy mind'.

MARIPOSA

This Latina group is provided to encourage leadership through service, activities, speakers and discussions.

SHEROES

A leadership group that focuses on volunteerism and philanthropy throughout the community.



1035 - # OF EMPOWERMENT CLIENTS SERVED

47 - # OF MILES RUN BY HIT THE GROUND RUNNING GROUPS

78 - # OF FIELD TRIPS TAKEN WITH AFTERSCHOOL GROUPS

88 - # OF EMPOWERMENT GROUPS HELD OVER THE COURSE OF THE YEAR

89% OF 5TH/6TH GRADERS CAN IDENTIFY BOTH HEALTHY AND UNHEALTHY WAYS TO DEAL WITH CONFLICT

EMPOWERMENT SPOTLIGHT

Rickia Bradley



"Rickia acts as a leader in our Afterschool Group by being a ready and willing participant who is not afraid to share, ask questions, open up, start a conversation or encourage laughter and fun. She is kind to all members of the group, whether they are a long-time friend or a new acquaintance. She also shows a great knowledge and respect for the tenants we hold most important at the YWRC — learning about and/or embodying positive self-esteem, healthy relationships, reproductive health and body image."

-CLAIRE

Empowerment Program Specialist

Learn more about our Empowerment programs at www.ywrc.org/programs.

Young Mom Programs

During the 2015-2016 fiscal year, young women were supported through these Young Mom programs:

PREGNANCY AND BIRTH EDUCATION

Comprehensive pregnancy, labor, birth and postpartum education for pregnant young women is provided.

BETTER BEGINNINGS DOULA PROGRAM

Young Moms are connected with Doulas who provide practical support, mentoring and coaching before, during and after the birth.

PARENTING AND LIFE SKILLS

This group provides education and support to parenting and pregnant young women in schools and at the YWRC.

INDIVIDUAL SUPPORT PROGRAM (ISP)

One-on-one, tailored support is designed to help Young Moms achieve self-sufficiency through the attainment of critical life skills.

MARILYN JEFFRIES SCHOLARSHIP

Scholarships for the pursuit of higher education are available to Young Moms.

THERAPY

Individual and group therapy services are provided by a masters-level mental health professional.



289 - # OF YOUNG MOMS CLIENTS AND THEIR CHILDREN SERVED

94 - # OF MEALS EATEN TOGETHER AS A FAMILY

15 - # OF YOUNG MOMS PARTICIPATING IN HIGHER EDUCATION

86% OF NEW MOMS INITIATED BREASTFEEDING, COMPARED TO A NATIONAL AVERAGE OF 79%

89% OF YOUNG MOMS DEMONSTRATED IMPROVED PARENTING SKILLS

82% OF YOUNG MOMS GRADUATED HIGH SCHOOL, COMPARED TO A NATIONAL AVERAGE OF 40%

YOUNG MOMS SPOTLIGHT

Say Paw



"Say Paw has flourished into not only an amazing mother, but a successful student and mentor. Say Paw has been involved in the Young Moms program since 2014 and has displayed tremendous personal growth and development. Say shows that resiliency and dedication are the keys to a successful future. Say spent most of her childhood in a refugee camp under harsh conditions until she and her family were able to relocate to Des Moines. Say married a man who shares her drive for a successful life and together they are raising a beautiful little girl. Her smile and positive parenting practices set a perfect example of what parenthood can be. She serves as a mentor for other mothers enrolled at the YWRC."

-ASHLEY

Childbirth and Perinatal Specialist

Learn more about our Young Moms programs at www.ywrc.org/programs.

Community Support

The girls and young women we serve, the Board of Directors and staff are grateful for the community support we receive each year from committee members, event attendees and volunteers.

CELEBRITY SERVERS

The 6th Annual Celebrity Servers Night raised \$64,000 at Centro and Django restaurants on September 28, 2015 with a wonderful evening and delicious food for nearly 700 guests.

SEASONS OF CHANGE BASKET AUCTION

The Polk County Women Attorneys hosted the 14th Annual Basket Auction on October 8, 2015 with almost \$25,000 in proceeds raised to benefit the YWRC. Two of the YWRC's Empowerment clients joined to share their story with guests.

SIT ON IT!

The YWRC's 17th Annual Sit On It! event was held on April 9, 2016 at the Community Choice Credit Union Convention Center at Veterans Memorial with 550 community members in attendance, raising \$133,000 to support girls and young women throughout Greater Des Moines. Sandy Hatfield Clubb was recognized as the 2016 Louise Noun Visionary Woman and two YWRC clients earned the Woman of Worth (WOW) award.

FUN IN THE SUN

The Young Empowerment Partnership (YEP) held their 4th Annual Fun in the Sun event on June 12, 2016 at Jasper Winery. The event was attended by 140 guests and raised \$3,000 to send a high school client interested in business to a week-long Business Horizons camp.



\$225,000 - TOTAL RAISED FROM SPECIAL EVENTS

1540 - # OF COMMUNITY MEMBERS WHO ATTENDED SPECIAL EVENTS



Learn more about these events at ywrc.org/events.

Volunteers

Thank you to the following committee members for volunteering their time and skills with us:

Celebrity Servers:

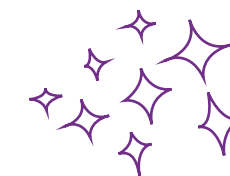
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co-chair
Pat Schneider, co-chair
Sabrina Ahmed
Brooke Axiotis
Erica Axiotis
Zac Bales-Henry
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Brooks Reynolds

Suzanne Reynolds-Arnold
Loretta Sieman
Joyce Steinkamp
Anna Terry
Frank Vaia
Wicker Van Orsdel
Nick Van Patten
Marcia Wanamaker

Seasons of Change Basket Auction:

This event is graciously planned and provided by the Polk County Women Attorneys.



Sit On It! committee:

Mary O'Keefe, co-chair
Jeff Nall, co-chair
Brooke Benschoter
Cindy Cox
Deb Flagg
Amy Hock
Liz Lidgett
Susan Mieth
Stacie Mosley
Laura Palmer
Tracy Smith
Megan West

Fun in the Sun:

Fun in the Sun is a Young Empowerment Partnership event. Please see page 1 for a list of members.

2569 - HOURS VOLUNTEERED BY BOARDS, COMMUNITY MEMBERS AND COMMITTEES

247 - VOLUNTEERS WHO GAVE OF THEIR TIME, ENERGY AND SKILLS

Volunteers play a key role in the success of the YWRC. Volunteer duties range from providing childcare and meals for Young Moms, to facilitating art projects during Empowerment Workshop and assisting with clerical work. Volunteers also provide support by organizing donation drives for items such as bras, pre-natal vitamins and feminine hygiene products.

VOLUNTEER SPOTLIGHT

Stephanie Pyle



Stephanie has volunteered with the YWRC for a little over two years. We have come to rely on her and are grateful for her dedication to the girls and young women of the YWRC. Each week, Stephanie goes to the Iowa Food Bank to gather fresh fruit, vegetables and baked goods to be used as snacks and meal supplements for groups and individuals. Not only does she facilitate this delivery each week, but also washes and prepares the produce.

"It's rewarding to know just a couple of hours of my time can make a difference for others. I believe your time is the biggest gift you can give."

-STEPHANIE

Learn more about volunteer opportunities at ywrc.org/get-involved.

Grants and Corporate Matching Gifts

Sponsorships

The YWRC is proud to be a United Way of Central Iowa member agency. Find out more about this partnership on page 2.

\$20,000 +



\$10,000 - \$19,999



\$5,000 - \$9,999



\$2,500 - \$4,999

The Gap Foundation
US Bank Foundation
West Bank

\$1,000 - \$2,499

Alliant Energy Foundation
Contributors Breakfast Club
Meredith Corporation

ONE WAY GRANTS AND MATCHING GIFTS ARE MAKING AN IMPACT: FINANCIAL LITERACY

The YWRC is strengthening services for pregnant and parenting young moms between the ages of 13 – 21 in the greater Des Moines area by incorporating education and advocacy towards financial literacy and building life skills through Individual Support and Young Moms Small Groups.

Support offered through the Young Moms programs incorporates curriculum such as Money Smart, NEFE High School Financial Planning Program and Practical Parenting Education. Facilitators work with each participant along their journey as new parents to ensure they can graduate high school, identify stable housing, improve their credit, navigate resources, develop a

sustainable budget and establish self-sufficiency. Expanding life skills training embedded in all Young Moms programming allows staff to best help each participant overcome their unique challenges in order to create a healthy and stable home for themselves and their family.

\$10,000 - \$19,999



\$5,000 - \$9,999



\$2,500 - \$4,999

Brad Van Weelden Co.
Meredith Corporation
The Principal Financial Group

\$1,000 - \$2,499

Jester Insurance Services
Nationwide Insurance
Rick Mosley Hair
UnityPoint Health

HOW A GIFT OR SPONSORSHIP CAN LEAD TO A THRIVING COMMUNITY



to young women right here in Central Iowa to help them reach their full potential in our community. The positive impact the

"I support the YWRC financially for several reasons that are important to me. The YWRC provides critical services

YWRC is having on the young women in the program is measurable in many areas including education and health, both critical for thriving communities. The YWRC is making tremendous progress in key focus areas and the positive outcomes are driving even more demand for YWRC services by Central Iowa young women and area schools. In order to meet the increasing demand, the YWRC needs to grow both staff and other resources. It is important to me to know that when I give

my time, talent or treasure to an organization, they are used effectively. When I give to the YWRC, I know that is the case. I can see it in the outcome numbers and, just as important, I can see it in the energy and excitement coming from the young women every time I visit the YWRC."

-KEITH KARPINSKE

Vice President, YWRC Board of Directors

Learn more about how you can support the YWRC at ywrc.org/donate.

Thank You

THANK YOU TO ALL OF OUR GENEROUS DONORS FOR SUPPORTING OUR MISSION TO EMBRACE AND INSPIRE GIRLS AND YOUNG WOMEN TO BE STRONG, SELF-CONFIDENT AND SUCCESSFUL. YOU MAKE A DIFFERENCE.

\$10,000+

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\$500 - \$999

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Threase Harms-Wagaman and Rick Wagaman
Judith Heggen
Ellen and Jim Hubbell
Geri Huser

\$1,000 - \$2,499

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Rich and Clarice Wireman
Karen and Don Young

Thank You

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Sondra and Stuart Feldstein

Sondra and Stuart Feldstein have been consistent supporters of the YWRC for nearly two decades with contributions of time, talent and resources. Over the years they have been instrumental in helping ensure the sustainability and growth of critical programs such as the

expansion of in-school Empowerment groups. Additionally, Sondra works with her 4-H club to volunteer at the YWRC by preparing a meal for our young moms and their children.

Both Sondra and Stuart are strong believers in the importance of building confidence and resiliency in young women early on in life.

“We support YWRC because all girls deserve a chance. Not everyone is born into a good place, and not everyone has support at home.”

– Sondra Feldstein



Girls and Young Women of the YWRC

Girls and Young Women of the YWRC



"I CANNOT BEGIN TO EXPRESS HOW MUCH I BELIEVE IN THE THINGS THE YWRC STANDS FOR AND HOW EMPOWERING IT IS TO BE AROUND WOMEN LIKE YOU, WHO ARE EDUCATED, HONEST, KIND AND DEDICATED TO HELPING GIRLS LIKE ME... THE BACKBONE, SELF-ESTEEM AND KNOWLEDGE I AM GROWING BEHIND THE SCENES IS WHAT MAKES YOUR ORGANIZATION TRULY SPECIAL. THANK YOU!"
- EMPOWERMENT CLIENT

