

YOUNG WOMEN'S RESOURCE CENTER



JULY 1, 2021 - JUNE 30, 2022 ANNUAL REPORT



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WHO WE ARE

Letter from the Board President and Executive Director

We are so thankful to the community that surrounds the Young Women's Resource Center. We are thankful for the investment of time, resource, and talents of so many individuals that believe in the important work we do. As we reflect on this past year, it has been a time of building and taking care of one another.

This year we put forth great efforts to shift to providing stable in-person programming and reengaging participants after the pandemic. We were able to provide a combination of virtual and in-person programming as we continually adjusted to the new climate and culture. We have been striving to reach our pre-COVID participant numbers and offer all of our programming to the girls and young women that need it. We are looking forward with so much anticipation as we continue to adapt and grow a non-profit to meet the ever-changing needs of our community.

We know that mental health continues to be an area that requires much attention. **The number of counseling participants we served DOUBLED this year**, and we only continue to grow. This will be an area of focus for us as we head into a year of strategic planning to intentionally set our targets for the next 3 years.

Additionally, we recognize the ongoing need and support for pregnant and parenting youth in our community. Our Doula program continued to pair Young Moms participants with a doula, free of charge, to walk alongside them during one of the most pivotal moments of their life. We recognize that we have a number of opportunities to expand, train, and provide additional doulas to make sure all young moms in our community have the support that they deserve.

As we head into the next fiscal year, we say “see you later” to our board president, Lora McCollom. Lora has been serving on the YWRC Board of Directors for the past six years and has served as Board President these last two years. We are so thankful for her leadership and the expertise and resources she has provided to the YWRC. We both look forward with great anticipation for the year to come.

We thank you all for supporting the work of the Young Women's Resource Center and youth throughout the Greater Des Moines Community.



KARI ZIMMERMAN
FY21-22 Executive Director



LORA MCCOLLOM
FY21-22 Board President



IMPACT

FOUR RESILIENCY BUILDING AND PROTECTIVE FACTORS CATEGORIES:



Connections and Strong Social Supports



Competence and Sense of Purpose



Confidence and Self-Esteem



Coping and Self Control



90%

improved in or maintained their four key protective factors that influence resiliency

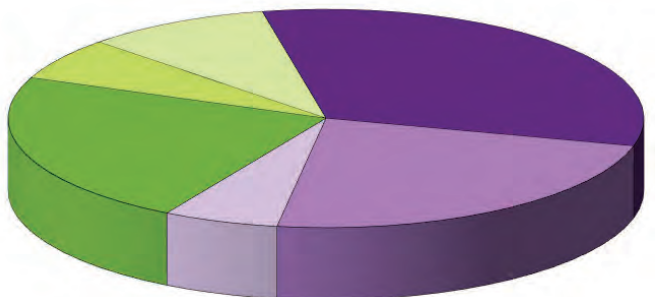
20

schools throughout Greater Des Moines with unique, facilitated YWRC programs

783

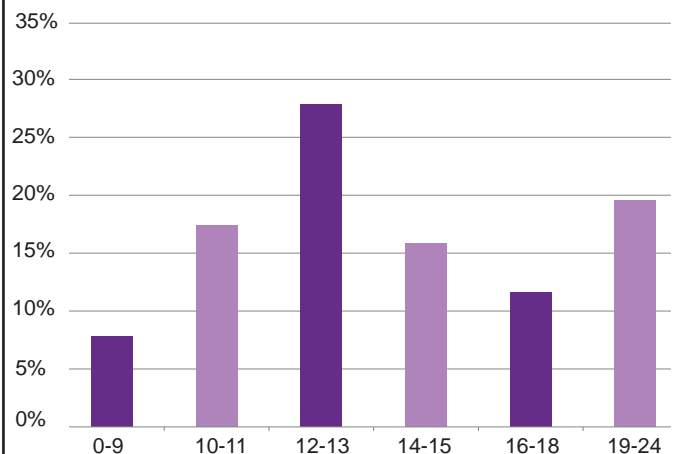
individual participants served through Empowerment, Young Moms, and Counseling Programs

RACE OF PARTICIPANTS



Black - 23% White - 32%
 Asian - 6% Latina or Latinx - 23%
 Multi-Racial - 10% Other - 6%

AGE OF PARTICIPANTS



(0-9 reflects the ages of young moms' children served)

COUNSELING

144

Individuals served

Counseling services are offered for free, and are voluntary and confidential. One-on-one and group counseling empowers participants to identify their strengths, develop positive coping skills, build self-esteem, and discover paths to healthy relationships. Creative expression in art therapy opens the door for participants to speak about their feelings.

84

youth participated in our Lotus program designed to help survivors of abuse build resiliency

x2

counseling participant involvement more than DOUBLED from FY20-21 to FY21-22

80%

of counseling participants demonstrated improvement in their overall wellbeing

CONNECTIONS

Small group for impulse control, anger management and healthy decision-making

COUNSELING

Cognitive behavioral counseling and art therapy are offered in individual and group settings

LOTUS

Program for exploring creative expressions to build self-esteem, healthy relationships and resiliency

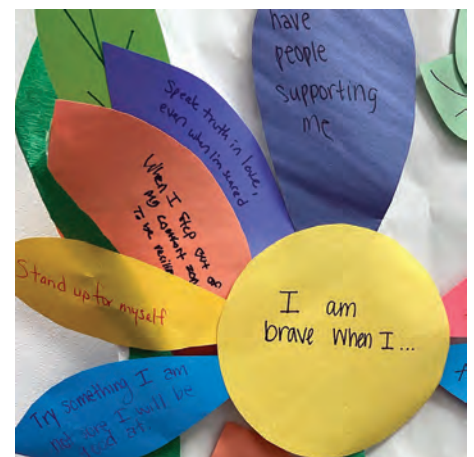
EMPOWERING SUCCESS THROUGH MENTAL HEALTH COUNSELING

YWRC counselors empower participants to grow in personal awareness and walk alongside of each individual to support them while they navigate life challenges.

Ayo, YWRC Therapist, says, “In a matter of 12-16 weeks, I witnessed **a participant transform into a strong, confident, and empowered young woman with a voice to make things happen for herself.**”

Many of the participants served have backgrounds of anxiety, depression, insecurity, lack of confidence, and low-self-esteem. The counselors work intensely with participants utilizing a multitude of modalities, including Cognitive Behavioral Therapy and Art Therapy interventions.

Mental health continues to be in a state of crisis and we are working hard to bridge that gap in our community. In addition to providing FREE counseling, we work to eliminate barriers youth may face in receiving care. We provide transportation, childcare, and snacks for those receiving mental health support at the YWRC. **This year, we have DOUBLED the amount of counseling participants served.**



EMPOWERMENT

437

Individuals served

Empowerment program curriculum supports participants through lessons focused on self-esteem, positive body image, healthy relationships/friendships, reproductive health knowledge, empowerment, feminism, and resiliency.



AFTER SCHOOL GROUPS

5th - 12th grade groups utilize empowering curriculum that includes creative activities, field trips, and guest speakers

BLACK GIRL MAGIC

7th and 8th graders explore the ways in which Blackness shapes life experiences

FEMINISTS UNITED NOW (FUN)

Youth-led group working to further education of and advocate within the community on social justice issues they care about

IN-SCHOOL GROUPS

Six-week groups provided within schools offer support and education with a focus on empowerment, feminism, self-esteem, body image, and resiliency

MARIPOSA

A group for Latina/x/e youth to encourage leadership through service, activities, speakers, and discussions

SUMMER PROGRAMS

Unique programming offers an interactive, supportive, and safe environment to learn and grow with their peers

290

students participated in YWRC Empowerment in-school groups across Greater Des Moines

43

6th graders practiced communication skills while canoeing at Jester Park

38

participants (5 - 12th graders) attended our Empowerment Workshop over Spring Break

13

field trips were taken, including ice skating, bowling, the zoo, and achievement bridge walks

EMPOWERMENT PARTICIPANT SPOTLIGHT: KATHY VELEZ

"It's been my honor to see Kathy develop a strong sense of self and began to trust herself again.

She's learned how to honor herself, her challenges, and her strengths. Kathy is a fierce advocate and lover of animals. This passion helped her to embrace her vision of having an animal sanctuary one day."



- Marcia, YWRC Staff

YOUNG MOMS

Young Moms programs equip pregnant and parenting persons through age 24 with the support, education, and skills needed to be successful. Topics include self-sufficiency, childbirth options, child development stages and the importance of education.

222
Individuals served

100%

healthy birth weight
among babies born of
Young Moms participants

49

youth in Parenting and
Life Skills groups in schools
and at the YWRC

83%

graduation or on track to
graduate rate versus only
50% nationally

\$23k

provided to Young Moms
participants through
education scholarships

YOUNG MOMS SPOTLIGHT: SAMANTHA JUAREZ

"Samantha has been a positive role model in our programs over the years. She's kind to other participants, listens, and asks questions during group.

It's clear that she wants to be the best for her daughter, Alma, and she is always learning new parenting techniques. She's dedicated to making her future better and making sure she's an amazing mom for her daughter." - Young Moms team



"YWRC has been a great resource for me as a young single mom. It provided and helped me a lot for myself and my child.

I will never forget the unconditional support that [the Young Moms Team] gives! I hope to give back to the community and other young moms out there in the future!"

- Young Moms participant

BETTER BEGINNINGS DOULA PROGRAM

Doulas offer young moms physical, emotional, and educational support before, during, and after childbirth

INDIVIDUAL SUPPORT

Tailored support to help young moms achieve self-sufficiency through the attainment of critical life skills and resources

MARILYN S. JEFFRIES SCHOLARSHIP

Scholarships provided for participants to pursue higher education

PARENTING & LIFE SKILLS

Parenting education in a peer-to-peer setting to build relationships and learn practical skills

PREGNANCY & CHILDBIRTH EDUCATION GROUPS

Comprehensive pregnancy, labor, birth, breastfeeding, and postpartum education



VOLUNTEERS & COMMUNITY

CELEBRITY SERVERS NIGHT

Chairs: Dylan Lampe and Lisa Lavallo
462 attended / \$51,351 raised
October 4, 2021 / Centro, Django, Malo

PCWA BASKET AUCTION

PCWA Event Committee
117 attended / \$20,539 raised
October 28, 2021 / Virtual; Exile meal

YWRC GALA: GROWING LOCALLY

Chairs: Jann Freed and Claudia Schabel
450 attended / \$140,000 raised
April 9, 2022 / The Ron Pearson Center



VOLUNTEER SPOTLIGHT: COURTNEY MOLLER

This year's spotlight goes out to Courtney Moller! Courtney began volunteering with YWRC right after the new year in January and has since volunteered or participated in all 2022 YWRC events. Courtney always comes into the building full of ideas and eager to help, ready for any project from any of our teams. As a great supporter of our whole team, Courtney has sorted loads of donations, organized the childcare room, sanitized toys, painted walls, and ran event stations. She also volunteers on our Marketing Committee. Courtney's positive attitude and efforts are sincerely appreciated, and we are excited to continue working with her.

THANK YOU to the 188 volunteers who gave their time, energy and talent through boards/committees, childcare, and special projects. We are grateful for each of you!

CHILDCARE, MEAL DONOR, PROGRAM, Y-DUB CLUB, AND SPECIAL PROJECT VOLUNTEERS:

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Life Care Services
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MidAmerican Energy
Zoey Miller

General Mills - Carlisle
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Sydney Moore
Rachel Morgan
Nebraska Furniture Mart
Alyson Nelson
Optimae Life Services
Gwen Page
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Bailey Ritchie
Mara Robinson
Ruan
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Whitney Schmidt
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Amy Snyder
Holly Stevenson
Marissa Thayer
Kelsey Tyrell
Anita Vanlo
Waukee Public Library Helping Hands
We Are Iowa - Local Channel 5
Julie Weichman
Abbey Witt
Women At Amazon

Alyssa Zipperer
YogaSix
CELEBRITY SERVERS NIGHT:
Dylan Lampe, co-chair
Lisa LaValle, co-chair
Dana Amelung
Erica Axiotis
Cathy Besh
Kirk Besh
Conor Boffeli
Bunny Bruning
Lauren Burt
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Claudia Schabel, co-chair
Jackie Schmillen, Emcee
Sonia Ashe
Katrina Beery
Brooke Benschoter
Kat Mahr Dollar
Laurel Howell
Maria Robinson

1308

Hours were volunteered during FY21-22

188

folks volunteered their time and skills

1029

Attendees who joined YWRC events

YEAR IN FINANCIALS



“One thing I learned in group is that I am great, no matter what!”

783

Individual donors

336

First time individual donors

1,169

Individual donations given

REVENUES



United Way - 30%
Contracts and Grants - 18%
Contributions - 52%

CONTRIBUTIONS



Special Events - 38%
Corporations and Foundations - 24%
Individual Giving - 39%

EXPENSES



Fundraising - 15%
Program Services - 80%
Administration - 5%

PROGRAM EXPENSES



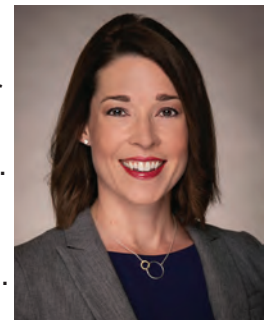
Indirect Program - 9%
Personnel - 76%
Direct Program - 15%

THANK YOU for your support and ongoing generosity!

The YWRC gratefully acknowledges the individuals, businesses and foundations who generously contributed support between July 1, 2021 and June 30, 2022. These charitable gifts assist girls and young women in Greater Des Moines to discover their abilities, build on the strength they already possess, and pursue their goals.

Every effort has been made for complete accuracy in our donor recognition, which can be seen on **pages 9 - 13**. If you have corrections, or are interested in ways to show additional support for the YWRC, please contact us at 515.244.4901 or ywrc@ywrc.org.

“My family and I established a Donor Advised Fund through the Community Foundation of Greater Des Moines to donate to the Young Women’s Resource Center. We find a Donor Advised Fund to be a great tax planning tool, as gifts to our fund are tax deductible.



Most importantly, the Donor Advised Fund allows us to be intentional about supporting non-profit organizations now and for years to come. Even after we retire, we hope the growth in our fund will allow us to continue our track record of giving to the causes we care about.”

- Shannon Bielski, YWRC Donor and Volunteer

GRANTS & MATCHING GIFTS

Thank you to the following grantees and corporations for their support:



**United Way
of Central Iowa**

The YWRC is proud to be a United Way of Central Iowa member agency. Their guidance and support enhance our credibility and strengthen our services.

\$20,000 - \$49,000



\$15,000 - \$19,999



**Evans Family
Foundation**



\$10,000 - \$14,999



\$5,000 - \$9,999



\$1,000 - \$4,999

Business Women's Association Foundation
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Walmart Stores, Inc.
Wellmark Blue Cross Blue Shield

Government Contracts County Adolescent Pregnancy Prevention Polk County Crisis and Advocacy
Eyes Open Iowa Polk County Decategorization
Iowa Coalition Against Sexual Assault Victim Services Support Program

EXAMPLES OF THE IMPACT A DONATION TO THE YWRC CAN MAKE:

\$120

confidential art therapy session and supplies to fill the critical need of youth mental health services

\$500

a doula to support, educate, and advocate throughout a healthy pregnancy, birth, and postpartum

\$250

Moving on to Middle School summer program for one soon-to-be sixth grader to build confidence

\$1,000

a year of After School Group so a participant can interact with a trusted adult and peers every week

SPONSORS

Thank you to the following for sponsoring the YWRC during FY21-22:

\$15,000



\$10,000



\$5,000



\$2,500



Maria and Dave
Volante



Ted and Georgette
Longnecker



\$1,500

Bank Iowa
DMACC
Green State Credit Union

GuideOne Insurance
IMT Insurance
Jester Insurance Services

Kemin Industries
RSM US LLP

Interested in learning more about becoming an event or project sponsor and the associated benefits?
Contact our team at ywrc@ywrc.org or 515.244.4901.

THANK YOU

Sincere appreciation to all of our generous donors for investing in the YWRC:

\$25,000

Anonymous

\$15,000

Krista and Dean Tanner

\$10,000

Ron and Jennifer Hanson

\$5,000 - \$9,999

Greg and Tonya Dardis
Christine Davis
Des Moines Whiskey Festival
Denny and Candy Elwell
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\$2,500 - \$4,999

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\$1,000 - \$2,499

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Thank you to Dardis Communications for investing in the futures of local young women through their many years of support to the YWRC. Most recently, Dardis was a generous sponsor of the 2022 *YWRC Gala: Growing Locally* event.

“Dardis Communications is honored to support the YWRC. Developing people is our culture, which is why our company and our employees work together to give back to organizations like the YWRC. We’re excited to continue our support of YWRC and are grateful for the role they play in building future women leaders.”

- Greg Dardis, CEO Dardis Communications

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A LOOK BACK



YOUNG WOMEN'S RESOURCE CENTER

EMPOWERING A LIFE OF POSSIBILITIES.

MISSION

To empower participants to be strong, self-confident and resilient.

VISION

For youth of our community to grow to their full potential and realize the life of possibilities they deserve.

CORE VALUES

Equity, Resiliency, Accessibility, Community, Advocacy

WHO WE SERVE

The YWRC serves individuals ages 10 – 24 who have been socialized and/or identify as female.

This includes cisgender girls, cisgender women, transgender persons, and non-binary and gender nonconforming individuals. This is who we refer to when we say “girls and young women.”

818 5th Avenue, Des Moines, IA 50309
515.244.4901 / ywrc@ywrc.org



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