



Empowering  
a Life of  
Possibilities



## ANNUAL REPORT

JULY 1, 2022 – JUNE 30, 2023



As we wrap up another year, we find ourselves so thankful for the community we have the honor to serve. The work that was accomplished this past year would not have been possible without our incredible staff, board, volunteers, and donors. We continue to count on each individual to support our work to make a positive impact in our community.

We know that our youth are in crisis and it is our duty to provide critical prevention and response services. Our youth are facing increased situations of violence and the statistics regarding mental health among the population we serve are concerning. The fight for girls and women to learn how to use their voice, advocate for their rights, and take charge over our own lives continues on.

**We exist to walk alongside and empower youth through pivotal life changes so they know their own power, believe in their abilities, and can claim what they deserve.**

We are so excited to continue to increase the opportunities available to girls and young women in our community. As we close out this year, we are moving forward with a brand-new strategic plan to further guide how we can make significant impacts within our Counseling, Empowerment, and Young Moms programs. We will continue to create safe spaces for youth, increase the rate of Young Moms participants achieving graduation, and empower youth leaders. We are committed to providing preventative programming and resources that will impact long-lasting and sustainable change.

*Thank you for joining us in this work!*

**The young girls and women in our community continue to need our support now more than ever.** We thrive on being able to create necessary spaces for the youth in our community to receive mental health services, build and grow their skill sets that will set them

up for success and walk alongside young mothers who need additional support and resources in child-birth education, postpartum, and parenting and life skills. Because of your support, we were able to achieve the following impact in 2022-2023.

# 1,073

TOTAL PARTICIPANTS SERVED

# 9,166

program hours provided

# 89 total groups implemented



# 29

schools YWRC programs were provided in

## YWRC FY22-23 Staff

Felicia Banks-Wagner  
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Elhondra Brazzle  
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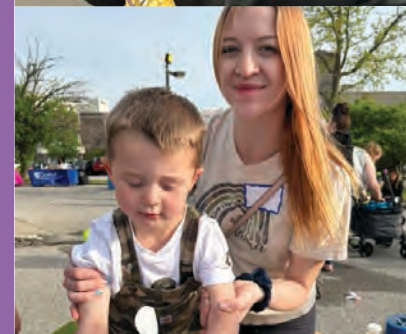
Learn more about us

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

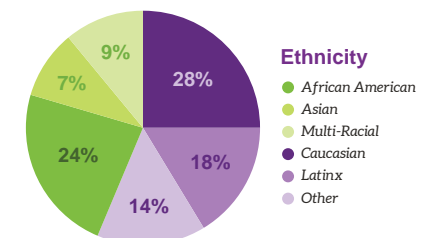
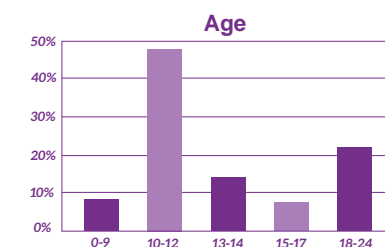
**VISION:** For youth of our community to grow to their full potential and realize the life of possibilities they deserve.

**VALUES:** Equity, Resiliency, Accessibility, Community, Advocacy

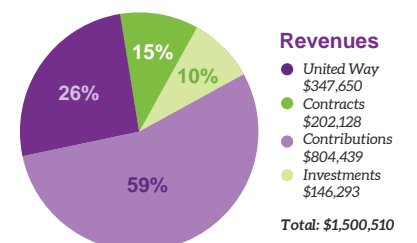
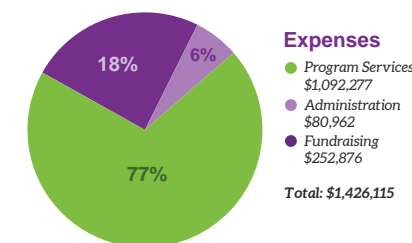
**WHO WE SERVE:** The YWRC serves individuals ages 10 – 24 who have been socialized and/or identify as female. This includes cisgender girls, cisgender women, transgender persons and non-binary individuals.



## PARTICIPANT OVERVIEW



## FINANCIAL OVERVIEW





## PROGRAMS



## PROGRAMS

**Why is maintaining or increasing resiliency skills important?** One of our goals is to help reverse negatives effects of childhood/ adolescent trauma experienced by our participants. There is a direct correlation between trauma and later-in-life physical health conditions such as diabetes, heart disease,

high blood pressure, and more. By introducing and teaching these four key protective factors, we can lessen participants' chances of having trauma related illnesses: connections and strong social network, confidence and self-esteem, competence and sense of purpose, coping skills and self-control.

**NEARLY 8 OUT OF 10** participants throughout the last five years maintained or increased their resiliency skills



Our Programs

**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.

**138** INDIVIDUALS  
SERVED THROUGH  
COUNSELING PROGRAM

**1,151**  
counseling hours  
provided for local youth

**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.

**93%**  
of Young Moms graduated or  
on track to graduate high school  
versus only 50% nationally

**307**  
Individuals  
Served  
through  
Young Moms  
program

**6.5 LBS**  
AVERAGE BIRTH  
WEIGHT OF  
YOUNG MOMS'  
BABIES BORN

A full pound above the  
healthy baseline weight

88% of Young Moms Participants feel confident in their parenting abilities after attending group.

## Young Moms Spotlight: Yuliza

Yuliza has always been open to learning more and growing in her skills as a mom. Staff have seen her grow and mature in amazing ways since she started participating. Yuliza has been a great addition to the group discussions and is a role model for other participants in modeling positive parenting.

Watch  
the Video



Watch  
the Video



## Empowerment Spotlight: Natalee

Natalee has accomplished many milestones since she joined the YWRC. This past year Natalee continued to demonstrate self-assurance by taking the lead in group activities and helping explain the tasks happening for the day. Natalee is a great participant who demonstrates respect, involvement, humor, and helping others. She is very inclusive and understanding to all her peers in the group.

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

90% of Empowerment  
Participants agreed that the  
YWRC helped them learn and  
grow in positive ways.

**628**  
individuals  
served  
through the  
empowerment  
program

**76**  
EMPOWERMENT  
PROGRAM  
GROUPS HELD

## THANK YOU



Thank you to all the volunteers who gave their time and talent through boards/committees, childcare, preparing meals, in-kind donations, assisting with events, and more!

166

Community members  
volunteered their  
time and skills

1,875 HOURS  
were volunteered  
during FY22-23

254  
IN-KIND  
DONORS

Thank you to the following for sponsoring the YWRC during FY22-23:

\$15,000



\$10,000



\$5,000



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and James Conlin



\$1,500

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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. Thank you!

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

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