

YOUNG WOMEN'S RESOURCE CENTER



Annual Report

July 1, 2023 - June 30, 2024

ABOUT

Since 1978, we have supported girls and young women* through the changes of adolescence and early adulthood, and fortified their resiliency and self-determination. The indispensable programs, services, and essential needs we provide each year assist participants in creating and achieving personal goals, setting them up to flourish on their own terms. We know participants have been successful when they:

- Build strong connections and social networks.
- Develop healthy coping skills and self-control.
- Strengthen their confidence and self-esteem.
- Grow life competencies and a sense of purpose.

YWRC participants achieved this and more in FY23-24. We're excited to celebrate their successes with the community and you, without whom our work would not continue.

Though we are reflecting on the past year, it is also incumbent upon us to cast a gaze to the future. The freedom and rights of young women are more restricted now than when we were founded. Teen mental health precipitously dropped during the COVID-19 pandemic, and critical community resources to support them declined.

These realities culminate in a continued and greater need for our Counseling, Empowerment, and Young Moms programs. With ongoing support, we can persist in meeting the needs of girls and young women in Central Iowa.

*Those who have been socialized and/or identify as female. Trans and nonbinary friends are welcome.

VISION

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

MISSION

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

VALUES

Equity, Resiliency, Accessibility, Community, Advocacy

ABOUT

YWRC Staff

Felicia Banks-Wagner
Marcia Bradley
Linda Brown
Mackenzie Carlson
Shannissy Catron

Sy'Anne Dysart
Gary Elliston
Rachel Hanson
Greta Haun
Tony Jackson

Berenice Liborio
Jennifer Mesecher Ogg
Erin Moran
Kelsi Roby
Liliana San Elias

Olga San Elias
Kimberley Strope-Boggus
Rachel Woodhouse

YWRC FY23-24 Board of Directors

Kelsey Knowles,
President
Ka'Meka Lowery,
Vice President
Kathleen McGuire,
Treasurer

Marcy Kolontar,
Secretary
Kacey Davis
Kendall Dillon
Jennifer Doke-Kerns
Stephanie Dose

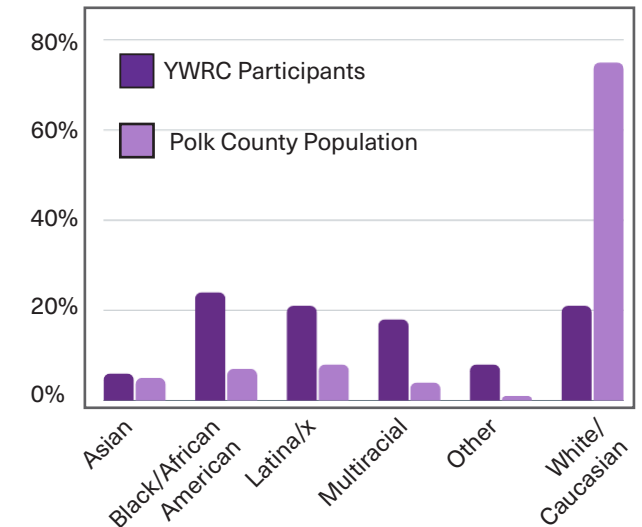
Lisa Laughlin
Laura Lockwood
Heather McDermott
Randi Marsh
Abi Reiland
Teri Ross

Leah Rudolphi
Scott Valbert
Maria Volante
Veronica White

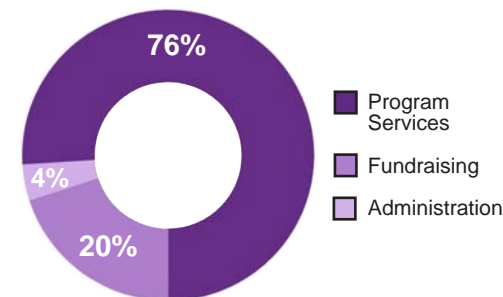
Visit our website at ywrc.org to learn more about our programs, ways you can get involved, and all things YWRC. You can also join us on social media on Facebook ([youngwomensm](https://www.facebook.com/youngwomensm)), Instagram (@[ywrcgirls](https://www.instagram.com/ywrcgirls)), and X/ Twitter (@[ywrc](https://twitter.com/ywrc)). Sign up for our e-news at ywrc.org/subscribe.



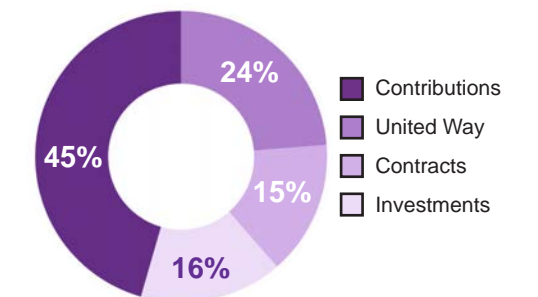
PARTICIPANT RACE / ETHNICITY



Expenses: \$1,386,488



Revenues \$1,431,570



PROGRAMS



REMOVING BARRIERS

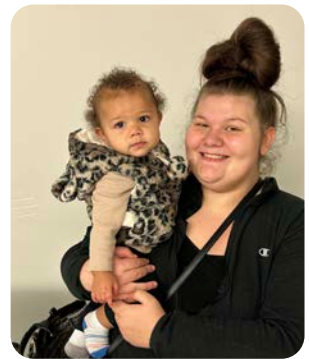
Girls and young women are able to better identify and meet their goals when their essential needs are met, they feel safe in a trusted community, and they face fewer barriers to accessing the support and resources they need.

As part of our commitment to our participants, we help remove these common barriers and provide free: transportation to and from programs for participants within a seven-mile radius; childcare; warm, nutritious meals or snacks at every program; baby supplies like car seats, diapers, and formula; personal care items, maternity clothes, and access to our on-site food closet.

	PROGRAM DESCRIPTION	# SERVED	AGE RANGE	PROGRAM HOURS
COUNSELING	Confidential one-on-one and group counseling sessions provide a supportive and safe space to discuss issues participants face and their goals.	114	10 - 12 = 30% 13 - 17 = 45% 18 - 24 = 25%	830
EMPOWERMENT	A variety of programs tailored to 5th grade – High Schoolers that are fun, informative, and instructive in the development of healthy, confident, resilient youth.	504	10 - 12 = 60% 13 - 17 = 40%	2,650
YOUNG MOMS	These programs provide education, peer-to-peer support, and access to critical resources for pregnant and parenting participants.	159	13 - 17 = 17% 18 - 24 = 83%	761

WHAT PARTICIPANTS ARE SAYING:

- “I learned that speaking up and advocating for yourself is okay.”
- “Don’t be scared to get what you need.”
- “We learned to be proud of ourselves.”
- “The best part of group was feeling safe.”



IMPACT

COUNSELING

69% of participants maintained/improved their ability to make up their own mind about things.

77% maintained/improved in dealing with problems well, feeling close to others, and thinking clearly.

73% maintained/improved their feelings of optimism toward the future.

68%

of participants maintained/improved in overall well-being.

EMPOWERMENT

84% said their program helped them understand the importance of thinking positively about themselves.

84% said group helped them understand how to use social media in a healthy way.

89% felt the group facilitators can be trusted and felt accepted for who they are during group.

78%

of participants maintained/improved in at least one resiliency category.

YOUNG MOMS

100% initiated breast feeding - 23% higher than WIC participants in Polk County in 2023.

86% graduated or are on track for high school graduation compared to just 50% nationally.

21% delivered via C-section which is 9% LESS than Iowa's rate in 2023.

93%

of Young Moms participants maintained or improved their Parenting skills

Thank you to all the generous donors who have invested in our mission and work.

GRATITUDE

\$15,000+
Mary O'Keefe and Jeff Nall
Krista and Dean Tanner

\$10,000 - \$14,999
Des Moines Women N
Whiskey
Marjorie Spuzello

\$5,000 - \$9,999
Anonymous Donor
Gary and Shannon Dickey
Denny and Candy Elwell
Foundation
Thomas J. and Sally Graf
The Fred & Charlotte Hubbell
Foundation
Tana Kirkpatrick
Christine Lauridsen Sand and
Robert Sand
Kathleen McGuire

\$2,500 - \$4,999
Anonymous
Stephen J. Babe
Pamela Bass-Bookey and
Harry Bookey
Teri and David Button
Community Foundation of
Greater Des Moines
Frontstream
Lynn & Steve Graves
Harriet Hubbell
Ted and Georgette
Longnecker
Martha James and Michael
Myszewski
Abi Reiland
Sampson Family Therapy
Services, LLC
Erin Schneider and Brian Lee
Ali Shemirani
Mary Stuart and David Yepsen
Dawn Taylor
United Way of Central Indiana
Maria and Dave Volante

\$1,000 - \$2,499
Jeanne Anderson
Anonymous
Pat Boddy
Britt and Dr. Barron Bremner
Margaret Brennan
Kelly Caldbeck
Lori and John Chesser
Christa Cox
Judy Davis
Wendy and Tim DeVries
Jill Featherstone
Jann Freed and John Fisher
Sarah Gardner and Thomas
Frolick
Elizabeth Garst
Kerrie Hill-Elliott
Debbie and Michael Hubbell
Iowa Association for Justice
Roger and Laura Jacobsen
Laura and Philip Lockwood
Joseph and Rachel Lubben
Holly and Mark Lyons
Shayla McCormally
Heather McDermott
Jean McGinnis

Gina Messamer
Deb and Thomas Miller
Judith Mossholder and Rick
Adams
Amar and Sandhya Nath
Stacey and Frank Neu
O'Halloran Family Foundation
Fund
Parking, Inc.
Penelope #38 Charitable Trust
The Principal Financial Group
Foundation, Inc.
Stephanie Ramm
RSM US LLP
Kelly D Rush and Mary K Rush
Debra and Neil Salowitz
Donna and Chris Schafer
Karen Shaff and Steve Jayne
Chris Shipley
Meredith and Andrew Stahl
Kari and Neil Stone
Susan Terry Knapp and Bill
Knapp
Ted Thoms
Fiedler & Timmer, PLLC
Maureen Roach Tobin &
Terrence M. Tobin Charitable
Fund
John Carstensen and Scott
Valbert
Paul Larson and Deana Voth
Wells Fargo Foundation

\$500 - 999
Kip and Debbie Albertson
Rich and Rose Anderson
Anonymous
Anonymous
Anonymous
Susan Barnes
Barbara Beatty
Shannon and Jeremy Bielski
Erica Bral
Elizabeth and Larry Bredeson
James Bruton
Shanda Carstens
Tom and Jenny Cavanagh
Brenna Cawthorn-Keating
Alicia and David Claypool
Jackie Cockrum
Covenant Presbyterian Church
Women
Cindy and Garry Cox
Suzanna de Baca
Jennifer and Peter De Kock
Amber Decker
Bernadine Douglas
Elizabeth Ellingson
Kathy & Ryan Flynn Charitable
Fund
Sandra Githens
Kathryn J Green
Germaine Gross
Kara Hager
Anna Hallberg-Fisher
Laura Harper
Louis Harrison
Henderson Family Charitable
Fund
Mark McCormick and Victoria
Herring
Brad Hopkins
Trudy Holman Hurd

Jarrold and Jennifer Igou
Libby and Steve Jacobs
Kurt E. and Janice Johnson
Connie and Daryld Karloff
Kimberly Kaune
Anne and EJ Kelly
Suzan Kelsey Brooks
Lambda Kappa Sigma
JoAnn Lynn
Katelynn McCollough
Jane and Hugh McGuire
Jennifer Mesecher Ogg
Sharon and Andrew Miller
Barry Monaghan
Ann Mowery and Allan Powers
Kaaren Olesen
Jenny O'Neil Stumberg and
Curt Stumberg
Valeria Pallwitz
Nicholas Platt
Greenberg Law, PLLC
Susan Terry Knapp and Bill
Knapp
Katie Reichardt
Dr. Sheila and Scott Riggs
Nicky Schissel
Barbara J Sherman
Amy and Shawn Smith
State of Iowa
William Tiffany
Sheila Tipton and William
Dawe
Girl Scout Troop 897
The Tyrrell Family
United Way of Johnson &
Washington Counties
Mr. and Mrs. Bill Van Orsdel
Kimberly Wall and Matt
McQuillen
Martha Willits

Jennie Balcom and Mark
Glowacki
Kathy and Scott Green
Nate Haggard
Ron and Jennifer Hanson
Renee Hardman
Susan and John Hemminger
Suzanne Dittmer and Bonnie
Hodson
Sara and Marc Hopkins
Suzanne and Charles Hutton
Erin and Aaron Hyde
Anne Jackson
Andrea M James
Amy Johnson
Beth Stelle and Dick Jones
Ashley Jones
Rachel Kelderman
Dylan Lampe
Rachel Stauffer and James
Lawson
Katherine Lefert
Jenny Leonard
Jen Lindberg
Joyce and Fred Lock
Ka'Meka and Ocie Lowery
Dave and Sandee Lyons
Jill and Ron Maahs
Teresa Mathews
Tom and Lorraine May
Gene McCracken
Mrs. Dorothy McGuffin
Andy McGuire
Misty and Riley McIlhon
Lyndi McVey
Helen Miller
Anna and Bobby Nalean
Mark and Shar Nevenhoven
Andrew and Barbara Nish
Tom Nucaro
Peter and Patricia Pashler
Sally Pederson and James
Autry
Bill Pierce
Robert and Rose Mary Pratt
Richard and Nancy Profit
Kelly Rand
Anne Reasons
Teri and Todd Ross
Jennifer Ross
Cindy and Allen Sabbag
Chuck and Kathy Safris
Cesar Sanchez-Molina
Tom Schoelerman
Barb Scholz
Farm Bureau Financial
Services
Amanda Simpson
Lodge No. 102 Danish
Sisterhood
David C King Family Charitable
Fund
Katy Skibba
Sarah Sorensen
Scott and Jodie Stephens
Karen Novak Swallow and
Rick Swallow
Colleen and Craig Torkelson
Bob Carber and Terri Vaughan
Nikki Wallace
Molly Wendel
John Wild
Emily Williams-Bouska
Cora and Kevin Wyne
Anna and Jamie Zuidema

\$250-\$499
Erin and Andrew Allen
Anonymous
Anonymous
Anonymous
Suzanne and Jake Arnold
David Ball
Al and Amy Bingaman
Margo and Don Blumenthal
Maya Boettcher
Cynthia Bolton
Britney Boujher
Sara and Madison Brummitt
Zora and Chris Burch
William E. and Diane A.
Caldbeck
Lynee Carey
Espnola F Cartmill
Renee Christopher
Megan and Adam Claypool
Anne Cooper
David C King Family Charitable
Fund
Dr. Richard Deming
Patricia and Doug Dornacker
Molly House and Tim Earp
Mark and Rhonda Elming
Kristin Griffith and Nagjije
Ferataj
Patrick Fraizer
Rosalie Gallagher
Michael G and Barbara M
Gartner
Maggie and Justin Glisan

YOUNG WOMEN'S RESOURCE CENTER

GRATITUDE



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!

PRESENTING - RESILIENCY SPONSOR:



STRENGTH SPONSORS:



Gary and Shannon Dickey



Christine Lauridsen Sand and Robert Sand



CONFIDENCE SPONSORS:



Ted and Georgette Longnecker



wellabe Be well.

IMPACT SPONSORS:

Delta Dental Foundation
DMACC
Jann Freed and John Fisher

GreenState Credit Union
Jester Insurance Services
Molina Healthcare

PurposeBank
RSM US LLP

Sara Hopkins Real Estate Team
Greater Iowa Credit Union

GRANTERS:

Chrysalis Foundation
Cole-Belin Education Foundation
Corteva Agriscience
Evans Family Charitable Foundation
Flooring America

Iowa Women's Foundation
ITA Group
Lincoln Savings Bank
Lumen Technologies
Service Group, LLC
Nebraska Furniture Mart

Old Republic Surety Company
Pledgeling Foundation
Polk County Board of Supervisors
Prairie Meadows
Ryan Companies

Scheels
Starbucks Foundation
Variety - The Children's Charity
Veridian
West Bank

Thank you to the **150** volunteers who offered their skills and gave **1,151** hours through boards, committees, childcare, preparing meals, events, and more, and to our **203** in-kind donors!