



Resilient

eliminating racism
empowering women

ywca

Greater Flint

All smiles, I know what it takes to fool this town
I'll do it 'til the sun goes down and all through the night time
Oh yeah
Oh yeah, I'll tell you what you wanna hear
Leave my sunglasses on while I shed a tear
It's never the right time
Yeah, yeah
I put my armor on, show you how strong I am
I put my armor on, I'll show you that I am
I'm unstoppable
I'm a Porsche with no brakes
I'm invincible
Yeah, I win every single game
I'm so powerful
I don't need batteries to play
I'm so confident
Yeah, I'm unstoppable today
Unstoppable today
Unstoppable today
Unstoppable today
I'm unstoppable today
I'm unstoppable today
Break down, only alone I will cry out now
You'll never see what's hiding out
Hiding out deep down
Yeah, yeah
I know, I've heard that to let your feelings go
Is the only way to make friendships grow
But I'm too afraid now
Yeah, yeah

SONGWRITERS: Sia Furler, Chris Braide

Dear Friends,

The year 2022 was an exciting time at the YWCA Greater Flint as we completed renovations to the space that is now our Women's Empowerment Center and launched several initiatives, including:

- Intentional Parenting Workshop Series and Saturday Yoga
- Programs for middle school girls
- International Women's Day Celebration
- Facilitator training for our Racial Justice Transformational Leadership Academy

We also continued to serve the community through our comprehensive Domestic Violence and Sexual Assault Program, reaching a little over 2,600 clients. We also started a new Rapid Re-Housing Program that will enable us to provide 12 families, who are fleeing a domestic violence situation, with transitional housing for up to one year.

The theme of this report is **resilience**: the capacity to withstand or to recover quickly from difficulties. This report highlights some of the success stories of women who have survived the horrors of intimate partner violence and sexual assault, demonstrating a level of **resilience** that is remarkable. It also brings attention to a mindset of **resilience** that adolescent girls in the United States will need in order to overcome the challenges they face today.

A recent report by the Center for Disease Control(CDC) *Youth Risk Behavior Survey: data summary & trends report 2011-2021*, indicates that girls are struggling in the United States. In 2021, 57% felt persistently sad or hopeless causing them to alter their activities as opposed to (36% in 2011), while 20% experienced electronic/social media bullying, and 18% reported being a victim of sexual violence. Additionally, in a 2018 study conducted by *YPulse* and *The Confidence Code for Girls*, it was revealed that by 14 years of age, girls' confidence drops by 30%, and nearly 80% of girls report wanting to feel more confident in themselves.

Because of this data, and because the years between elementary and high school are critical in their development, the YWCA has been deliberate in its plan to offer programs for middle school girls. As you read through this report, you will learn more about the Girls ASPIRE Leadership Summer Program and the Young



Women Choosing to Succeed program. In order to improve adolescent well-being and success, the CDC calls upon schools and communities to “increase access to needed services by improving school-based services and connecting youth and families to community-based sources of care.” The middle school programs at the YWCA are an example of that community-based approach.

Over the past few years, the YWCA Greater Flint has demonstrated its own capacity for **resilience**, launching a successful capacity-building campaign to raise one million dollars, as well as establishing the new Women's Empowerment Center that positions us to serve a broader community of women and girls. None of this would be achievable without the hard work of our staff and board of directors, as well as generous donors. Thank you for your support of our mission to eliminate racism and empower women!

With appreciation,

A handwritten signature in black ink that reads "Michelle O. Rosynsky".

Michelle O. Rosynsky, Ed. D.
CEO
YWCA-Flint

Recover

JENNIFER'S STORY

Helping other victims of sexual assault

Jennifer is a survivor of sexual assault. She was raped by her boyfriend and two of his friends.

After the horrific attack, a friend took Jennifer to the local hospital, and the hospital contacted a YWCA on-call advocate for support. The advocate suggested they send Jennifer to the YWCA Sexual Assault Forensic Examination (SAFE) Center for a sexual assault exam. Upon arrival, Jennifer was withdrawn, afraid, and unsure what was going to happen to her there. Sensing this, the YWCA advocate took time to explain how exams are conducted, how evidence is collected and documented, and what her options were for police reporting. Because the advocate spent this time with Jennifer, she felt more comfortable about the testing and her options.

Eventually Jennifer felt comfortable enough to reveal she lived with her boyfriend and did

TONYA'S STORY

New knowledge, support, and access to resources have been life-changing

Tonya did not understand why friends continually told her that her boyfriend was abusive; she was confused when they repeatedly encouraged her to contact the YWCA of Greater Flint. He was never physically abusive—he never hit her or the children.

Tonya always reasoned that no relationship was perfect and that hers was a typical relationship with ups and downs. After repeated urging from friends, she finally decided to reach out to the YWCA crisis line and was connected to an advocate who recommended she attend a group session. Tonya continued attending individual and group sessions and learned that domestic violence has many forms—not all are physical. She quickly realized she was being mentally and emotionally abused. Her boyfriend had been controlling, isolating, and manipulating her to stay in their relationship.

Tonya also discovered the devastating effects of domestic violence on children. In the past, she relied on her children to be her language translators, and often silenced herself to save her children the burden of “adult stuff”. When her children began acting out in response to the abuse, she realized the effect it was having and that they needed help as well. The YWCA support services provided Tonya with an interpreter, so her voice could be heard without involving her children. They also taught her to use a phone app that could translate conversations.

The YWCA Greater Flint's partnership with Metro Community Development and the Rapid Re-housing Program helped Tonya secure a safe apartment for her family. Tonya also received assistance enrolling her children in school. In addition, community resources supported Tonya's own learning and self-discovery. With the help of the YWCA's vast support services and resources, Tonya was able to give her family a fresh start, where they felt safe and could begin healing.

“Y” I support the YWCA

“I LOVE TO SEE A YOUNG GIRL GO OUT AND GRAB THE WORLD BY THE LAPELS. LIFE’S A BITCH. YOU’VE GOT TO GO OUT AND KICK ASS”

What an inspirational quote by Maya Angelou, epitomizing exactly what the YWCA Greater Flint is helping women achieve!

Growing up in Flint, Elizabeth Wise spent an extraordinary amount of time at the YWCA’s former downtown location. She attended preschool there and was involved in extra-curricular activities like swimming lessons and dance class. Her mother volunteered there as well and she vividly remembers watching countless strong women walk in and out of those doors, which was so inspiring to her at a young, impressionable age. Since those early days, the YWCA has been near and dear to Elizabeth’s heart, so much that when she moved back to the area, she immediately got involved. Elizabeth began by serving on the board for nine years as well as volunteering on numerous YWCA committees including the Executive Committee, several planning committees, Circle Luncheon Table Captain, Nominating and Placement Committee, and the Women’s Empowerment Center Capacity-building Campaign Committee. Empowering women and eliminating racism is a mission to which she is 100% committed.

As a woman, Elizabeth has been fortunate to feel supported by her family, friends, spouse, and community, but she understands not all women are in the same position due to varying circumstances. Oppression is still the root of many societal problems. Those born with privilege oftentimes forget racism, poverty, and violence exist in their communities. Supporting the YWCA and its mission has allowed her to be part of the solution. The YWCA, and the important work they do for women and girls in the community, encourages Elizabeth to continue participating and volunteering. The world needs more empowered women and the YWCA Greater Flint is helping achieve that goal.

Respond



Elizabeth Wise, YWCA donor



“A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong.”

Unknown

Reflect



Juleea Miller and
Kanisha Clemons

Child Welfare Society

Since 1915, the Child Welfare Society (CWS) of Flint has been quietly helping the children and youth of Genesee County. For years thousands of children were lovingly cared for at Cedar Street Children's Center through the Child Welfare Society. In 2013 CWS gifted the Cedar Street Children's Center building and surrounding grounds to the Shelter of Flint.

The Child Welfare Society of Flint operates as a private foundation, which offers grants to nonprofit organizations that assist families and children with educational, health, and social needs. They continue to provide funds for programs that benefit children and youth in Genesee County including the Girls ASPIRE Leadership Program through the YWCA.



Left to right: Jeanette Phelps, Wendy Jamrog, Linda Moxam, Barbara Young, Rosanne Heddy

Girls ASPIRE Leadership Program

The Girls ASPIRE Leadership Program is a program for 6th, 7th, and 8th grade girls in Genesee County. For three consecutive summers, cohorts of 15-20 girls participate in a curriculum-based program that was developed by the One Circle Foundation. The strengths-based approach includes workshops, reflection, discussion, experiential activities, and fieldtrips, empowering participants to maximize their talents, their academic and career interests, love themselves, and engage in healthy relationships. Serving as a cornerstone of the YWCA's programming for girls, the Girls ASPIRE Leadership program offers three sessions each having its own theme as describe below:

6TH GRADE

"What it Means to be a Girl" and "Friendships"

Learning outcomes include:

- identifying positive qualities about self and building self-esteem
- awareness of one's own feelings and emotions
- celebrating the commonalities and differences among girls in the group
- developing goals for healthy living
- identifying role models
- identifying healthy relationships, friendships and addressing conflict
- honoring personal strengths and empowering one another

7TH GRADE

"Expressing my Individuality" and "My family, Myself."

Learning outcomes include:

- exploring one's uniqueness and personal values
- affirming the importance of good self-esteem
- understanding where I come from and family values/culture
- exploring safe and unsafe family relationships and healthy boundaries
- understanding diversity and respecting people who are different
- identifying life goals/dreams and defining objectives for achieving them
- exploring teamwork and addressing conflict productively through communication

8TH GRADE

Curriculum and outcomes are still being developed for Summer 2024 and currently plan to include a discussion about high school and beyond, career options, and mentoring.

Some of the ways the Girls ASPIRE Leadership Program achieves these outcomes is through presentations by women working in different fields, college students, as well as experiential field trips. The seventh-grade curriculum includes a financial literacy workshop, facilitated by Huntington Bank. Last summer, the girls felt especially inspired listening to the panel of women speaking about their careers. One participant shared, "The opportunity to meet the women and hear about their work helped me to understand that I have options and can combine many of my interests into a future career." The overwhelming majority of the 6th grade girls also agreed the activities enabled them to identify their core strengths and understand what being a good friend means. One participant stated, "I know how to listen, and it's important to be open-minded about others and their feelings. That's not always easy to do."

The participants of the program, who are recruited from schools throughout Genesee County, build sister bonds that last beyond their time spent in the program; the girls create group chats and stay in touch throughout the school year. The groups are also invited to attend a Saturday session in the fall for additional opportunities to connect and learn. A participant expressed, "The program helped me to make new friends and learn that I am special—I am beautiful inside and out." According to program coordinator Kanisha Clemons, building self-esteem and loving oneself is a big focus of the program. "We explore what it means to be a girl. We talk about why girls have to go through certain things. We talk about how it is okay to go through weird stages in life—we all do. We want the girls to learn to love themselves at an early stage."

In addition to the summer session, program participants, along with parents and family members, are invited to attend YWCA programs, such as the International Women's Day Program held in March. Continued outreach helps the YWCA stay connected to the girls and their families.

THE MENTAL STATE OF OUR GIRLS

A Call to Action

EXPERIENCES OF SEXUAL VIOLENCE, POOR MENTAL HEALTH, AND SUICIDAL THOUGHTS AND BEHAVIORS ARE ALARMINGLY HIGH FOR FEMALE STUDENTS.

"You've got to work with girls... if you're gonna plant the seed of hope, if you're gonna help a girl remember who she can be or to be a dreamer and then surround her with the supports, then you've got opportunity... Simple programs where every girl... is told that she can be successful, that she can attain these things that are going to bring her a better quality of life. Then have a community be responsive to her rather than negate what it is she's trying to do... to me, we've got to focus on girls."

Participant ID 303, Flint Study on Women, 2018

57% of young females felt persistently sad or hopeless causing them to alter their activities.

30% seriously considered attempting suicide during the past year

27% reported drinking alcohol during the previous 30 days

21% used electronic vapor products

20% experienced electronic/social media bullying

18% experienced sexual violence

14% were forced to have sex

33% of our nation's youth reported their mental health was affected due to experiences with racism.

POOR MENTAL HEALTH AND LOW SELF-ESTEEM AMONG TEENAGERS IMPACTS

- decision-making
- school and grades
- health
- increased risk of drug use
- experiencing violence
- higher risk sexual behaviors

By age 14, girls' confidence drops by **30%**

Nearly **80%** of girls want to feel more confident in themselves

GIRLS DESCRIBE THEMSELVES AS:

- stressed
- anxious
- shy
- ugly
- emotional
- worried
- depressed

Teens are resilient, but they need support, opportunities to create meaningful connections, and strategies for positive development. Research shows that well-designed programs can help reverse these trends. The YWCA provides a number of programs to empower our young girls and is committed to serving their needs.

Young Women Choosing to Succeed

In partnership with New Standard Academy in Flint, the YWCA is currently offering a 10-week program, **Young Women Choosing to Succeed**, to 7th and 8th grade girls each marking period. This program focuses on personal strengths and leadership skill development. At the conclusion of the 2022-23 academic year, approximately 50 girls will have participated!

The weekly activities are based on two main curricula that the YWCA Greater Flint has selected for its middle school programming; One was developed by the YWCA USA and the other by the One Circle Foundation. Both incorporate concepts around identity development, resiliency and strengths, and activities that are trauma-responsive. Participants learn about their strengths, effective decision-making, self-advocacy, healthy relationships, and leadership. The program offers positive affirmation, encouraging the girls to feel confident about themselves and their abilities.

Sessions are held twice per week at New Standard Academy and are led by YWCA Program Coordinator Kanisha Clemons, whom the participants call “Ms. K.” As the facilitator, she ensures the class is a safe environment where everyone is heard, supported and encouraged. Reflecting upon the experience, Kanisha commented, “It takes a minute to open up and trust. By the 5th or 6th week, the girls are comfortable with each other and will say anything.” The group forms tight bonds that continue once the class has ended. “They become like sisters,” she said. When the semester ends, the girls are sad and wish Young Women Choosing to Succeed classes would continue into their high school years.

Kanisha always ends every class in the same manner, saying “Have a good day. Make sure we make good choices.” The girls then echo back, “You make good choices, Ms. K!”

Relate



“The group forms tight bonds that continue once the class has ended. They become like sisters.”

Kanisha Clemons
YWCA Program Coordinator

Kanisha Clemons (center, standing) with a group of girls from the 2022-23 “Young Women Choosing to Succeed” program.

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YWCA GREATER FLINT Mission

YWCA GREATER FLINT IS ON A MISSION TO
ELIMINATE RACISM, EMPOWER WOMEN,
PROMOTE PEACE, JUSTICE, FREEDOM AND
DIGNITY FOR ALL.

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THANK YOU DONORS!

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YWCA GREATER FLINT
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FY 2021: October 1, 2021 – September 30, 2022

Income	
Restricted Contributions	\$16,432
Unrestricted Contributions	\$261,113
Trust Revenue	\$95,927
Grant Revenue	\$2,031,466
Total	\$2,404,938

Expenses	
Programs and Services	\$2,011,098
General Operations	\$275,319
Fund-raising	\$20,445
Total	\$2,306,862



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CONTACT US
801 South Saginaw Street
Flint, MI 48502
810-238-7621
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