



Empowerment4Girls

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Annual Report
2022





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Annual Report 2022

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A Letter From Our Executive Directors

Greetings!

Every year at Empowerment 4 Girls (E4G), we integrate what we learn into improvements to our programs and how we operate as an organization. 2022 was a pivotal year of accomplishments, challenges, and transitions. Through it all, and with the support and guidance of our community, we have gained strength and clarity to continue our work to manifest our vision of a just world where all youth are confident, resilient, and resourceful.

Like many small nonprofits, we have allocated considerable time and effort to hosting fundraising events to support the development of our curricula and operational systems. While these events have been great for spreading the word about our programs and generating community support for our mission, we have concluded that they have not produced enough revenue to justify the staff time expenditure. With this knowledge, continuing to devote time to such events would be a disservice to our donors and program families, who depend on us to offer high-quality programming throughout the year. Therefore, in 2023, we are focusing our financial and human resources on expanding availability and improving the quality of our programs.

To better understand and address the needs of our participants, we have implemented program assessments for them to complete and adopted an annual practice of refining and updating our curricula. Our participants have provided valuable insights into what our youth need support with on their journey through adolescence. We took their input to heart and used it to inform updates to our Empowerment and Conscious Minds Conscious Bodies® program curricula.

In 2022, we had far too many families waitlisted for our programs. Our 2023 program schedule nearly triples the number of program days over previous years to meet the demand. We are excited about these changes and look forward to continuing to serve our youth with the ongoing support of our incredible empowerment community.

Community Power Rocks!

Sincerely,



Jeannine Anderson
Executive Director of Development



Philip Hyde
Executive Director of Operations



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Conscious Minds Conscious Bodies® Comprehensive Sexual Health Education

We kept all the best parts of CMCB and included a slew of new activities, tools, and content so that our program remains most relevant and impactful for the youth we serve.

We've reimagined our CMCB program in alignment with:

- [WA state Comprehensive Sexual Health Education \(CSHE\) curriculum guidelines](#)
- [WA K-12 Health Standards](#)
- [WA SEL benchmarks](#)

[Learn More](#)

Meet Our New Facilitators!

To accomplish our goal of serving up to 396 youth during 54 program days in 2023, we hired 4 new facilitators with extensive experience in SEL, sexual health education, outdoor education, and facilitating programs for people with special needs.



Michele Drake Hyde
she/her



Sadie Ciccia-Strain
she/her



Areya Kugler
she/her



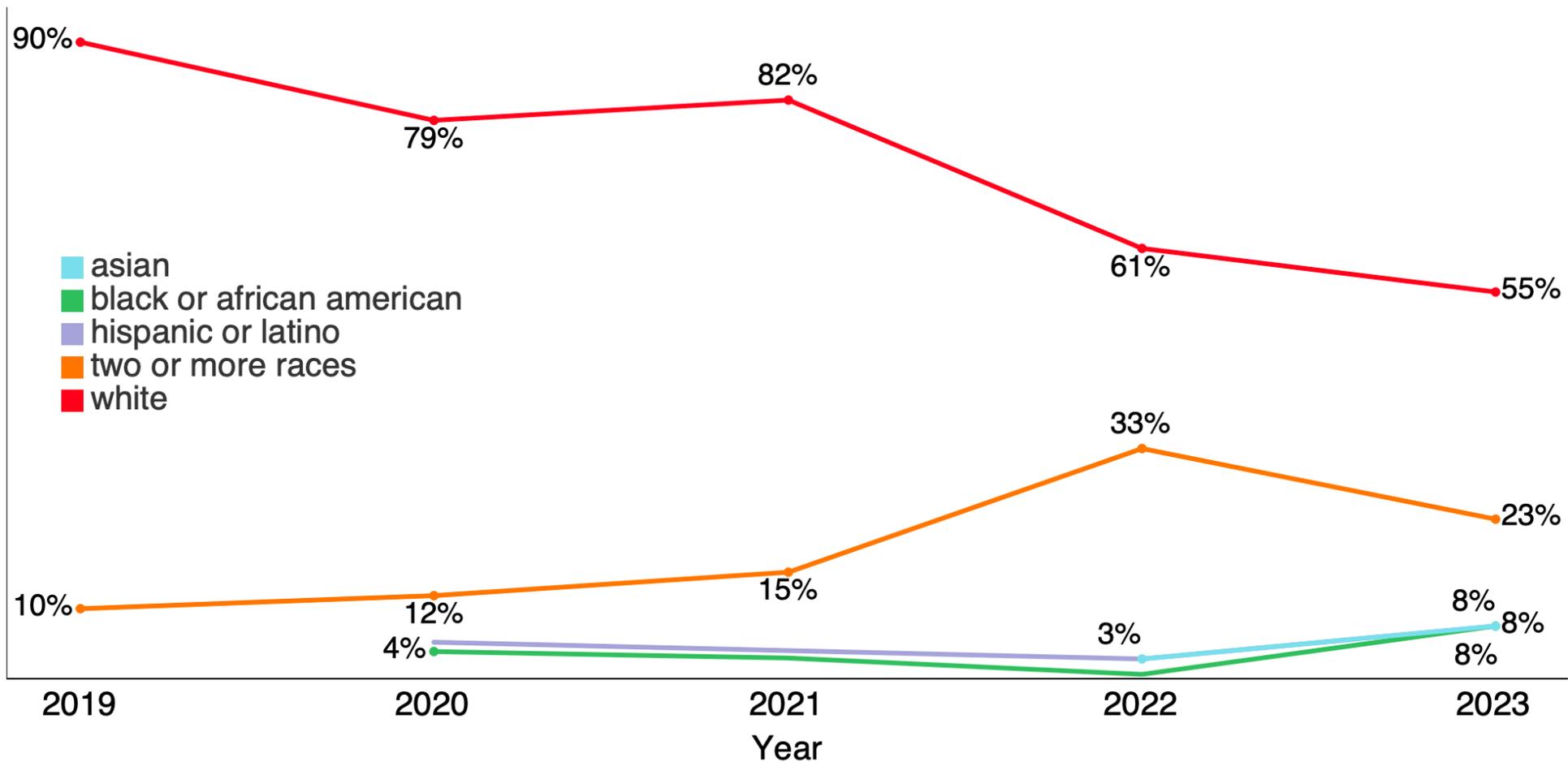
Lena Grover
she/they

[Learn More About Them Here](#)

2022 Was A Great Year For Diversity

We are elated to share that the diversity among our program participants increased significantly in 2022. The BIPOC participant representation jumped from our historical average of 13% to nearly 40%. We are so glad to see this and will continue to do everything we can to promote inclusivity. There are promising signs of a continuation of this trend into 2023.

Program Participants: Race Representation by Year



Impact



Impact by the Numbers

Program Registrants 142

Youth Served 108

Attended Multiple Programs 13

Most Programs Attended by a Single Participant 4

Total Scholarship Funds Accepted \$4010

Average Scholarship \$149

% of Scholarship Requests Granted 100%

Scholarships Awarded 27

Impact by the Numbers

Empowering youth to change the world is a HUGE undertaking!



Volunteers

54

Volunteer Hours

764

Teen Volunteers

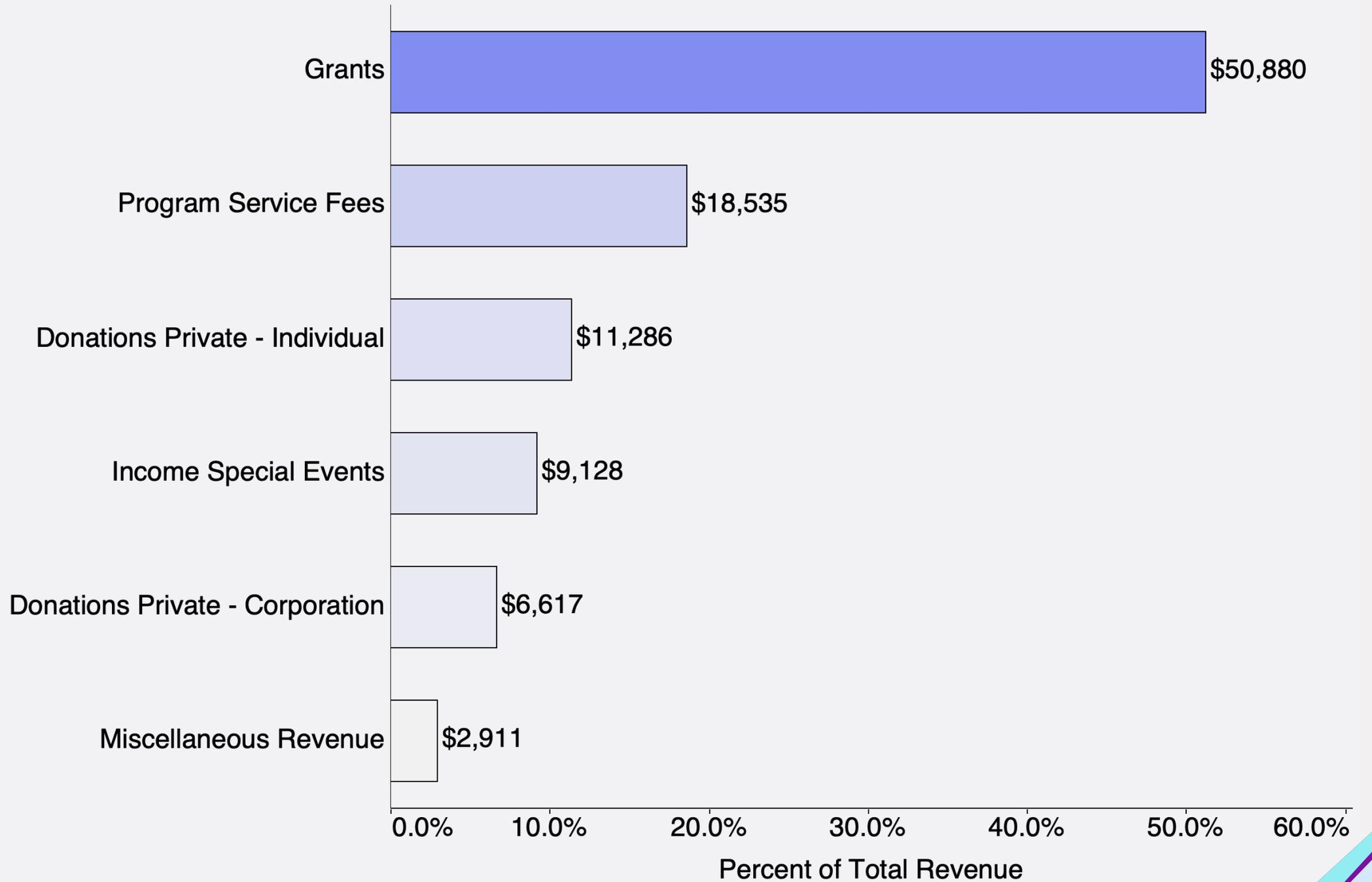
9

Volunteer
Community Service
Hours Awarded

220

Financials

Revenue Streams



Financials

Grants

Grays Harbor Community Foundation

\$30,380

Puget Sound Energy Foundation

\$8,000

Thurston Strong Grant

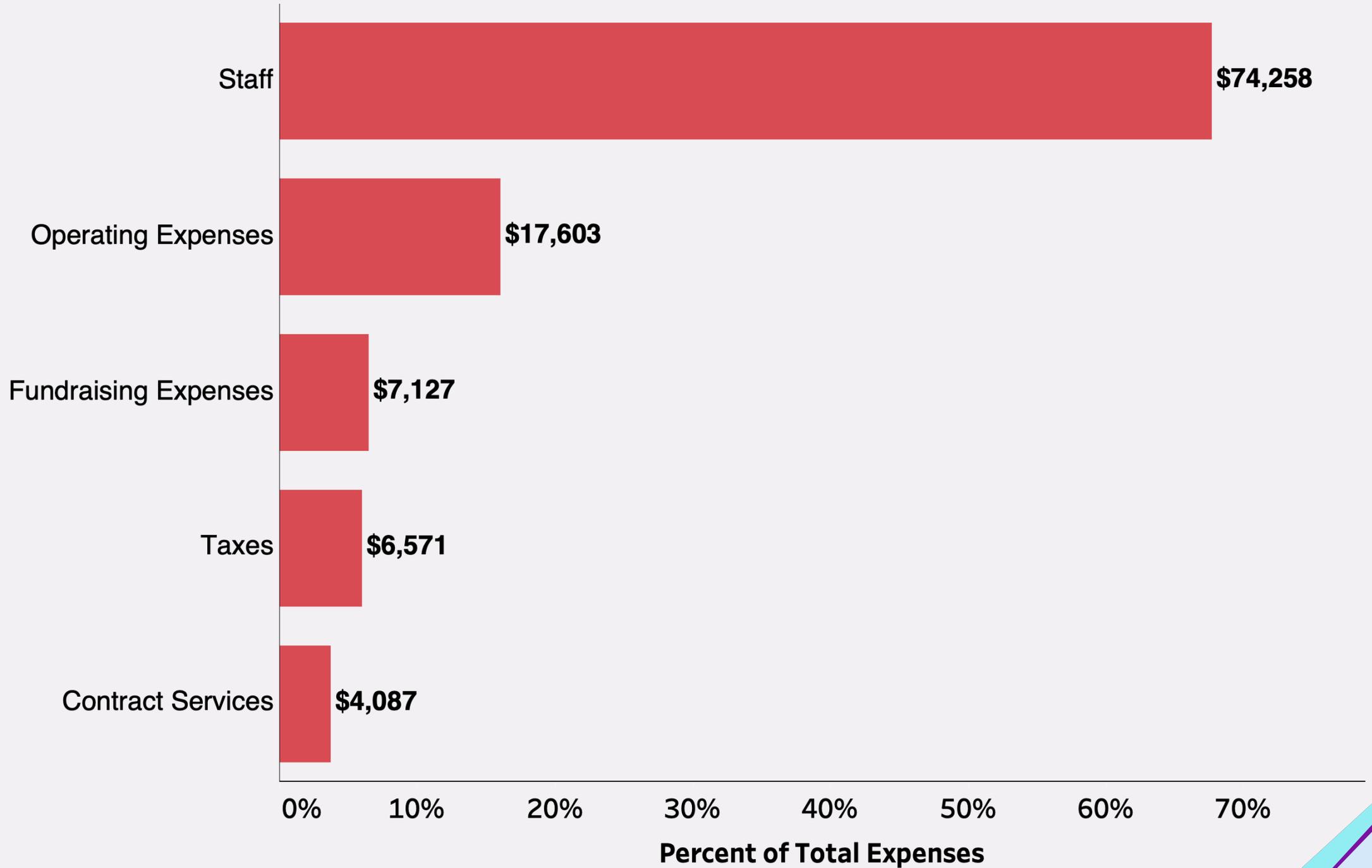
\$7,500

Freas Foundation

\$5,000

Financials

Expenses



Corporate Sponsorships

OlyFed

BANKING THAT'S MUTUAL

\$2800



\$1500



\$500

WSECU

The Credit Union
for Washington

SINCE 1957

\$500



\$500

**STELLAR
JUICES**

\$250



\$250



\$250



\$172

Thank You!

In-Kind Donations



\$1500



\$29,500



\$420



\$300



\$200



\$200



\$204



\$110



\$50

Thank You!

Gratitude

E4G programs would not be possible without the support of our entire community.

To our program families - Thank you for trusting us to help you educate, nurture and empower your children. 

To our volunteers and guest teachers - We quite literally could not offer programs to youth without the hours and hours you have donated to us. Thank you for adding so much value to our programs.  

To our donors and community sponsors - Thank you for making our programs accessible to all youth, regardless of family ability to pay. 

To our grant funders- Thank you for helping us build a research-based and replicable curriculum so that we can continue to offer our programs in new areas.  

We know "it takes a village," and we are so grateful for ours. 

 Thank You! 

Get Involved

Donate



Sustaining Donors

Sustaining Donors make a Monthly, Quarterly or Annual commitment to provide stability for the growth of our organization.



Scholarship and Program

Donations go directly to our Scholarship Fund and Program Budget.



Wish List

Equip our program facilitators with what they need! From non-perishable food items to art and facilitation supplies.



Program Sponsors

Sponsorships are a rewarding way for businesses to give back to our shared community by helping to cultivate more conscious and empowered future generations.

Donate

Get Involved



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Adult Volunteers NEEDED



ALL ARE WELCOME

www.empowerment4girls.org/volunteer

Apply



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Teen Volunteers NEEDED



www.empowerment4girls.org/volunteer

ALL ARE WELCOME

Our adult volunteers tell us that they find the experience very rewarding, and many come back to do it again every year!

"I wish I would've had programs like this while I was growing up - it would have changed my life. It thrills & excites me to see what this next generation will be cultivating, creating & expressing within our world."

~ Ellinor Grace, Adult Volunteer

"Self love is the most important thing girls can learn to be inspired and empowered for their future. I want girls to understand from a young age how much power they have and how much better life is when you understand your self-worth."

~ Kieran Stilson, Adult Volunteer

Teen volunteers provide participants with peer-to-peer support and guidance that only they can, and they receive community service credits for their time!

"I've always been drawn to this program because of the accepting environment and the information shared to truly help young girls accept and appreciate themselves. Having gone to this program before, I have found myself thinking about it a lot and what I had learned. This program truly stuck with me after years and years"

~Sarah Walz, Participant and Teen Volunteer

"I truly admire Empowerment 4 Girls' commitment to celebrating diversity, as I believe it is crucial to provide safe, inclusive environments for all."

~ Kallie Kidder, Teen Volunteer

Get Involved

Become an E4G Board Member

Help us build and expand E4G while bringing your unique perspectives, talents, and visions to the table. In addition to providing general financial and performance oversight, you can form committees to raise funds, engage your community, and even develop new programs! We are particularly excited about the formation of a teen council to help inform our existing curriculum and create self-guided integration of our principles and practices into their peer networks. A board member could be on a steering committee for the teen council for example.

[Become a Board Member](#)

Get Involved

Become an E4G Outreach Volunteer

Engage your community to spread the word about E4G. Help us develop relationships with community members, other local organizations, and local professionals and businesses to advance our mission by bringing in volunteers, program registrations, donations, and collaborations.

[Apply](#)



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Empowerment 4 Girls
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Thank You!

www.empowerment4girls.org