

**MISSION**

*YWCA of Houston*

*Is dedicated to  
eliminating racism,  
empowering women,  
and promoting peace,  
justice, freedom, and  
dignity for all.*

**ADULT PROGRAMS**

**Women Independently Living and Developing (W.I.L.D.) Program** provides housing, case management, counseling, and life skills training to young women ages 18-24 who are have aged out of foster care and or homeless who desire to pursue higher education; or vocational training.

**Y She Can Series** in collaboration with various local, state and federal organizations provide workshops and seminars for young girls and women. The purpose of the workshops are to provide speakers who focus on career opportunities and exploration, self-esteem workshops, mentorship, increasing awareness of STEM and other positive influences in their lives.

**Drop in Child Care Center** in partnership with the Houston Community College Southeast provides a safe and nurturing environment for children while their parents attend classes on campus to achieve their educational goals.

**SENIOR PROGRAMS**

**Meals on Wheels Program** provides hot, nutritious meals to homebound seniors who otherwise would not receive a meal for the day

**Congregate Meal Program** offers active seniors a hot nutritious meal and the opportunity to participate in daily educational & recreational activities at one of our 10 Senior Centers throughout Greater Houston.

**Interactive Health & Fitness Education** offers seniors access to quality fitness training and education in order to achieve and maintain healthy habits for healthy living.

**Nutrition Education and Resources Linkage** offers seniors valuable education related to healthy meal planning, health care, and accessing medical benefits and services.

**SIGNATURE PROGRAMS**

**Empowerment Zone Camp for Teen Girls (ages 12-18)** engages teen girls in leadership skill-building, higher education/career exploration, prevention education that promotes healthy choices, financial literacy, and activities that foster positive peer to peer relationships.

**Racial Justice Initiatives** are annual events facilitated in collaboration with local colleges/universities, businesses, and museums throughout Greater Houston to promote awareness of racial inequality and equality for women and girls.

**VISION**

**Women and girls thriving without  
barriers and changing their community.**



## 2014 Highlights

### ADULTS PROGRAMS

- **100%** of residents obtained essential lifeskills training to aide in in improved self-image and self-confidence.
- **100%** of residents accessed higher education or vocational training as a result of case management
- Provided long term transitional housing to **14** young ladies who aged out of foster care or were homeless.
- Partnered with Houston Community College Southeast campus provided on-site childcare services to more than **65** children, 3 – 12 years old.
- **60** women were provided childcare services at no cost which enabled them to continue their education at HCC.



### SENIORS PROGRAM

#### Congregate Meals

- Served **862** seniors, including **553** women, at one of **10** YWCA congregate sites located throughout Houston where seniors received: nutritional meals, day trips, health and nutrition education, fitness training, and opportunities for recreational engagement.
- **102,368** congregate meals served in 2014

#### Home Delivered Meals

- Served **1,074** seniors, including **686** women, on the Meals on Wheels Program.
- **200,838** home delivered meals served in 2014

### Signature Programs

- The YWCA of Houston hosted with the support of sponsors, HEB and The Penule Group a Human Trafficking 101 Conference for social workers, attorneys and licensed professional counselors at Texas Southern Thurgood Marshall School of Law. **40** social workers and attorneys were in attendance.
- The YWCA Houston hosted Operation Freedom to assist felons with Legal Assistance while applying for Pardons within the State of Texas.
- **38** teen girls participated in YWCA Empowerment Zone Camp in Houston's East End community which emphasized leadership, career exploration, prevention education that promotes healthy choices, financial literacy and positive peer to peer relationships.
- The YWCA of Houston hosted Eliminating Racism Day for **250** students at Energized for STEM Academy sponsored by HEB and Missouri City Chapter of LINKS. Women from diverse backgrounds discussed the topic of racism and how it effects people of ethnicities.

