Dear YWCA Friends,

This has been a year of reflection, commitment and teamwork at the YWCA of Bergen County, a year during which we joined forces with our members, donors and community partners to craft a vision for our future.

We embarked on this journey in the summer of 2006. Our goal was to build on our 87-year history of empowering women and girls and eliminating racism, and develop new strategies to help us better serve the changing needs of our community. The process involved gathering information and feedback from our members, donors, board members and staff as well as our community partners and influential individuals throughout Bergen County. The Strategic Planning Committee, which was comprised of YWCA staff and board members, used this information as the foundation for creating a 5-year Strategic Plan. This plan, which was adopted in the spring of 2007, outlines a vision that the YWCA of Bergen County will strive to achieve in the coming years, and serves as a road map to guide us in actualizing that vision as we move into the future.

Our new vision statement is as follows: The YWCA of Bergen County envisions an environment where all women have access to the resources needed to achieve their potential; where all racism is eliminated, and diversity and multiculturalism are embraced; and where there is peace, justice, freedom and dignity for all.

The Strategic Plan is built around five key program-related goals and five administrative objectives aimed at achieving this vision. Inherent in several of the plan’s program goals is an organization-wide dedication to expanding our scope of services and ensuring that they are accessible to all individuals throughout the county. For example, our strong and vibrant child care services, which provide working women with the peace of mind of knowing that their children are well cared for, will be extended across economic, geographical, family structure and special needs populations. In addition, the plan calls for the YWCA to develop new initiatives that empower women and girls in the areas of health, wellness and leadership development. To achieve this goal, a task force has been created to research the unmet needs of women and girls in Bergen County, and to also research promising program models from other communities that can positively impact the lives of these women and girls. Finally, our organization’s commitment to the elimination of racism will be evident in all that we do. This means not only expanding our efforts to promote tolerance and increase racial understanding, but ensuring that our programs and staff reflect the county’s increasingly diverse demographics.

We are excited about what the future will hold, and have already begun the work of ensuring that the YWCA is known, valued and utilized by the residents of Bergen County and beyond. We urge you to continue being a part of our efforts. We need your continued support in order to carry out this vision and to fulfill our mission.

Linda Murphy  
President, Board of Directors

Monica Roers  
Chief Executive Officer
children’s education services
The YWCA is internationally recognized as a leading provider of quality childcare, and Calendar Year 2007 marks our 50th anniversary educating pre-school children in Bergen County. We cared for more than 1,600 youngsters each day in two full-day child care programs, three nursery schools and 24 before and after school programs (including four after Kindergarten programs) throughout Bergen County. We provided full-day child care to 185 children, ages six weeks to six years, in our Valley Hospital Corporate Childcare Program in Ridgewood and our Rodie Child Care Center in Upper Saddle River. YWCA nursery schools in Ridgewood, River Edge and Upper Saddle River educated 200 children during the past year, and our Before and After School programs cared for 1,100 youngsters in several municipalities throughout the county. The Fun For Kids program provided 100 children with enrichment classes ranging from science and art to hockey and cooking at our Oak Street, Ridgewood location. Infant Care/Playtime offered drop-in child care for mothers who came to exercise or participate in YWCA programs at our Oak Street facility.

A total of 980 campers were served at our five Summer Camps located in Saddle River, River Edge, Dumont and Harriman State Park, NY. Thanks to camp scholarships, the YWCA was able to provide a real camp experience to 42 campers who otherwise could not afford to attend.

rape crisis center
The YWCA of Bergen County Rape Crisis Center, the county’s only 24-hour crisis intervention hotline service, answered 2,100 calls for assistance. In addition to providing crisis intervention counseling, medical and legal accompaniments to male and female survivors of sexual assault, our advocates presented 145 educational programs in venues throughout Northern New Jersey aimed at preventing sexual assault. In addition, the Rape Crisis Center sponsored a variety of activities to generate awareness about the social problem of rape, including Art and Poetry events on college campuses and the Clothesline Project.

women’s support and enrichment programs
A number of support and enrichment programs met various needs throughout the community. Our Encore Plus program provided free mammograms, diagnostic breast exams and ultrasounds to medically underinsured women over the age of 40. Women for Sobriety, our confidential self-help network for women with addictions, served an average of 15 women each week. The Newcomers Club, a program of the YWCA of Bergen County that helps residents who are new to our community feel welcome and forge new friendships, boasted a membership of over 300. Other enrichment programs, including our popular “Writing Motherhood” writing workshop, were also offered.

health promotional services
The YWCA offers an array of health and wellness programs for women and their families at our Ridgewood facility. The YWCA is a leader in providing instructional and recreational swimming programs in Bergen County, offering Aquatics classes for swimmers from infancy through adulthood. This past year, 1,801 swimmers up to age 17 and 225 adult swimmers attended our classes. Our Fitness and Dance programs involved children and adults in a variety of classes designed by our staff of fitness professionals. Pre/postnatal classes served 150 women, the Body Shop served 274 individuals and Aquafitness programs served 350. More than 50 senior citizens maintained good health and fitness in exercise classes designed specifically for their needs. Children’s Dance classes served 250 aspiring ballerinas while 175 children enjoyed Judo instruction.

The YWCA also offers special fitness programs for children and adults with varying levels of physical and mental abilities. Therapeutic and rehabilitation programs served 42 participants in aquatherapy and arthritis classes. Our Adapted Programs provided mentally and physically challenged individuals ages six months to adult with an opportunity to participate in bowling, swimming and sports programs that are specially designed to help build self-confidence and enhance motor skills. In addition, the YWCA co-operates the Bolger Fitness Center with the Ridgewood YMCA. This full-service fitness program at our Ridgewood facility features cardio and strength training equipment, lap swimming, exercise classes, personal training and more.
The YWCA of Bergen County acknowledges and thanks the following donors for their generous support.

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The Young Women’s Christian Association of the United States of America is a women’s membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women’s growth, leadership and power in order to attain a common vision: peace, justice, freedom and dignity for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.