IMPACT STATEMENT
YWCA BERGEN COUNTY IMPACT

Since 1920, YWCA Bergen County has been serving the community with programs and services that improve lives, inspire change, and create opportunities.

Our daily work is to:

• Enhance the health, well-being, and self-confidence of people of all ages and abilities.
• Provide enrichment for children and peace of mind for families with child care and camps.
• Empower women and girls with the tools they need to learn and grow all along their paths to success in work and life.
• Advocate for the equality of all people regardless of age, gender, race, ethnicity, religion, income level, sexual orientation, or disability.
• Support survivors and raise awareness about sexual violence through YWCA Bergen County healingSPACE.
• Organize and lead in changing the culture with initiatives like the Time Is Now Action Coalition to address sexual harassment and assault.

Supported 1,077 survivors and their loved ones in navigating the trauma of sexual violence
Partnered with 100+ organizations to raise awareness and advocate for equality of all people
Gave 1,000+ women and girls new tools and greater self-confidence
Provided over 1,320 children with enriching before and after care and $20,670 in camp and swim scholarships to underserved families

SERVICE MAP
YWCA Bergen County provides programs and services that reach diverse communities throughout Bergen County, NJ with its hub in Hackensack, NJ.

YWCA BERGEN COUNTY PROGRAM LOCATIONS

AQUATICS
Swim Lessons
Englewood
Swim Teams
Clifton, Garfield

WOMEN’S & GIRLS’ EMPOWERMENT
Hackensack

HEALTH & WELLNESS
Senior Programs
Bergenfield, East Rutherford, Elmwood Park
Garfield, Hackensack, Midland Park
Ridgefield Park, Township of Washington

RACIAL JUSTICE
Hackensack

SCHOOL AGE PROGRAMS
Before & After School Programs
13 Schools, 4 School Districts, including:
Cresskill, Dumont, Oradell, Ridgewood

Camps
Camp Orinda, Dumont
Camp Ma-Kee-Ya, Mahwah
Vacation Day Program
Township of Washington

SEXUAL VIOLENCE RESOURCES
healingSPACE Sexual Violence Resource Center
Hackensack

Primary Prevention Programs
Englewood, Hackensack, Mahwah, Paramus, Teaneck
LETTER FROM CEO

Dear Members, Supporters, and Friends—

In a moment in time marked by challenges and change for so many, YWCA Bergen County is working with more purpose and determination than ever to fulfill our promise to the community.

Together with the many wonderful individuals, businesses, organizations, community partners, and grant funders who help make our vital programs and services possible, we are advancing our mission of eliminating racism and empowering women; serving families with child care, aquatics, and wellness programs; expanding sexual assault awareness and prevention while supporting survivors of sexual violence and their loved ones; and improving the lives of women, girls, and families across our community.

Our programs improve lives, inspire positive change, and create opportunities. But we don’t do it alone. The power of our work comes from what we achieve together. Join us as we look back at the collective optimism, vision, commitment, and action that make our service to the community possible each and every day.

Together on a mission,

Helen Archontou, MSW, LSW
CEO, YWCA Bergen County

From the establishment of our Time Is Now Action Coalition to respond to the urgent call of the #MeToo movement to programs to advance women of color in business and politics to support for mothers and caregivers to return to the work force to new and expanded healingSPACE services for survivors of sexual violence…our mission-based programs are changing lives.
TRIBUTE TO WOMEN OF INFLUENCE—TWIN (DECEMBER 2018)
Through the support of nominating companies, our 43rd TWIN honored women who lead in their fields and their communities, including Angela Barker of the Law Offices of Angela Barker, Jennifer Farrington of BD, Lisa Gallo of Avon, Shirell Gross of Bayer, Kristine Pendy of New Bridge Medical Center, Karen Norton of SUEZ, Tina Thomson of FLOMO, JoAnn Valle of Bank of America Merrill Lynch, and Anna Wong of Women for Progress.

TIME IS NOW ACTION COALITION (ONGOING SINCE JANUARY 2018)
This year saw the establishment with Assemblywoman Valerie Vainieri Huttle of our Time Is Now Action Coalition, comprised of over 50 diverse government, business, labor, education, legal, faith-based, and non-profit leaders taking steps to help dismantle the barriers to equality posed by sexual harassment, sexual assault, and all forms of sexual violence. From our initial press conference to town halls to establishing working groups and announcing next steps in our public update with NJ First Lady Tammy Murphy, the TINA Coalition is well on its way to making a real difference in helping change our culture.

WOMEN’S MARCH ON NJ (JANUARY 2018)
Once again this year, we co-sponsored with diverse organizations the Women’s March on NJ, organizing a bus trip and leading a delegation to celebrate victories, recharge for the new year, and send the message that our voices will be heard.

OPENING DOORS FOR WOMEN OF COLOR IN BUSINESS (FEBRUARY 2018)
In collaboration with the Bergen County Professional Women’s Network, we hosted a panel discussion to explore the vital role that women of influence and their organizations play in creating equal opportunities for women of color to learn, grow, and thrive. Our panelists were: Corethia Oates of Morgan Stanley; Tanisha Russell Day of Key HR Consulting; and Hollis Thomas of Hanes and our Board of Directors.

WOMEN’S LEADERSHIP CONFERENCE (MARCH 2018)
Our Time Is Now! Bringing Passion, Purpose, & Power to the Next Level was a powerful day of insights from corporate thought leaders, including Sarah Walton, Alycia Banks of Columbia Bank, Laura Blackmer of Konica Minolta, Ann Piccirillo of KPMG, and Tiffani Scott of BD. This event also showcased important partnerships with our sponsors BD, Konica Minolta, and Suez.

MOTHERHOOD UNCENSORED (MARCH, MAY, JUNE 2018)
Funded by a grant from PSE&G, we have hosted a practical and inspirational series of workshops with child care provided called Motherhood Uncensored to give support and guidance to women returning to the workforce after staying home to care for kids or other loved ones.

START UP (APRIL 2018)
Funded by grants from PSE&G Foundation and TD Bank Charitable Foundation, we kicked off Start Up to provide women entrepreneurs with the recipe for starting their own businesses with expert guide, CPA, and author W. Hope Player.
MISSION-BASED PROGRAMS

WOMEN’S & GIRLS’ EMPOWERMENT

WALKING THE TALK GALA 2018: OUR TIME IS NOW (MAY 2018)
Our 2018 Gala was a powerful celebration of extraordinary community leaders, including International Justice Project Co-founder Wanda Akin Brown; Rodan + Fields RFX Circle & Lexus Achiever Jennifer Boucher; Age-Friendly Englewood Coordinator and Bergen Volunteer Center CEO (1993-2015) Janet Sharma; Tuck’s R.U.S.H. for Literacy Co-founder Lauran Tuck; and Covenant House New Jersey Executive Director Jim White. We have our corporate sponsors BD, Konica Minolta, SUEZ, Columbia Bank, Glitzzie, FMA, and Riverside Medical Group along with our advertisers, donors, and attendees for making this important event possible.

EMPOWER U (MONTHLY SEP-JUN)
Our girls’ leadership academy Empower U graduated its fourth class of sophomore girls this year, helping these young women become confident, college-bound, and career-ready. Because of Empower U and our youth development programs, we were one of 35 YWs chosen by YWCA USA to receive a grant of over $20,000 from Nordstrom in their annual giveback program.

WEN IS NOW: A WOMEN’S EMPOWERMENT NETWORK
Every month, our WEN is Now: A Women’s Empowerment Network brings interesting and relevant presenters to connect and inform women personally and professionally. Our new WEN on the GO! brings quarterly programs to women entrepreneurs and corporate women’s networks with specialized small business and corporate tracks.

MISSION-BASED PROGRAMS

RACIAL JUSTICE

RACIAL JUSTICE PARTNERSHIPS
In our racial justice work, we forged and supported community partnerships, including sponsorship of:

- Teaneck International Film Festival
- MLK Birthday Celebrations hosted by the Martin Luther King, Jr. Committee of Ridgewood and Glen Rock's and The Martin Luther King Birthday Committee
- Justice Weekend at Unitarian Society of Ridgewood
- Teens Talk About Racism leadership conference in collaboration with Social Action Committee of Central Unitarian Church and Fairleigh Dickinson University Office of Global Learning

We are also partnering with the Bergen County Black Business Network (BCBBN) to highlight and expand diversity in our business community and build connections.

RACIAL JUSTICE TASK FORCE
Our Racial Justice Task Force comprised of community leaders meets to discuss racial climates, develop programming to address racism, and support each other’s work, including collaboration with Bergen County Prosecutor’s Office. Thanks to grant funding, the Task Force will bring the nationally renowned Undoing Racism® and Community Organizing Workshop to Bergen County.
MISSION-BASED PROGRAMS

RACIAL JUSTICE

STAND AGAINST RACISM
This year’s YW Stand Against Racism focused on voting rights and civic engagement as core components of racial justice work, and how women and girls of color need full access and engagement in the political process. Our signature Stand Against Racism events included:

50 SHADES OF POLITICS: BLACK WOMEN BREAKING GROUND (APRIL 2018)
In this powerful forum co-sponsored with National Coalition of 100 Black Women Bergen/Passaic Chapter, African American women leaders in New Jersey politics shared their knowledge of what it takes to be on the

RACIAL JUSTICE AWARDS (APRIL 2018)
Our 5th Annual Racial Justice Awards recognized four leaders in eliminating racism, including Al Stawsky, Maryann Woods-Murphy, “We the People,” and Andre D. Perrin.

YWCA Bergen County healingSPACE—Bergen County’s only Sexual Violence Resource Center—is a safe and welcoming place for survivors of sexual violence and their loved ones. Our 24/7 crisis intervention hotline and online chat provide free and confidential assistance. Support is available to anyone who has been affected by sexual violence, whether it happened hours or years ago. Trained advocates provide individual counseling, facilitate support groups, and accompany survivors through medical, legal, and other proceedings associated with sexual violence. healingSPACE also offers training and educational programs for schools, organizations, and businesses, and sponsors events throughout the year to raise community awareness about sexual violence.
healingSPACE

SPECIAL EVENTS

I AM JANE DOE FILM SCREENING & PANEL DISCUSSION (January 2018): presented with NJ Coalition Against Human Trafficking and Felician University with panelists Wanda Akin of International Justice Project, Assemblywoman Valerie Vainieri Huttle, and multimedia journalist and survivor Maureen Shaw; and resource tables hosted by diverse partner organizations.

WEEK WITHOUT VIOLENCE (October 2017): open house with gallery of artwork by survivors; movement workshop with Lisa Jason; live-streamed presentations; and blog series to raise awareness, support survivors

In addition to our many prevention and education presentations and Traveling Clotheslines, there were a number of very important special events that healingSPACE hosted to raise awareness and help prevent sexual violence, including:

CLOTHESLINE PROJECT ON THE GREEN (September 2017): a powerful display of shirts created by survivors; a speaker program including Assemblywoman Valerie Vainieri Huttle, Senator Loretta Weinberg, and multimedia journalist and survivor Maureen Shaw; and resource tables hosted by diverse partner organizations. September 2018 marks the 25th anniversary of the Clothesline Project on the Green.

EDUCATION & TRAINING

• 112 sexual violence prevention and education workshops to 2,337 youth and college students throughout Bergen County
• 35 psycho-educational groups reaching over 100 youth and 6 professional trainings to partner agencies of The Division of Family Guidance Programming
• 11 training programs to 200 professionals, including social workers, counselors, administrative staff, juvenile detention officers, and incoming healingSPACE volunteers throughout Bergen County
• 46 Traveling Clotheslines displays reaching an audience of 8,000 throughout Bergen County
• 26 educational and professional development workshops for our outreach and clinical staff on topics such as violence against women, sex education, and prevention of exploitation of youth, including LGBTQ youth

SUPPORTING SURVIVORS

• 1,263 crisis intervention services through our 24/7 hotline, serving 415 survivors, 65 significant others, and 62 agencies
• 49 accompaniments of individuals who were sexually assaulted or abused to hospitals, emergency rooms, law enforcement agencies, and/or legal proceedings
• Short-term crisis counseling to 30 individuals
• 1,726 individual counseling sessions
• 58 group therapy sessions serving 290 participants, including new Loved Ones group and additional session of Women’s Group due to high demand

NEW SERVICES

A new services this year include our Legal Advocacy Program funded by the Victims of Crime Act (VOCA) Grant Program and our donors to provide legal advocacy services and access to legal services in partnership with Northeast NJ Legal Services. Since receiving the grant in January 2018, healingSPACE has assisted 9 clients. Our new healingSPACE web and mobile apps extend services to include a confidential chat in addition to 24/7 phone hotline. The mobile app puts information about preventing and addressing sexual violence in every pocket.
healingSPACE

SPECIAL EVENTS

SEXUAL ASSAULT AWARENESS MONTH (APRIL 2018):
- Human Sex Trafficking: A Survivor’s Story with Shandra Woworuntu, a survivor of human trafficking and founder of Mentari whose mission is to empower survivors of trafficking.
- Panico Denim Day
- Walk a Mile in Her Shoes at Bergen Community College
- Zonta’s 21st annual R.A.V.E. Walk
- “Express Your Voice” Enlightened Coffee House, a safe space for survivors to express themselves creatively
- Many other prevention presentations, film screenings, Traveling Clothesline Projects, and Denim Days across the area

ENDING CAMPUS SEXUAL VIOLENCE (ONGOING)
We also take an active role in the conversation around ending campus sexual violence, including panels, presentations, and workshops such as those hosted by National Council of Jewish Women Bergen County Section; New Jersey State Bar Foundation; New Jersey Coalition Against Sexual Assault; New Jersey Task Force on Campus Sexual Violence; and National Sexual Violence Resource Center’s Advisory Council.

SPECIAL FRIENDS OF healingSPACE
- Pamela & Joseph Averso
- Eileen Fisher
- Ridgewood Newcomers
- Woman’s Club of Ridgewood

Our fee-for-service programs—before and after care, vacation days, camps, aquatics, and health & wellness—are not just about child care and classes, but enhancing the health, well-being, and self-confidence of people of all ages and abilities, and providing enrichment for children with peace of mind for families.
FEE-FOR-SERVICE

PROGRAMS

BEFORE & AFTER CARE PROGRAM
As a partner to schools and families throughout Bergen County providing child care since 1972 and community services since 1920, YWCA Bergen County simplifies life for parents and guardians, enriches children, and supports district and community goals through its high-quality, affordable before and after care program as well as school vacation days and summer camps.

Our highly trained staff—exceeding the standards set by NJ Department of Children and Families—supports children in their social, emotional, intellectual, and physical development. We create a safe, positive environment that balances school work, enrichment, fun, and friendship so children begin and end their school day both prepared and relaxed.

Beyond homework, we engage students in activities and teamwork in STEAM, community service and philanthropy, financial literacy, appreciating diversity, caring and kindness, and creativity.

SUMMER CAMPS
Our American Camp Association-accredited summer camps Ma-Kee-Ya and Orinda with staff from our before and after care programs ease the transition from school to summer and back. Campers ages 5 to 12 and Counselors-in-Training ages 13 to 16 can come for a week or the whole summer to make friends, have fun, and learn new skills.

As a National Inclusion Project partner for our child care programs and camps, we use the Let’s ALL Play model to bring children with and without disabilities together to participate in activities that improve self-esteem, confidence, empathy, and leadership skills while building new friendships.

THE NUMBERS
- Over 3,000 children and teens took American Red Cross swimming lessons
- 235 individuals ages 4 through adult with special needs took swimming lessons
- 115 adults participated in therapeutic/rehabilitative aqua-therapy and arthritis classes
- 224 participants ages 15 and older took American Red Cross Lifeguarding courses
- Provided $13,500 in financial assistance to underserved families in need of swim instruction through The Community Chest, Autism Speaks, Aquatics 5K (scholarship fund), James T. Lee Foundation, and Pam Averso Fund

AQUATICS
Learning to swim establishes a lifelong skill, builds confidence, and provides a sense of accomplishment. We offer aquatics programs for all ages, abilities, and skill levels so anyone can participate in this fun, energizing sport.

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HEALTH & WELLNESS
Our health and wellness workshops are built on the principle that both mind and body must be developed and strengthened.

This year saw the creation of targeted workshops such as Laughter Yoga, Mindfulness and Movement for Peak Performance, and Women’s Heart Health Workshops featuring meditation, stress management, and heart-healthy lifestyle.

Our monthly Fitness & Friendship Fridays in partnership with At Home Companions provided seniors with an afternoon of light physical activity, lunch, and presentations on topics such as nutrition, cancer prevention, complaint-free living, line dancing, balance/fall prevention, Alzheimer’s, will & estate planning, and aging gracefully.

Our evening Healthy Community Workshops engaged the community on topics such as caring for the caregiver, dementia, senior safety, financial planning, and arthritis.

As active members of our community, we participated in various events to raise awareness of our programs/services such as Bergen County Care Fair, Autumn Years Living Expo, Good Life Ridgewood - The Mayor’s Wellness Festival, and CRC 2017 Health & Wellness Fair.

WAYS TO GIVE
Our donors direct their gifts to the programs and services that are nearest to their hearts or simply apply them to the greatest need. ywcabergencounty.org/donategive
WAYS TO GIVE
YWCABERGENCOUNTRY.ORG/DONATEGIVE

EMPowering GIRLS
Self-Esteem + Healthy Habits = Girl power
Your support expands the community of empowered young women who will also inspire and empower others.

EMPowering WOMEN
Networking + Education = Equality and economic empowerment for women
Your support helps expand opportunity and advance equality for all women.

GALA
Recognition + Celebration = Expanded network of support and services
Your support helps advance our commitment to the people we serve and promote equality for all.

HEALINGSPACE
24/7 Hotline + Services = A safe haven for survivors of sexual violence
Your support helps fund our dedicated 24/7 hotline; vital services such as accompanying survivors to hospitals, law enforcement agencies, and legal proceedings; and sexual violence education and outreach.

healingSPACE LEGAL ADVOCACY PROGRAM
Legal Advocacy + Services = Legal recourse for survivors
Your support helps give access to legal services to more survivors.

RACIAL JUSTICE INITIATIVES
Awareness + Action = Strides toward equality for people of color
Your support helps address issues that disproportionately and negatively impact people of color, preserve and extend rights, and strive for equality for all people.

YOUTH DEVELOPMENT
Child Care + Summer Camp = Peace of mind for working parents
Your support helps provide scholarships to families in need, empowering parents by ensuring that their children are safe, nurtured, and educated.

YWCA IS ON A MISSION

YWCA Bergen County (ywcabergencounty.org) is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. We are one of the area’s largest providers of childcare services, a recognized leader in health and wellness programs, and operator of healingSPACE, Bergen County’s only Sexual Violence Resource Center. Celebrating nearly a century of commitment to our community, today we improve the lives of thousands of women, girls, and families with the generous support of our donors, partners, sponsors, members, and program participants.