PROGRAMS & SERVICES

OVERVIEW

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

**HealingSPACE – A safe haven for survivors of sexual violence**
Supporting survivors and their loved with 24/7 hotline, accompaniments, and counseling while educating professionals and the public with training and outreach.

**THE COLLECTIVE – Equality and empowerment for women & girls**
Helping entrepreneurs launch new businesses, mothers and caregivers return to work, women of color take leadership positions, unemployed women gain confidence and jobs, women leaders thrive, and girls realize their full potential.

**RACIAL JUSTICE – Equal opportunity for all people**
Recognizing leaders in the community who are bridging divides with Racial Justice Awards, hosting Courageous Conversations, taking a Stand Against Racism, and working collaboratively to end racism.

**CHILD CARE & CAMPS – Enrichment for kids, peace of mind for parents**
Empowering working parents with child care, school vacation days, and summer camps accredited by the American Camp Association and in partnership with the National Inclusion Project to provide an enriching environment for all children.

**AQUATICS – Skills for life**
Teaching lifelong skills with swim lessons for babies through seniors, American Red Cross lifeguard training, special needs swim, and swim teams for children and teens.

**HEALTH & WELLNESS – Strengthening body and mind**
Enhancing fitness, overall well-being, and self-confidence for people of all ages and abilities, including adapted recreation programs that empower those with special needs to be healthy and engaged.

We are grateful to the many wonderful individuals, businesses, organizations, community partners, and grant funders who help make our vital programs and services possible!
YWCA BERGEN COUNTY — 2015 IMPACT

July 1, 2014-June 30, 2015

healingSPACE SEXUAL VIOLENCE RESOURCE CENTER

- Provided 1,523 services through our 24/7 crisis intervention hotline, including services to 1,074 survivors and 268 significant others.
- Provided 764 individual counseling sessions and 116 group sessions.
- Accompanied 76 individuals who were sexually assaulted or abused to hospitals, emergency rooms, law enforcement agencies, and legal proceedings.
- Made 138 sexual violence prevention and education presentations to 3,897 youth and college students throughout Bergen County and displayed 4 Traveling Clotheslines to raise community awareness of sexual violence.
- Raised awareness through efforts like co-sponsorship of screening of Honor Diaries: Culture is No Excuse for Abuse with the Jewish Federation of Northern NJ's Jewish Community Relations Council & Women's Philanthropy; hosting Living for Today presentation by acclaimed national sexual violence activist Erin Merryn; and Sexual Assault Awareness Month events such as Art of Healing, Take Back the Night with Ramapo College, Zonta R.A.V.E Walk, Panico Salon Denim Day, NJCASA Annual Sexual Assault Awareness Month 5K.

WOMEN'S & GIRLS' EMPOWERMENT

- Launched Empower U Girls leadership Academy, a 10-month, small-group program that helps sophomore girls become confident, college-bound, and career-ready through a diverse and balanced curriculum with mentorship opportunities, network-building, and community service.
- Honored outstanding women leaders through our 40th Tribute to Women and INdustry (TWIN) hosted by Cytec Industries with community partners Hackensack UMC, Stryker Orthopaedics, United Water/SUEZ, Wilmington Trust and supporters Bergen County Professional Women's Network, Oritani Bank, PNC Bank, and Sharp.
- Hosted Great Expectations: Helping Girls Realize Their Potential, a conference to help young women ages 11 to 18 break down societal barriers with self-discovery and awareness workshops on topics such as acceptance, media literacy, healthy lifestyles, the environment, and preparing for college.
- Supported women in finding jobs and developing their careers/businesses, including Moving Ahead, a series of workshops and individual sessions for long-term unemployed women; Smart Job-Hunting series focused on networking; a WEN one-day intensive on Profitable Social Media for Your Business; and Motherhood Uncensored for striking a balance between work and home.

YWCA BERGEN COUNTY — 2015 IMPACT

July 1, 2014-June 30, 2015

WOMEN'S & GIRLS' EMPOWERMENT (continued)

- Celebrated Women's History Month with events such as The Big Shift: Planning for Change, a conference for women of all ages, as well as a screening/discussion co-sponsored with Habitat for Humanity of Bergen County of Hard Hatted Woman on gender stereotypes.
- Co-sponsored The League of Women Voters of Northern Valley’s From Girl to Leader with Women's Rights Information Center and Bergen County Commission on the Status of Women. This celebration of Women’s Equality Day featured women political leaders, Director of The Bella Abzug Leadership Institute Liz Abzug, and Director of the Alice Paul Institute Lucy Beard.
- Ran monthly WEN is Now: A Women’s Empowerment Network education and networking meetings to connect and inform women personally and professionally on topics such as office space design, career and business strategies, social media for small business owners, time and stress management, conflict resolution, using LinkedIn for networking, diversifying customers, and self-reinvention.

TRIBUTE TO WOMEN AND INDUSTRY (TWIN)
YWCA BERGEN COUNTY — 2015 IMPACT

JULY 1, 2014-JUNE 30, 2015

RACIAL JUSTICE

• Co-sponsored annual Dr. Martin Luther King, Jr. celebrations with Dr. Martin Luther King, Jr. Celebration Committee of Glen Rock / Ridgewood and Dr. Martin Luther King, Jr. Birthday Observance Committee of Bergen County as well as Dr. Martin Luther King, Jr. Day of Service.
• Took a Stand Against Racism by participating in the national effort to build community and raise awareness about the negative impact of racism with events such as comprehensive staff and Board diversity training sessions; youth event Exploring Diverse Cultures; 2nd Annual YWCA Bergen County Racial Justice Awards; and conversation on Building Multiracial Community: What Can White People Do?

CHILD CARE & CAMPS

• Provided enriching before and after care to over 1,000 children in 21 schools; Vacation Days for fun, enriching child care options on school days off; two summer camps Orinda and Ma-Kee-Ya for campers ages 5 to 12 and counselors-in-training ages 13 to 16; and full-day child care for children ages 6 weeks to 6 years in our Early Learning Center.
• Hosted special events, including Mean Girls anti-bullying workshop for parents, book-signing with Jeff Kinney, author of Diary of a Wimpy Kid series; Mother & Daughter Tea Party; storytelling and crafts to promote cultural competence among children grades K-5; and a month of activities at our Early Learning Center to celebrate The Week of the Young Child™ sponsored by the National Association for the Education of Young Children.

AQUATICS

• Provided children/teens ages 17 and under with American Red Cross swimming lessons at our Ridgewood facility and in Englewood at Crowne Plaza, Tryon Avenue pool, and Mackay Park pool, including via swim scholarships to underserved families.
• Supported adults with therapeutic/rehabilitative aqua-therapy and arthritis classes.
• Helped children and adults with special needs develop essential water safety skills and greater self-confidence through swim instruction.
• Ran an active American Red Cross lifeguard program, including training for new lifeguards as well as recertification, waterfront, and Water Safety Instructor training.
• Helped girls ages 7 to 17 develop skills, positive attitude, and teamwork through synchronized swim lessons and Synchro Stars swim team practices, competitions, and shows.

HEALTH & WELLNESS

• Honored active duty military service women, veterans, and military families with special events such as Operation: Makeover in partnership with The Shops at Riverside; a USO Holiday Gift Card Drive with the USO of Metropolitan NY; United States Air Force Heritage of American Band Concert with co-hosts Ridgewood Chamber of Commerce, Ridgewood YMCA, and Atlantic Stewardship Bank; and a book signing by Taya Kyle, author of American Wife: A Memoir of Love, War, Faith and Renewal together with Ridgewood YMCA and Bookends.
• Hosted unique fitness events and classes for adults and children, including YWCA Member Team Challenge, Bolger Fitness Center 8-Week Weight Loss Challenge, Resolution Revolution Free Trial Membership, Heart Health Zumbathon, Cardio Interval Training Seminar, Judo Open House, Pre- and Postnatal Open House, Positively Pink Month, and Belly Dance Extravaganza.
• Brought the power of yoga to diverse audiences, including Yoga Calm for Girls: Finding Peace Within, yoga for breast cancer patients and survivors, outdoor yoga, and solstice yoga.
• Offered workshop and presentations for teens, adults, and seniors such as Nurture to Nourish: What are You Doing to Care for Yourself?: Good Fats vs. Bad Fats; Safe and Simple Balance Techniques for Active Older Adults; and Fall into Balance: Manage your Relationship with Food, Stress, and Self.
2015 BOARD OF DIRECTORS
JULY 1, 2014-JUNE 30, 2015

Helen Archontou, MSW, LSW - CEO
Dorothy Anderson, CPA - President
Arlene Washburn - Past President
Sonya Collins, MSc - Vice President
Soo Lee - Treasurer
Mary Rizzuti - 2nd Vice President
Catherine Powers, CPA - Secretary
Sonja Clark
Ina Collins
Debra Graske
Roberta McNeil
Atsuko Muramatsu
Patricia Preztunik
Deena Rosendahl, Esq.

2016 IMPACT AT-A-GLANCE
July 1, 2015-June 30, 2016
healingSPACE SEXUAL VIOLENCE RESOURCE CENTER

- Provided 1,456 services through our 24/7 crisis intervention hotline, including services to 1,056 survivors and 305 significant others.
- Provided 596 individual counseling sessions.
- Accompanied 92 individuals who were sexually assaulted or abused to hospitals, emergency rooms, law enforcement agencies, and legal proceedings.
- Made 216 sexual violence prevention and education presentations to 5,742 youth and college students throughout Bergen County and displayed 7 Traveling Clotheslines to raise community awareness of sexual violence.
- Launched first mobile app to connect the community directly to a New Jersey-based sexual violence resource center. Made possible by a generous donation from the Lillian Schenck Foundation.
- CEO Helen Archontou, MSW, LSW appointed to the 12-member New Jersey Task Force on Campus Sexual Assault to review policies and craft recommendations about how campus sexual assaults should be reported, adjudicated, and, most importantly, prevented.
- Raised awareness through Week Without Violence social media campaign, Teaneck Film Festival screening and panel discussion of The Hunting Ground, and Sexual Assault Awareness Month events such as Tenafly JCC Teen Leadership Conference, Take Back the Night with Ramapo College, and Zonta R.A.V.E Walk.

WOMEN’S & GIRLS’ EMPOWERMENT

- Launched second class of Empower U Girls leadership Academy, a 10-month, small-group program that helps sophomore girls become confident, college-bound, and career-ready through a diverse and balanced curriculum with mentorship opportunities, network-building, and community service.
- Helped get long-term unemployed women back into the workforce and realize their own worth through Moving Ahead’s workshops and individual sessions. Supported by generous grants from Women United in Philanthropy and The Community Chest of Englewood.
- Hosted Closing the Gap, a 3-part webinar series on achieving equal pay, including Financial Freedom After Graduation, Ending Gender Pay Discrimination, and Cultivating Mentors and Sponsors in the Workplace.
- Ran monthly WEN is Now: A Women’s Empowerment Network education and networking meetings to connect and inform women personally and professionally on topics such as career development, self-confidence, creative thinking, innovation, organization, financial planning, nutrition, entrepreneurship, and managing transitions.
- Celebrated our 95th anniversary and honored outstanding women at our 2016 Walking the Talk Gala sponsored by FMA, SUEZ, and Withum, including CEO YWCA USA Dara Richardson-Heron, Ridgewood Chamber of Commerce Executive Director Joan Groome, Bergen County United Way VP of Operations Gina Platonio, championship swimmer and young leader Charlotte Samuels, and Assemblywoman Valerie Vainieri Huttle.
- Hosted events to explore and share models of women’s empowerment such as a book signing and conversation with celebrity cook/author Rachael Ray and Teaneck Film Festival screening and panel discussion of She’s Beautiful When She’s Angry.

RACIAL JUSTICE

- Co-sponsored annual Dr. Martin Luther King, Jr. celebrations with Martin Luther King, Jr. Committee of Glen Rock / Ridgewood and Dr. Martin Luther King, Jr. Birthday Observance Committee of Bergen County, and were honored with Lee Reid Award.
- Held 3rd Annual Racial Justice Awards to recognize leaders in eliminating racism, including Barbara Giarmo, Michael J. Feeney, and the Human Rights League at Pascack Valley High School.
- Co-hosted with Central Unitarian Church and Center for the Study of White American Culture Race in the U.S., a factual, unbiased, issues-based Courageous Conversation on how race evolved in America and how that is significant to where we can go in the future.
- Took a Stand Against Racism by participating in the national discussion on how girls of color face inequities at the intersection of race and gender that are unique to them, and what we can do to address these systemic and structural barriers to equality.
- Hosted events to raise awareness of racial and social justice issues such as book signings with President Jimmy Carter and Senator Cory Booker, film screening of Neglected at Home After Serving Abroad: The Story of Black Women, voter registration and film screening of Steps to Equality at Fairleigh Dickinson University, and panel discussion Starting from Far Behind the Starting Line: How Poverty, Racism, and Lack of Access to Resources Impact Children and Their Families with the Unitarian Society of Ridgewood’s Reproductive Justice Committee.
YWCA BERGEN COUNTY — 2016 IMPACT

JULY 1, 2015-JUNE 30, 2016

CHILD CARE & CAMPS

- Provided 1,125 children with enriching before and after care in 21 schools, and over 530 children with high-quality summer camp experiences as campers ages 5 to 12 and counselors-in-training ages 13 to 16.
- Offered Vacation Days and Kids Night Out for fun, enriching child care options on school days off and select evenings.
- Selected as one of only 12 new organizations to partner with the National Inclusion Project to create an inclusive environment for children with and without disabilities to play, learn, and laugh together.

AQUATICS

- Gave $6,530 in swim scholarships to underserved families through Aquatics 5K, Autism Speaks, Averso Fund, Community Chest, Express Scripts, and James T. Lee Foundation.
- Provided 1,001 children/teens ages 17 and under with American Red Cross swimming lessons at our Ridgewood facility and 600 at Crowne Plaza and Mackay Park pool in Englewood.
- Supported 169 adults with therapeutic/rehabilitative aqua-therapy and arthritis classes.
- Helped 235 children and adults with special needs develop essential water safety skills and greater self-confidence through swim instruction.
- Ran an active American Red Cross lifeguard program with 180 participants, including training for new lifeguards as well as recertification, waterfront, and Water Safety Instructor training.
- Alongside our Synchro Stars swim team and our new Water Polo program, established a new co-ed competitive swim team, YWCA Bergen County Tiger Sharks, which enjoyed a great first season of medals and numerous personal best swim times.

HEALTH & WELLNESS

- Honored seven extraordinary women for their combined 58 years of military service at our second annual makeover event, Operation: Makeover in partnership with Westfield Garden State Plaza and Team Red, White and Blue-Northern NJ.
- Ran Bolger Fitness Center 6-Week Transformation Challenge, a fun, supportive fitness and nutrition program including personal training sessions, nutrition seminars, counseling, portion control, and eating tools.
- Hosted informational presentations for seniors such as “Falls, Osteoporosis and Polypharmacy” with Dr. Manisha Paruleka and Fitness Through the Golden Years with Dr. Lisa Tank; free youth Tae Kwon Do demonstrations; free Zumba classes in honor of the 30th Annual National Girls & Women in Sports Day; and a Zumbathon fundraiser.

2016 BOARD OF DIRECTORS

JULY 1, 2015-JUNE 30, 2016

Helen Archontou, MSW, LSW - CEO
Sonya Collins, MSc - President
Hanna Salvatore - 1st Vice President & Treasurer
Christine Ordway - 2nd Vice President
Jemi Lucey - Secretary
Laticia Archie-Oliver
Monique de Maio
Maura DeNicola
Hayley Shulman

EMPOWER U INVITED TO CAPITOL HILL
healingSPACE SEXUAL VIOLENCE RESOURCE CENTER

- Provided 2,079 services through our 24/7 crisis intervention hotline, including services to 220 new survivors and 73 significant others.
- Provided 1,982 individual counseling sessions to 75 clients and 77 group sessions to 12 men and 16 women.
- Accompanied 59 individuals who were sexually assaulted or abused to hospitals, emergency rooms, law enforcement agencies, and legal proceedings.
- Completed 104 sexual violence prevention and education presentations to 4,075 youth and college students throughout Bergen County and displayed 59 Traveling Clotheslines to raise community awareness of sexual violence.

WOMEN’S & GIRLS’ EMPOWERMENT

- Honored outstanding women leaders through our 41st Tribute to Women of Influence (TWIN) sponsored by BD, Oritani Bank, and SUEZ as well as through our 2017 Walking the Talk Gala sponsored by FMA, Hackensack Meridian Health, SUEZ, and Withum.
- Held a special edition of WEN Is Now: A Women’s Empowerment Network on the role of women as active participants and leaders in our democracy with former NJ Governor Christine Todd Whitman and panelists Assemblywoman Holly Schepisi (R), Assemblywoman Valerie Vainieri Huttle (D), and Women’s March on NJ Founder Elizabeth Meyer.
- Hosted a women’s and girls’ conference on Power of Knowing Your Worth as well as A Woman’s Guide to a Fierce, Fearless & Fabulous Life, an inspirational panel discussion with fashion and beauty industry icons.
- Selected as a model by YWCA USA, Girls Scouts, and Girls Inc. for Empower U Girls’ Leadership Academy, presenting at a bipartisan legislative briefing in Washington, DC on preparing girls to be financially independent and empowered.
- Ran a series of hands-on workshops with CPA W. Hope Player to launch women entrepreneurs by teaching them how to turn a seed of an idea into a small business with under $35,000 of start-up costs. Made possible by lead funder PSEG Foundation and a gift from TD Bank Charitable Foundation.
- Led a delegation to Trenton for the Women’s March on New Jersey in solidarity with the Women’s March on Washington and more than 600 sister marches to send a clear message that we expect our civil and human rights to be upheld and protected.
YWCA BERGEN COUNTY — 2017 IMPACT

JULY 1, 2016-JUNE 30, 2017

RACIAL JUSTICE

• Held 4th Annual Racial Justice Awards to recognize leaders in eliminating racism, including Bergen County Prosecutor Gurbir S. Grewal, Dr. Arnold Brown of African American Advisory Committee to Bergen County Executive, and Gabriel Tanglao of Bergenfield Education Association.
• Hosted Courageous Conversations, factual, unbiased, issues-based programs on racial justice and sponsored “Together in Hope: Celebrating the Life & Work of Dr. Martin Luther King, Jr.” with Martin Luther King, Jr. Committee of Glen Rock / Ridgewood as well as Teens Talk About Racism leadership conference with Central Unitarian Church and Fairleigh Dickinson University Global Education.
• Convened Racial Justice Task Force to discuss racial climates, develop programming to address racism, and plan to bring the nationally renowned Undoing Racism® and Community Organizing Workshop to Bergen County.
• Took a Stand Against Racism by participating in the national discussion on barriers to leadership for women of color and publishing the first edition of youth literary journal Voices.
• Sponsored films to raise awareness such as Maya Angelou: And Still I Rise at the Teaneck International Film Festival and Profiled in partnership with the Racial Justice Committee of the Unitarian Society of Ridgewood, Metropolitan A.M.E. Zion Church, and Martin Luther King, Jr. Committee of Glen Rock / Ridgewood.

CHILD CARE & CAMPS

• Provided over 1,140 children with enriching before and after care in 21 schools, and over 520 children with high-quality summer camp experiences as campers ages 5 to 12 and counselors-in-training ages 13 to 16.
• Gave $11,874 in camp scholarships to underserved families.
• Received American Camp Association accreditation—the gold standard for youth summer program oversight—for Camps Orinda and Ma-Kee-Ya, and hosted horseback riding camp at the Bergen Equestrian Center.
• Continued our partnership with the National Inclusion Project to create more inclusive opportunities for children with disabilities.
• Participated in national and international projects throughout the year such as International Women’s Day, No Name Calling Week, Read Across America, and International Smile Day.

AQUATICS

• Gave $13,980 in swim scholarships to underserved families through Aquatics 5K, Autism Speaks, Averso Fund, Community Chest, Express Scripts, James T. Lee Foundation, and Tiger Sharks Scholarship.
• Provided 1,901 children/teens ages 17 and under with American Red Cross swimming lessons at our Ridgewood facility and 600 at Crowne Plaza and Mackay Park pool in Englewood.
• Supported 169 adults with therapeutic/ rehabilitative aqua-therapy and arthritis classes.
• Helped 235 children and adults with special needs develop essential water safety skills and greater self-confidence through swim instruction.
• Taught 244 children and teens ages 5 to 18 the art of competitive swimming and teamwork with Tiger Sharks and Synchro Stars swim teams as well as through a new Water Polo program.
• Ran an active American Red Cross lifeguard program with 180 participants, including training for new lifeguards as well as recertification, waterfront, and Water Safety Instructor training.

HEALTH & WELLNESS

• Created more unique, targeted fitness programs and special classes for older adults to keep them challenged and strong, including chair yoga, balance workshops, dance classes, and Fitness & Friendship Fridays featuring an afternoon of learning, light physical activity, and lunch.
• Offered free Zumba classes in collaboration with Englewood Parks & Recreation supported by a grant from Express Scripts as well as free senior fitness classes at various Bergen County Senior Centers in partnership with Bergen County.
• Ran Self-Defense Clinics for women and girls in collaboration with Habitat for Humanity Women Build.
• Participated in various community events such as Bergen County Care Fair, Autumn Years Living Expo, and Age-friendly Housing Options Mini-Conference.
2017 BOARD OF DIRECTORS

JULY 1, 2016-JUNE 30, 2017

Helen Archontou, MSW, LSW - CEO
Sonya Collins, MSc - President
Hanna Salvatore - 1st Vice President & Treasurer
Christine Ordway - 2nd Vice President
Jemi Lucey - Secretary
Maura DeNicola
Gretchen Lolis
O’kneeka Roberts
Hayley Shulman
Hollis Thomas
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 the area’s largest provider of childcare services, a recognized leader in health and fitness 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.

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