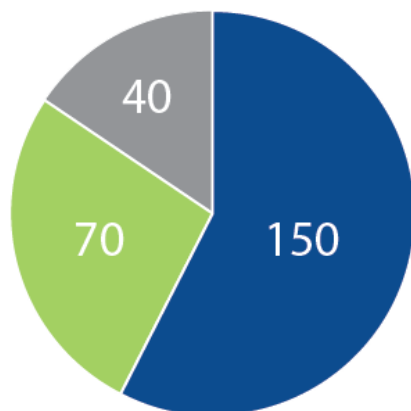




# Empowerment Resources Inc.

Empowering Youth and Families to Succeed Since 2002

## 2015-2016 Participation Breakdown



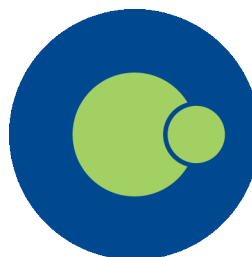
● JOURNEY INTO WOMANHOOD ● LIFE SKILLS WORKSHOPS ● PARENTING EDUCATION

**Our Mission** is to make children and families stronger by empowering them to be successful leaders in the community.

**Our Vision** is to create wholesome and self-sufficient families that are equipped with knowledge and skills to lead quality and productive lives.



ERI offers **Parenting Education Seminars** to families, with the use of an evidence-based program that supports families in raising children in a nurturing environment.



ERI empowers youth to engage in positive behaviors that nurture their well-being and equips them with the necessary tools to make positive decisions through its **Life Skills Workshops**.



**Journey Into Womanhood** (JIW) is a 25-week rites-of-passage program that helps girls ages 9-17 make the healthy transition from girls to young women.

## POINTS OF PRIDE

**1,000** youth and adults served in the organization's 14 year history

**900** volunteer hours are donated annually across Empowerment Resources' core programs.

**30** organizations partner with Empowerment Resources annually to provide subject matter expertise. Key partners include: 4-H, University of Florida Extension Office, Florida Department of Health at Duval County, Duval County Teen Court Program, Junior Achievement, Fidelity Investments, and Community Connections



# Journey Into Womanhood Program

Helping girls become healthy young woman

## JOURNEY INTO WOMANHOOD (JIW)

The JIW program helps girls cultivate self-awareness, develop leadership skills, and nurture talents that positively impact their communities. Youth participate in journal writing, community service, and enrichment trips. Girls are also assigned female mentors who provide social, emotional, and academic support.

### As a result of participating in the program, JIW girls report a:

- 25** percent increase in knowledge of abstinence “plus” and family planning
- 11** percent increase in knowledge of self-esteem
- 8** percent increase in exploring career opportunities
- 3** percent decrease in substance abuse behavior

\* data from 2015



“JIW has truly molded me and played a major role in the young woman I am today. I learned skills that not only have helped me academically, but in life.”

**Kaila White**  
Journey Into Womanhood Alumna, 2010  
Bachelor's of Health Information Management, UCF 2015  
Nursing Student, University of Florida, 2017

## JIW ALUMNA OUTCOMES



**34**

High school and JIW program graduates with **96** percent entering college



**\$18,000**

In scholarships awarded to JIW graduates from Empowerment Resources for college



**75**

Percent of JIW graduates return to the organization in a volunteer capacity