

Empowerment Resources Inc. presents

The 18th Annual Celebration



*Beauty,
Wisdom and
Transformation...*



***Sunday, May 1, 2022 at
Embassy Suites by Hilton Jacksonville***

9300 Baymeadows Rd, Jacksonville, FL 32256

2 p.m. to 4 p.m.








Coming together to celebrate phenomenal young ladies in our community at our 18th Annual Journey Into Womanhood Awards Celebration holds special meaning. I think we can all agree that a new normal has emerged as we navigate life during the pandemic.

Last year, we transitioned from in-person sessions to a hybrid of in-person and virtual for Empowerment Resources signature program, Journey Into Womanhood, or JIW. I'm pleased to share that for the 2021-2022 program year, we returned to providing in-person sessions. It was pure joy seeing our young ladies connecting and learning together as their mentors facilitated interactive learning sessions.

We also expanded our footprint by offering JIW at two local schools, reaching 30 young ladies. The pandemic presented challenges, but we are committed to using creativity and innovation to serve youth and families, meeting them where they are. This is a time to celebrate, and we're honored that you joined us today to recognize the young ladies of JIW. This year's JIW Celebration theme is Beauty, Wisdom and Transformation. We'll proudly honor one senior who will graduate from high school and the JIW program.

Over the last 18 years, our successes include:

-  48 JIW graduates
-  94% JIW alumnae attending college (22 have graduated with a bachelor's degree as of 2022)
-  Average time for a girl to participate in the program is six years
-  Awarded \$28,000 in scholarships
-  75% of JIW alumni return to our program to give their time and talent

We extend sincere gratitude to you, our sponsors, JIW parents and caregivers, volunteers, and community partners. Your unparalleled support is unmatched, ensuring that JIW will soar. With your continued support, we will strive to make an impact of our programs in the lives of youth and families in our community.

With gratitude,

Elexia Coleman-Moss
Founder and Executive Director

Our History

Empowerment Resources Inc. (ERI) is a private 501(c)(3) nonprofit organization, established in 2002. Our mission is to make children and their families stronger and empower them to become successful leaders in the community today, for a better tomorrow. We rely on volunteers to run the organization. Our signature programs include Journey Into WomanhoodSM, Life Skills Workshops for teen boys and girls, and Parenting Education Seminars. Life Skills Workshops empower students to engage in positive behaviors that nurture their wellbeing and equips them with the necessary tools to make positive life decisions. ERI teaches evidence-based Nurturing Parenting Programs[®], a family centered initiative designed to cultivate nurturing parenting skills. ERI has served more than 1,300 youth and families with programs and services that positively impact the whole family.

Since 2003, the Journey Into Womanhood (JIW)SM program has impacted the lives of more than 200 young ladies and families and has awarded youth more than \$28,000 in scholarships. A unique and inspiring program, this 25-week “rites-of-passage” initiative for girls ages 9-17 focuses on their healthy transition from girl to young woman. It addresses the real issues youth are faced with today. JIW is facilitated by experienced leaders and volunteers, who help participants cultivate their self-awareness, develop leadership skills, and put them on the path to positively impact the communities in which they live. The young ladies engage in journal writing, community service projects and enrichment trips. To date, 48 girls have graduated from the program and high school, with 94% of alumnae attending college and as of 2020, 22 have graduated with bachelor’s degree.

The Journey Into Womanhood program focuses on gaining the understanding of twelve vital aspects of life including:

The Value of SELF

Understanding the need to love oneself

Drugs and Alcohol

Preventing the effects of drug and alcohol abuse

Concepts of Beauty

Caring for self, defining beauty, and personal hygiene

A is for Academics

Learning proper study habits, college preparation, and public speaking

Health and Fitness

The importance of exercise and maintaining a healthy lifestyle

Relationships and Social Skills

Respecting elders, understanding friendships, and developing social skills

Our Society and Social Constructs

Understanding racism and prejudice, and learning to respect other cultures

Food and Nutrition

Learning healthy eating habits and selecting nutritious foods

Employment and Career Skills

Preparing a resume and learning how to get the career you want

Community Building

Hands-on learning is the importance of volunteering

Abstinence Plus and STD Prevention

Learning the pros of waiting, and how to avoid risky behavior

Investments and Savings

Understanding the difference and importance between the two

2021 - 2022 Leadership

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Advisory Council

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Kimmie Walker

Veronica Ward, MBA



Members of ERI Leadership and ERI volunteers

2021-2022 Year In Review



2021

October 16

JIW Kick-Off Game Day

October 30

"A" is for Academics and Goal Setting

November 7

Jacksonville Jaguars Honor Rows Game

November 20

Healthy Food and Nutrition

December 11

Community Service

December 19

Holiday Gathering at Alhambra Theatre & Dining

2022

January 22

Your Visions and Word of the Year

February 12

Curls and Convo

March 5

Hygiene, Health and Skin Care

March 26

Women in Careers

April 9

STEM

April 30

Etiquette

For the 2021-2022 school year, Empowerment Resources Inc. was able to expand its footprint by offering the Journey Into Womanhood (JIW) Club at two local schools, reaching 30 young ladies.



Meet the Journey Into Womanhood Girls



Shannel Brown-Campbell
11 years old | 6th Grade
Oceanway Middle School

Interests/Hobbies: Drawing, writing short stories, sleeping, reading, helping others

Goals: Be able to go to college by getting good grades and having a good portfolio



Anastasia Clinkscales
16 years old | 10th Grade
Douglas Anderson School of the Arts

Interests/Hobbies: Acting, fashion design (outfits, bracelets and accessories)

Goals: Get accepted into University of North Florida (UNF) for Marketing and become a business person and leader



Skylar Davis
15 years old | 9th Grade
Paxon School For Advanced Studies

Interests/Hobbies: Volleyball, JROTC and helping others

Goals: Go to college followed by medical school



Aaliyah Furqan
12 years old | 7th Grade
James Weldon Johnson College
Preparatory Middle School

Interests/Hobbies: Making bracelets, track and field, clothing design, doing nails and hair

Goals: Fashion designer



Azaryah Lanier
16 years old | 11th Grade
Riverside High School

Interests/Hobbies: Food, cooking, watching Tik Tok, entertainment and sleeping

Goals: Try and open up more. Go to college, be successful and help my parents in the best way I can. I am also interested in business, photography, theater, childcare and family services



Aryonna Levy
9 years old | 3rd Grade
Central Riverside Elementary School

Interests/Hobbies: Art, dance, music, TV

Goals: To get to the end of the champion dance team and get A's and B's on report cards



Makiyah Martin
10 years old | 4th Grade
Central Riverside Elementary School

Interests/Hobbies: Take trips, dance

Goals: Make all A's in school



Ke'mya Martin
11 years old | 5th Grade
Central Riverside Elementary School

Interests/Hobbies: Basketball, football, soccer and baseball

Goals: I want to be an entrepreneur



Jazara Moss
9 years old | 3rd Grade
J. Allen Axson Montessori

Interests/Hobbies: Going outside to play with friends, watching YouTube, gymnastics, drawing, playing tennis with dad and mom, and spending time with family and friends

Goals: I would like to become a model or work in banking like my dad

Meet the Journey Into Womanhood Girls



Zion Stanford
15 years old | 9th Grade
Paxson High For Advanced Studies

Interests/Hobbies: Cheerleading and doing hair

Goals: Graduate highschool and become a biochemical engineer; I want to make medicine



Jada Summers
15 years old | 10th Grade
Terry Parker High School

Interests/Hobbies: Spending time with my friends, creating new things, singing and drawing

Goals: Graduate high school, go to college to be a sports medicine physician and help people

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Hashtags:
Use #EmpowermentJax #JIW
and #EmpowermentResources

Meet Our Senior



Raven Lanier

18 years old | Riverside High School

Interests and Hobbies: Weightlifting, softball, track and field, hanging out with family

Goals: Graduate high school, go to college to be a sports medicine physician

 **How JIW Girls used their inner beauty or wisdom to transform and rise during these times?**

"I remained true to myself and learned to take life a day at a time. I will gain knowledge from those around me and use it to the best of my abilities."

Favorite JIW Memory:

My favorite part of JIW is talking with the new girls, helping and welcoming them. My favorite memory is the JIW lock-ins (slumber party). I always enjoyed bonding with my JIW sisters and mentors.

Give a Gift to Support Our Work



To fulfill our mission we rely on the generosity of community business, organizations, individuals and private donors. Your donation will further enhance the quality of service we provide to youth and families. Donations are tax-deductible and can be made online at www.EmpowermentResourcesInc.org or contact us at 904-268-8287.

Wish List

Please visit our website
www.EmpowermentResourcesInc.org to make a
donation and to review our complete list



- Monetary Donations
- Corporate Sponsorship
- Equipment (laptop and portable karaoke machine)
- Supplies (journals, pens, day-planners, arts and crafts supplies)
- Gift cards
- Postage Stamps
- Printer Ink Cartridges (HP 950XL/951)



Program of Events

Welcome

Entrance of Young Ladies

Meal

Keynote Address

Awards

Closing Remarks

Emcee



Brianna Andrews joined the News4Jax team in July 2021. The New York City native comes to the Sunshine State after working as the Weekend Morning Anchor in Erie, Pennsylvania. Prior to that, she worked in production for Fox News Channel in the Big Apple. Brianna is a Quinnipiac University graduate with a degree in broadcast journalism and a minor in computer information systems.

During her time at Quinnipiac, she interned at six different news stations and media companies. Some of the most memorable experiences include interning in Washington D.C., and serving as a Young Journalist during the 2017 Nobel Peace Prize Summit in Bogota, Colombia.

Keynote Speaker



Tra'Chella Johnson Foy, MD, is an experienced, board-certified family physician with Baptist Health, with more than a decade of experience who focuses on compassionate, patient centered care. Dr. Johnson Foy received her Doctor of Medicine from Morehouse School of Medicine. She completed her residency at the Mayo Clinic Jacksonville and is a trained diabetes master clinician with expertise in most chronic disease conditions.

Dr. Johnson Foy chose to be a family physician out of a desire to provide continual life care to patients and their families. She believes focusing on wellness and prevention is essential to truly caring for our community.

She was born and raised in Jacksonville, where she serves on a number of civic and medical boards, including We Care Jacksonville and the Duval County Medical Society. She enjoys traveling with her husband and son, going to the beach, and walking along the Jacksonville Riverwalk.

Our Supporters

Empowerment Resources Inc. would like to acknowledge and thank the following companies and people for their ongoing support. Without your support, our program would not be as successful.

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Charla Hamilton
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Dr. Pauline Rolle
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Dr. Jevetta Stanford (data)
Family Promise (office space)
Fidelity Investments (printing)
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Rebecca Thompson of Creative Veins

IN MEMORY OF

Carissa Flournoy, Patricia Hannan, Kecia Love, Jacquelyn Lowe, Soloman Stanford, and Tamika S. Stewart. "Those who touch our lives will stay in our hearts forever."

And to all other friends, volunteers and supporters - thank you!

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