

# THE LAND OF ERI

EMPOWERMENT RESOURCES INC. PRESENTS

THE 20TH ANNUAL  
JOURNEY INTO WOMANHOOD CELEBRATION

AT 6PM

MAY 9, 2024

WJCT, 100 FESTIVAL PARK AVE





Greetings Friends of Empowerment Resources Inc.,

Welcome to our very own Emerald City and the Land of ERI (Empowerment Resources Inc.). Thank you for joining us at our 20th Annual Journey Into Womanhood Awards Celebration.

Our theme began with a spark of inspiration drawn from the symbolism of emeralds, representing twenty years of growth, resilience, and prosperity. As we contemplated this precious gemstone, our thoughts wandered to the iconic Emerald City, a symbol of wonder and transformation. It was a twist of fate that led us to the beloved tale of "The Wiz," where the Emerald City takes center stage in a dazzling narrative of self-discovery and empowerment. We were inspired to infuse elements of "The Wiz" into our very own Journey Into Womanhood 20th Celebration Event!

We extend our deepest gratitude to each one of you for joining us on this extraordinary adventure today as we gather to commemorate twenty years of Empowerment Resources Inc. and the remarkable impact of our signature organization and programs such as:

*JIW Highlights:*

- 300 girls have been served since the program's inception
- 50 graduates from the program
- 94% alumnae attended college or enlisted in the military
- Six is the average number of years girls participate in the program
- \$35,000 in college scholarships awarded
- 75% of alumnae give back with their talent, time and treasure

*Our Organization's Points of Pride:*

- 100% of families from our Parenting Education program report increase in knowledge
- 87% of students from Life Skills workshops report an increase in use of life skills for everyday life
- 17,500 volunteer hours donated annually
- More than 2,500 youth and families have been served to date with our three programs

So, let us follow the yellow brick road together, as we celebrate two decades of empowerment, inspiration, and community. Here's to the next twenty years of growth, guided by the enduring spirit of the Emerald City and the transformative power of empowerment. We look forward to what the future holds.

With heartfelt appreciation,

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 Womanhood<sup>SM</sup>, 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<sup>®</sup>, a family centered initiative designed to cultivate nurturing parenting skills. ERI has served more than 2,500 youth and families with programs and services that positively impact the whole family.

Since 2003, the Journey Into Womanhood (JIW)<sup>SM</sup> program has impacted the lives of more than 200 young ladies and families and has awarded youth more than \$35,000 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, 50 girls have graduated from the program and high school, with 94% of alumnae attending college.

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

## 2023 - 2024 LEADERSHIP

### Board of Directors

Iana Benjamin  
Penelope Knox  
Chad Smith  
Veronica Ward

### Advisory Council

Carla Flowers  
Marsha Grant  
Ty'ra Malloy  
Nemiah Rutledge  
LaTonya Lipscomb Smith  
Walette Stanford

### Memoriam Member

Jacquelyn Lowe

# 2023-2024 YEAR IN REVIEW

## 2023

- September 16 *JIW Kick Off / Game Day*
- September 23 *Study Skills and Goal Setting*
- September 24 *Jaguars Honor Rows Game*
- October 7 *Self Esteem and Body Image*
- October 21 *Drug and Alcohol Prevention Awareness*
- November 4 *Nutrition and Fitness*
- November 16 *Cardboard City*
- November 18 *Personal Branding & Internet Safety*
- December 2 *Christmas Community Service Project*
- December 3 *Holiday Spectacular*
- December 9 *Holiday Party*



## 2024

- January 7 *Dave and Busters Girls Outing*
- January 20 *Vision Board and Goal Setting*
- February 3 *Value of Self and Sisterhood*
- February 10 *Curls and Convo*
- February 24 *Building Healthy Relationships*
- February 26 *Black Women in STEM - MOSH*
- March 9 *Healthy Relationships and Abstinence Plus*
- March 30 *Concept of Beauty*
- April 6 *Career Day Panel*
- April 20 *Financial Education and Career Day*
- May 4 *Etiquette*





# MEET THE JOURNEY INTO WOMANHOOD GIRLS



**Corryn Adams**

15 years old | 9th Grade  
Bartram Trail High School

**Interests/Hobbies:** Dancing, shopping, and traveling

**Goals:** To be an entrepreneur and help my parents retire early.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** is that we are beautiful inside & out and don't let anyone tear you down!



**Kennedi Armstrong**

14 years old | 7th Grade  
Baldwin Middle Senior High School

**Interests/Hobbies:** Acting, animation, drawing as well as Roblox and anime

**Goals:** To graduate and attend college with a focus on acting. Acting behind the scenes, on stage or film.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** independence and courage.



**Maleah Barnes**

12 years old | 7th Grade  
Fort Caroline Middle School  
of the Visual and Performing Arts

**Interests/Hobbies:** Creating Art and singing

**Goals:** To be a successful business woman.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** it's OK to rely on other people like my JIW mentors to help me in life.



**Marae Barnes**

12 years old | 7th Grade  
Fort Caroline Middle School  
of the Visual and Performing Arts

**Interests/Hobbies:** Singing, playing sports, helping around the house and helping other family members

**Goals:** Excel in all of my endeavors and to become a multi-million dollar entrepreneur.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** To always be respectful to others in order to gain respect from others.



**Selimah Brown**

13 years old | 7th Grade  
Landmark Middle School

**Interests/Hobbies:** Sleeping, watching movies, swimming, running, and reading books

**Goals:** To attend an HBCU and be successful in business.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** is inner beauty is key. Not everyone's opinion should matter to me. It only matters when it needs to be.



**Shannel Brown-Campbell**

14 years old | 8th Grade  
James Weldon Johnson College Preparatory  
Middle School

**Interests/Hobbies:** Reading, writing, drawing, talking long walks, and eating chocolate

**Goals:** To graduate from college and live in Paris.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is this quote from tennis great Arthur Ashe says it all, "Success is a journey, not a destination. The doing is often more important than the outcome."



**Isabella Church**

11 years old | 5th Grade  
Hendricks Avenue Elementary

**Interests/Hobbies:** Dancing, roller skating, and drawing

**Goals:** To become a lawyer.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** stay away from negative things in life like drugs, and to not be pressured.



**Skylar Davis**

17 years old | 11th Grade  
Paxon School for Advanced Studies

**Interests/Hobbies:** Volleyball, beach volleyball, and hanging with friends

**Goals:** To get into a good med school and become an anesthesiologist.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** is that you can learn something new everyday.



**Khloe Dorset**

13 years old | 7th Grade  
Fort Caroline Middle School

**Interests/Hobbies:** Singing, playing with dogs, and hanging out with my friends

**Goals:** Learn how to play the electric guitar, learn how to do SFX makeup, and to save a minimum of \$500 this year

**As I follow the yellow brick road in my life the wisdom I will keep with me...** be confident!

# MEET THE JOURNEY INTO WOMANHOOD GIRLS



**Harmony Emanuel**  
12 years old | 6th Grade  
LaVilla School of the Arts

**Interests/Hobbies:** Contemporary and Jazz dancing, caring for pets, and crafting  
**Goals:** To graduate from Florida A&M University, attend veterinary school and become a veterinarian.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is to always follow my dreams.



**Kymani Gardner**  
13 years old | 7th Grade  
Mandarin Middle School

**Interests/Hobbies:** Basketball, skating and doing my nails  
**Goals:** To become a nurse or a doctor.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is that I should love myself regardless of what other people think.



**Nina Johnson**  
10 years old | 5th Grade  
Westview K-8

**Interests/Hobbies:** Camping, cooking, and reading  
**Goals:** To become an author and an editor.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is to live life to the fullest.



**Avery McKenzie**  
14 years old | 8th Grade  
Pacetti Bay Middle School

**Interests/Hobbies:** Track, beach volleyball, reading and modeling  
**Goals:** To become a fashion designer and open a fashion boutique.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is to keep my head up and continue to walk with confidence.



**Jazara Moss**  
11 years old | 5th Grade  
J. Allen Axson Montessori School

**Interests/Hobbies:** Basketball, tennis, vlogging, and playing outside  
**Goals:** To become a professional basketball and tennis player as well as be successful in life.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is to always try my best, have high self-esteem, and work hard to reach my goals in life.



**Akilah Ponds**  
14 years old | 8th Grade  
Florida Virtual

**Interests/Hobbies:** Working out and socializing  
**Goals:** To become a surgeon or an engineer.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** is that your mental health is just as important as your physical appearance.



**Nevaeh Ross**  
14 years old | 8th Grade  
Kernan Middle School

**Interests/Hobbies:** Going to the movies, bowling, reading and writing  
**Goals:** To graduate high school and become a veterinarian or registered nurse.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** people can have their opinions about you, but don't allow it to stop you from reaching your goals.



**Arianna Sands**  
14 years old | 9th Grade  
Bartram Trail High School

**Interests/Hobbies:** Running track, drawing and listening to music  
**Goals:** To continue to run track at a collegiate level and traveling throughout the United States seeing new and exciting things.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** what real support and encouragement looks like outside of my family circle.



**Nylah Simon**  
10 years old | 4th Grade  
Thomas Jefferson Elementary

**Interests/Hobbies:** Reading, running, drawing, and watching movies with my family  
**Goals:** To become a pediatric nurse.  
**As I follow the yellow brick road in my life the wisdom I will keep with me...** I learned how to value my friendships and continue to respect their opinions.



# MEET THE JOURNEY INTO WOMANHOOD GIRLS



**Zion Stanford**

17 years old | 11th Grade  
Oakleaf High School

**Interests/Hobbies:** Making jewelry, volunteering at MOCA, and hanging out with my friends

**Goals:** To attend college and pursue my career of neuroscience.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** keep it professional you never know who's watching.



**Kamryn Stowers**

12 years old | 6th Grade  
Southside Middle School

**Interests/Hobbies:** Gardening, finding ways to start a business, and doing self care

**Goals:** To make money and start a business.

**As I follow the yellow brick road in my life the wisdom I will keep with me...** friendship is about trust, and all relationships take work.

*Congratulations  
to all of our  
Journey Into  
Womanhood  
Girls!*



## FOLLOW EMPOWERMENT RESOURCES, INC.

*Twitter and Instagram:*

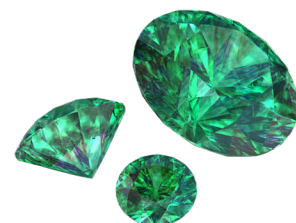
@EmpowermentJax

*Facebook:*

Empowerment Resources Inc.

*Hashtags:*

Use #EmpowermentJax #JIW  
and #EmpowermentResources



# SUPPORT OUR WORK

## Our Programs



### Journey Into Womanhood

This is a 25-week rites of passage program for girls ages 9-17 that focuses on their healthy transition from girls to young women.

Applications open every Fall and Spring.

Journey Into Womanhood begins September through May.



### LIFE SKILLS WORKSHOPS

ERI empowers students, 3rd through 12th grade, to engage in positive behaviors that nurture their well-being and equips them with the necessary tools to make positive life decisions.

Interactive gender neutral workshops can be customized for after school or summer programs in a wide range of settings.



### PARENTING EDUCATION

ERI teaches evidence-based Nurturing Parenting Programs, a family centered initiative designed to cultivate nurturing parenting skills.

Virtual Seminars are held every Thursday from 6-7:15 p.m. in partnership with Kids Hope Alliance, and Partnership of Child Health.



**We encourage you to support our work by volunteering your time, talent or treasure!**

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. You can submit volunteer applications and make donations online at [www.EmpowermentResourcesInc.org](http://www.EmpowermentResourcesInc.org) or contact us at 904-268-8287.

## Make A Donation

- Sponsor JIW goes to The Wiz on Broadway in July 2024 | \$125 per ticket or \$1,000 to cover a JIW Girl trip
- \$500 Sponsors a JIW Girl for a year
- \$250 Sponsors 5 families in Parenting Sessions
- \$150 Sponsors a group of youth for Life Skills
- Gifts of all sizes make an impact

## Volunteer

- JIW Mentors
- Leadership Team
- Guest Speaker
- Fundraising
- Administrative Support
- Marketing/PR



# PROGRAM OF EVENTS

## ACT I

Reception ..... All Attendees  
Chance Drawing and Live Music ..... Nikayla and the phuNk

## ACT II

Welcome ..... Brianna Andrews  
Entrance of Young Ladies ..... JIW Girls  
Dinner ..... All Attendees

## ACT III

Presentation of Awards ..... Elexia Coleman-Moss  
Monologues ..... JIW Mentors  
Special Presentation ..... Board Member, Penelope Knox  
Closing Remarks ..... Elexia Coleman-Moss

Music Production: The Wiz Original Motion Picture Soundtrack (1978)



*Brianna Andrews*  
*Emcee*

### *Bio*

**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.

Outside of work she enjoys traveling, spending time with family and taking on new adventures.

*Enjoy your evening in the Emerald City!*

# OUR SUPPORTERS

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

## *Supporters and Friends*

4-H  
 Abdullah-Bolden Family  
 Alex Lowe  
 Andrea Kemp  
 Angela C. Mack  
 Anthony and Oare' Henry  
 Annette Williams  
 Beth Mixson  
 Bettie Scott  
 Carla Flowers  
 Chad and LaTonya Smith  
 Charles and Beverly Hamilton  
 Cherrise Wilks  
 Chiquita Powell Quirin  
 Coretta Cotton  
 D Cole Strategic Planning  
 Daphne Colbert  
 David and Paula Shigley  
 Debbie Moreland  
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 Emanuel Washington  
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 Pauline Rolle  
 Penelope Knox  
 Rene Bean  
 Rivera Promotions  
 Santiago and Shirley Livingston  
 Tracy Alladice  
 Valerie Phillips and Family  
 Verona Mitchell  
 Veronica Ward  
 Walette Stanford  
 Willie Mae Sheffield  
 Zasha Del Orbe

## *ERI Volunteers / \*TJW Mentors*

Ale'ta Turner  
 Angela Wyatt  
 Arden Ward \*  
 (Program Support)  
 Carla Flowers  
 Chad Smith  
 Daphne Colbert  
 Diane King  
 Erica Spann \*  
 Heather Waisanen  
 Iana Benjamin  
 India Johnson \*  
 Jasmine Johnson  
 Jakey Moss  
 LaTonya Lipscomb Smith  
 Marsha Grant  
 (Celebration Committee)  
 Madison Beckford  
 Morgan Ford  
 Monique Alexis \*  
 Natalie Mitchell  
 Nemiah Rutledge  
 Pauleen Rolle  
 Penelope Knox  
 (Celebration Chair)  
 Shameeka Clark \*  
 Ty'ra Mallory  
 Veronica Ward  
 (Celebration Committee)  
 Walette Stanford  
 Yvelis Rivera \*

## *In-Kind Donations*

Arlington Congregational Church (meeting space)  
 Built To Rock Events (program booklet design)  
 Clinton Paris (legal)  
 Dr. Jevetta Stanford (data)  
 Family Promise (office space)  
 Heather Waisanen with Coastal Maverick (program cover, event invitation and graphics)  
 Nikayla Byirt with Nikayla and the phuNk (live music and voice overs)

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





## THE FLORIDA SENATE

**SENATOR TRACIE DAVIS**

District 05



April 29, 2024

### ***Congratulations Empowerment Resources, Inc. on your 20<sup>th</sup> Anniversary Celebration!***

Dear Attendees,

It is my pleasure to extend heartfelt congratulations to Empowerment Resources Inc. (ERI) on reaching this incredible milestone—20 years of dedicated service to the community!

Founded in Jacksonville, Florida, ERI has consistently shown a deep commitment to uplifting disadvantaged youth and families through innovative programs and services, positively impacting the *WHOLE* family. Your dedication to providing resources, mentorship, and education to those in need has not only empowered countless lives but has also made a lasting impact on our community as a whole. Your journey over the past two decades is a testament to your resilience, passion, and the tireless efforts of your team. As you celebrate this significant anniversary, we join you in honoring your past accomplishments and look forward to the continued success and positive influence you will bring in the future.

As a female elected official, I want to express my deep admiration for your extraordinary Journey into Womanhood (JIW) program. Over the years, you have demonstrated a steadfast commitment to mentoring young women, guiding them through life's challenges, and empowering them to find their place in society.

Congratulations to the 20 outstanding JIW graduates who have successfully completed the 25-week program! Your achievements are a testament to your commitment, hard work, and the exceptional support you have received from your mentors and peers. You should take great pride in this accomplishment.

Once again, congratulations on this remarkable achievement. Please know that your unwavering determination does not go unnoticed. Here's to another 20 years of empowering and enriching lives!

Sincerely,

A handwritten signature in blue ink, appearing to read "Tracie Davis".

Tracie Davis  
State Senator  
District 05



**OFFICE OF THE MAYOR**

**DONNA DEEGAN**  
MAYOR

CITY HALL SUITE 400  
117 W. DUVAL STREET  
JACKSONVILLE, FL 32202

May 9, 2024

Dear Elexia Coleman-Moss and the Esteemed Team at Empowerment Resources, Inc.,

I am delighted to extend my heartfelt congratulations to Empowerment Resources Inc. on your remarkable 20 years of service to our community. For two decades, you have provided a beacon of hope and empowerment, touching the lives of over 200 families and countless individuals in Jacksonville.

Your dedication to nurturing a strong family foundation and empowering children to become successful leaders is truly commendable. Through your flagship program, Journey-Into-Womanhood (JIW), and the expansion of your initiatives to include Life Skills Workshops and Parenting Education Seminars, you have demonstrated a profound commitment to uplifting our community's youth and families.

As we celebrate this significant milestone, I encourage all citizens of Jacksonville to join me in supporting organizations like Empowerment Resources, Inc. in their mission to empower families and children. Together we can create a community where every individual has the opportunity to thrive and succeed.

Thank you for your tireless efforts and unwavering dedication to making Jacksonville a better place for all. Here's to the next 20 years of continued success and impact.

Warm regards,

Donna Deegan  
Mayor



# Special Thank You To

## Organizational Supporters



## Program Supporters



The Jacquelyn Rae Lowe JIW Scholarship Fund

The Fruscione Foundation



Anonymous Donor

## JIW 20th Annual Celebration Sponsors

### Gold Sponsor



### Silver Sponsors



Expedia Cruises in Jacksonville

Tasmia Henry

### Bronze Sponsor



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