

Empowerment Resources, Inc.
presents the
22nd Annual
Journey Into Womanhood Celebration



*She Believed
She Could
So She Did*

May 3, 2026
Maggiano's Little Italy
10367 Mid Town Pkwy
Jacksonville, FL 32246
1 p.m. - 3 p.m.



Greetings Friends of Empowerment Resources Inc.,



Thank you for joining us today as we celebrate 22 years of Journey Into Womanhood (JIW), a program of Empowerment Resources, Inc. We are delighted to welcome you to this cherished event, where we honor the remarkable journey of growth, sisterhood, and leadership among our JIW girls.

This year, our theme, "She Believed She Could, So She Did," reflects the confidence, courage, and determination we see in each of our girls as they rise to meet their goals and embrace their full potential. It is a celebration of belief—belief in oneself, in their dreams, and in the power of perseverance. Throughout their journey, our girls have shown that when they are supported, encouraged, and empowered, there is truly no limit to what they can achieve.

We extend our deepest gratitude to each of you for joining us today as we celebrate the JIW girls and the lasting impact 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:

- 🦋 In 2024 selected by WJXT as a Positive Jax Award Recipient
- 🦋 In 2025 created the Empower and Thrive Family Coaching program, an expansion of the Parenting Education program
- 🦋 17,500 volunteer hours donated annually
- 🦋 3,000 plus youth and families have been served to date with our three programs

As we reflect on more than two decades of impact, we are reminded that growth often happens in the in-between moments—the lessons learned, the confidence built, and the resilience developed along the way. To our families, mentors, supporters, and community partners: thank you for pouring into our girls and helping to create a space where they are encouraged to dream boldly and walk confidently and continue to know she believed so she did.

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 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 3,000 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 300 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

2025 - 2026 Leadership

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Nemiah Rutledge

LaTonya Lipscomb Smith

Advisory Council

Walette Stanford

Kaila White, JIW Alumna

Whitney S. Johnson

Andrea Jefferson

Wendy Gillis

Sean Clinkscales



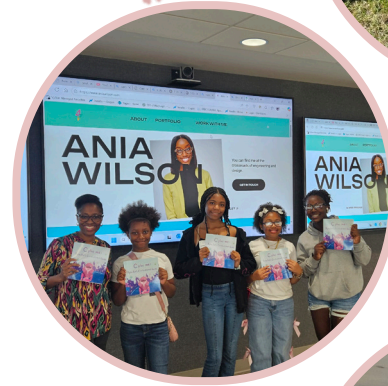
Memoriam Member
Jacquelyn Lowe



2025-2026 Year In Review

2025

September 13	JIW Kick Off / Game Day	<i>Presenters</i> Maya Morris
September 27	"A" is for Academics	Tonya Carrington
October 4	Social Skills and Mindfulness	JIW Mentors
October 25	Drug and Alcohol Prevention	JSO Officers
November 1	Healthy Food and Nutrition	Body Paradox
November 15	Health and Fitness	JIW Mentors
November 15	Cardboard City	Family Promise of Jacksonville
December 6	Community Service Project	
December 13	JIW Holiday Party	



2026

January 10	Mindfulness / Effective Communication	<i>Presenters</i> JIW Mentors
January 24	Goal Setting: Word of the Year	JIW Mentors
February 7	College Planning	The Center One Foundation
February 21	Concepts of Beauty	Krystal and Keri Dillet & JIW Mentors
March 7	Hygiene and Healthy Relationships	Florida Department of Health in Duval County
March 28	STD Prevention/ Abstinence Plus, & Mental Health	Dr. Bell and Dr. Oginni & Agape Family Health Inc.
April 11	Think Bold Festival Field Trip	
April 25	Financial Literacy and Careers	VyStar Credit Union and Junior Achievement
May 2	Etiquette	JIW Mentors



Meet The Journey Into Womanhood Girls

<i>Akilah Ponds</i>	<i>16 years old</i>	<i>10th grade</i>	<i>Tocoi Creek High</i>
<i>Amariah Alexis</i>	<i>11 years old</i>	<i>6th grade</i>	<i>Fort Caroline Middle School of the Visual and Performing Arts</i>
<i>Arianna Sands</i>	<i>16 years old</i>	<i>11th grade</i>	<i>Paxon School of Advanced Studies</i>
<i>Arielle Sands</i>	<i>15 years old</i>	<i>10th grade</i>	<i>William M. Raines Senior High</i>
<i>Claudia Kaitlyn Rogers</i>	<i>10 years old</i>	<i>5th grade</i>	<i>Trinity Christian Academy</i>
<i>Corryn Adams</i>	<i>17 years old</i>	<i>11th grade</i>	<i>Bartram Trail High</i>
<i>Danielle Hildreth</i>	<i>11 years old</i>	<i>6th grade</i>	<i>Fort Caroline Middle School of the Visual and Performing Arts</i>
<i>De'Anna Daniels</i>	<i>10 years old</i>	<i>5th grade</i>	<i>Louis Sheffield Elementary</i>
<i>Edrianna Robinson</i>	<i>13 years old</i>	<i>7th grade</i>	<i>Mandarin Middle School</i>
<i>Emani Daniels</i>	<i>13 years old</i>	<i>8th grade</i>	<i>Ocean Way Middle School</i>
<i>Harmony Emanuel</i>	<i>14 years old</i>	<i>8th grade</i>	<i>Sebastian Middle School</i>
<i>Jayda Manning</i>	<i>14 years old</i>	<i>9th grade</i>	<i>Riverside High School</i>
<i>Jazara Moss</i>	<i>12 years old</i>	<i>7th grade</i>	<i>Fort Caroline Middle School of the Visual and Performing Arts</i>
<i>Khylee Letang</i>	<i>15 years old</i>	<i>10th grade</i>	<i>Darnell-Cookman School of Medical Arts</i>
<i>Kimora Cheathem</i>	<i>15 years old</i>	<i>10th grade</i>	<i>North Florida Educational Institute</i>
<i>Kymani Gardner</i>	<i>14 years old</i>	<i>9th grade</i>	<i>Mandarin High School</i>
<i>Lanilia Floyd</i>	<i>16 years old</i>	<i>11th grade</i>	<i>Englewood High School</i>
<i>Madison Murray</i>	<i>16 years old</i>	<i>10th grade</i>	<i>Atlantic Coast High</i>
<i>Nadia Darity</i>	<i>15 years old</i>	<i>11th grade</i>	<i>Florida Virtual School</i>
<i>Nevaeh Ross</i>	<i>16 years old</i>	<i>10th grade</i>	<i>Atlantic Coast High</i>
<i>Nina Johnson</i>	<i>12 years old</i>	<i>7th grade</i>	<i>Cecil Early College</i>
<i>Nylah Simon</i>	<i>12 years old</i>	<i>6th grade</i>	<i>LaVilla School of the Arts</i>
<i>Samalah Brown</i>	<i>15 years old</i>	<i>10th grade</i>	<i>Terry Parker High School</i>
<i>Selimah Brown</i>	<i>15 years old</i>	<i>10th grade</i>	<i>Terry Parker High School</i>
<i>Shannel Brown-Campbell</i>	<i>16 years old</i>	<i>10th grade</i>	<i>William M. Raines Senior High</i>
<i>Skylar Carney</i>	<i>9 years old</i>	<i>4th grade</i>	<i>Oakleaf Village Elementary</i>
<i>Tanyla James</i>	<i>16 years old</i>	<i>10th grade</i>	<i>Oakleaf High School</i>
<i>Victoria Pass</i>	<i>16 years old</i>	<i>10th grade</i>	<i>Tocoi Creek High</i>

JTW Youth Advisory Council

President: Akilah Pond

Vice President: Shannel Campbell-Bown

Outreach Specialist: Jazara Moss

Treasurer: Arianna Sands

Parliamentarian: Victoria Pass



She Believed She Could So She Did

JTW Enrichment Clubs

The Hair & Skin Club helps girls explore manageable hairstyles and protective care routines, as well as skin care basics and the latest trends.

Club Members: Arianna, Jazara, Jayda, Harmony, Madison, De'anna

The Sewing & Fashion Club gave participants hands-on experience creating small pieces, altering clothes, and designing their own looks.

Club Members: Claudia, Khylee, Kimora, Emani, Nylah

The Podcasting & Content Creation Club taught storytelling, recording, and digital media skills.

Club Members: Naveah, Nina, Corryn, Danielle, Shannel

Photo Collage

The Hair & Skin Club



The Sewing & Fashion Club



The Podcasting & Content Creation Club



Program Highlights



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Use #EmpowermentJax #JIW
and #EmpowermentResources

Congratulations

to all of our

Journey Into

Womanhood Girls!



Program of Events

Welcome

Meal

Keynote Address

Awards

Closing Remarks



Michellita Taylor
Emcee

Michellita Taylor is a Jacksonville, Florida native, licensed Corporate Speech-Language Pathologist, and Ms. Black Florida USA 2025. She has over nine years of experience in speech therapy across educational and medical settings and she obtained her master's degree from Nova Southeastern University.

Michellita is the owner of Taylor Made Voices, where she provides corporate communication coaching, vocal coaching and etiquette. She is the host of her own radio show "In the Know." Her background in television and professional development has allowed her to create programs focused on confidence, communication, and personal growth.

As a former pageant competitor and founder of the Miss Charisma Scholarship Pageant, she is passionate about empowering others. As Ms. Black Florida USA 2025, she promotes her platform, Thrive After Baby, supporting the emotional well-being of mothers and strengthening family connections.

Her pride and joy 4-year old, Mila, inspires her to grow beyond boundaries each and everyday.

She Believed She Could So She Did



Brenda Jackson
Keynote Speaker

Brenda Jackson is a trailblazing romance author whose career began with her debut novel *Tonight and Forever* in 1995. She has since published over 155 books and novellas, selling more than 50 million copies worldwide and earning numerous national literary awards. Jackson made history as the first African American romance author to appear on both the *New York Times* and *USA Today* bestseller lists and received the prestigious *Nora Roberts Lifetime Achievement*. Her book *"A Silken Thread"* earned her a 2012 NAACP Image Award Nominee for Outstanding Literary Fiction. Brenda's literary magic continues to shine on the silver screen, with several of her books brought to life in captivating cinematic adaptations.

In addition to her literary success, Jackson is dedicated to community service and supporting scholarships and youth programs in Jacksonville, Florida. She passionately supports Florida Memorial University, where she established the *Josephine Threatt Scholarship Foundation* in honor of her grandmother. To date, Brenda has donated more than \$230,000 to this foundation.

Her personal life is a heartwarming love story as well, having been married to her high school sweetheart, Gerald, for an inspiring 44 years. Together, they raised two sons, Gerald Jr. and Brandon. Armed with a Bachelor of Science degree in Business Administration from Jacksonville University, she dedicated 37 years to a successful management career at State Farm Insurance before retiring. Ms. Jackson is a dedicated member of *Delta Sigma Theta Sorority, Inc.* Brenda Jackson's legacy is not just the words she pens but the lives she touches, the communities she uplifts, and the dreams she inspires. Her journey is a testament to the transformative power of storytelling and a boundless commitment to making the world a better place.

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.

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Jakey Moss
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Katrina Harris*
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Marsha Grant
Maria Romero Gutierrez
Mackenzie Farrell
Mona Lea Tomas
Monique Alexis*
Natalie Mitchell
Nemiah Rutledge
Penelope Knox
(Celebration Chair)

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Arlington Congregational Church (meeting space)
Built to Rock Events (design of program booklet and event planning)
Clinton Paris (legal)
Dr. Jevetta Stanford (data)
Family Promise (office space)
United Way, Arlington Full Service Schools (family coaching meeting space)

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

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