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From the President / CEO Nancy Wesson-Dodd

Strong Alone—Fearless Together: This YWCA tagline has significant meaning. Whether eliminating racism or empowering women, when individuals are strengthened, as a group they are fearless. As YWCA empowers women and people of color through educational programs, including Diez y Seis, Equal Pay Day, Institute for Public Leadership, Racial Justice Forum, Y Women in Careers, their empowerment expands geometrically as they connect with other empowered individuals. **Strong Alone Fearless Together...**

Recent research indicates that loneliness is worse for one's health than smoking 14 cigarettes a day. Seniors are prone to isolation and loneliness. YWCA fitness participants are primarily seniors and reflect our community's ethnicities. They come to YWCA's fitness program to stay in shape or get in better shape. They report, however, that they stay for the socialization that takes place when they are at YWCA. Socialization with people like themselves and people different from themselves. They are **Strong Alone Fearless Together...**

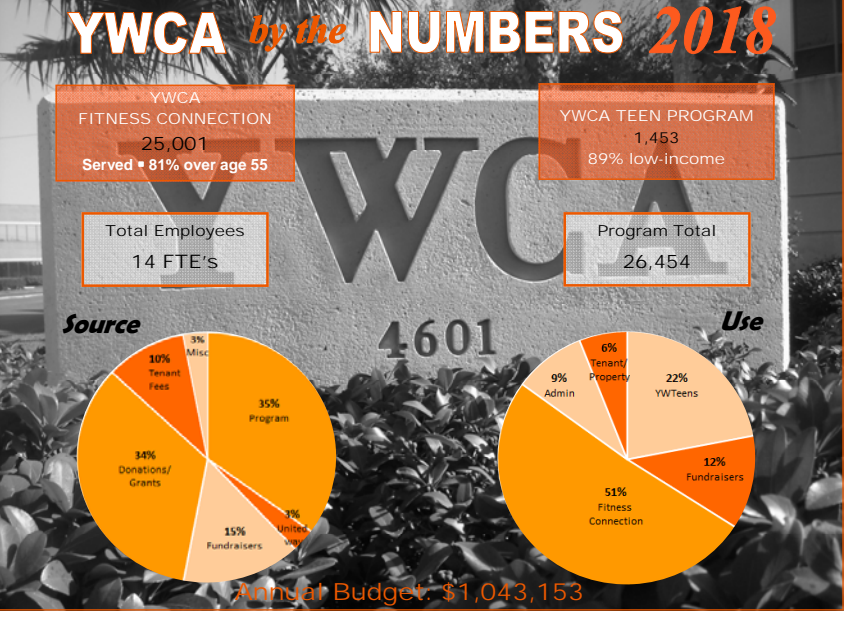
At the young age of 10 and 11 years old, YWTeens worry that "maybe no one will like me or be nice to me." After time together learning about the value of each individual and the whole being greater than the sum of its parts, they become "besties." Self-confidence, social skills and connectivity increase. They've got each other's backs. No bullying allowed. Parents and school personnel report that the girls become much more secure interacting with peers who are the same—or different—than themselves. They become **Strong Alone Fearless Together...**

...So here you have it—across the ages and across ethnicities, **Strong Alone Fearless Together**—your YWCA!



YWCA IS ON A MISSION

YWCA
is dedicated to
eliminating
racism,
empowering
women,
and
promoting
peace,
justice,
freedom,
and
dignity
for all.



Thank You to YWCA 2018 Major Investors

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eliminating racism
empowering women ywca

2018
YWCA
Annual Report

STRONG ALONE FEARLESS TOGETHER