



# FEMERGY®

## 2022 ANNUAL REPORT



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# Hello from our Founders

What a transformational year! In 2022, more than 1500 girls, women and families came through our doors and participated in direct programming and case management services. Our programming included STEAM learning, leadership development, restorative practices, workforce readiness, mentoring, service learning and so much more. As we assess the ongoing effects of the pandemic, Femergy® continues to lean in on our founding principles of advocacy, support, and development.

*Together and Onward.*

In partnership with community stakeholders the agency continues to be rooted in providing the resources, tools, and skills-training needed to combat and overcome unique barriers for girls and women. We achieved exciting milestones including developing a student-led mood tracking and communications app with the J.P. Morgan Chase Force for Good team, thanks to our partners at Youth to Youth. Once the app is complete, this wellness tool will allow us to track and support our participants' social and emotional health. We persevered through remote programming and case management, returned to in person programming and services, and increased our community impact and operational capacity by welcoming new Femergy® team members.

Over the years, we have been fortunate to have partners who have allowed us to utilize their facilities for programming and case management services. But it was clear to us that in order for us to continue to provide more stable opportunities for girls, women, and families, Femergy® would need an official headquarters of their own. So we are excited to share that in the final weeks of 2022, the Femergy® Center came to fruition! We will officially open our doors at 49 S. Grant Ave Columbus, OH 43215 to the community in March 2023. This expansion will allow for additional programmatic support and community collaboration.

As you'll see in the coming pages of this report, we firmly believe that the power of "female energy" comes not just from the name Femergy®, but from the passionate and committed individuals, corporations, foundations, and small businesses who live and breathe our shared vision and mission for girls and women.

Thank you for your support. We look forward to a new year and many years of empowering the women and girls of Central Ohio and beyond!

*Together in Service,*

*Christina Vera*

Co-Founder + Director of Operations

*Maylin Saonbeis*

Co-Founder+ Executive Director



# Mission | Vision | Values



Femergy® is a nonprofit organization that provides girls and women with the resources, tools, and skills they need to combat and overcome gender barriers in public and private spheres. Our holistic programs enhance girls and women in the areas of Education, Leadership, Health, and Wellness by encouraging them to explore and celebrate their strengths, their voices, who they are today, and who they will become in the future.

We envision an equitable world, where girls and women are equipped with the resources that provide the same opportunities afforded to their male counterparts. Through mentoring, life-skills development, social-emotional support, and holistic wellness, we can achieve this.

## Agency Values

**Educate:** Through ongoing, accessible support, we create avenues for educational and social-emotional growth that lead to equitable opportunities for all.

**Empower:** We identify and invest in the needs of others to support their journey to educational, social, and economic success.

**Connect:** We are united, honest, and compassionate as we create authentic relationships.



# 20 Impact 22 Numbers

Through four community-based programs and many community events, we were able to more than double the number of individuals we served in 2021. Thank you to all of our partners, funders, and individual donors for creating this impact in our community!

## Direct Services

Girls Served 317

Women Served 25

Families Served 634 indiv.  
127 families

## Community Services

Community Members Served 600

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## Total Served

2021 Comparative: 726 served

◆ 1,576 ◆



# GHRO YOUR FUTURE

Our flagship program started the year with a condensed cycle from January - May. In that time, our core cohort of girls had a Vision Book Party to plan for their personal and academic futures; constructed and filled care kits for our neighbors in need on Martin Luther King Jr. Day of Service; explored the intersection of technology and art at the Columbus Museum of Art; took a deep dive into natural science at the Franklin Park Conservatory; and had an epic two-day STEAM Conference at the COSI Science Festival and The Ohio State University.

## Condensed Cycle Growth Summary:

**84%** of participants received at least 5 hours of direct and virtual contact monthly

**84%** of participants attended all of the workshops

**62%** of participants developed a successful academic and personal growth plan

## Total Impact Growth Data:

**STEAM Growth - 30.5%**

**Teamwork Growth - 18%**

**Leadership Growth - 9.5%**

With our partners at Youth to Youth, we visited the Livingston and Summit campuses of Reynoldsburg High School to connect with students about wellness and how they can tap into it to support their own mental health. Over the course of seven weeks, we connected with students and gave them the skills-training they need to succeed in their lives:

**39.5%** growth in hours per week dedicated to improving mental health (+1.5 average)

**9.5%** growth in overall mental health

**14%** growth in understanding of mental health & wellness strategies



# *GHRO Your Future* kicked off another full cycle of in person programming in September.

We look forward to updating you on the continued progress of the 22-23 cohort!



Earth Sciences Workshop  
Ohio State University



Color Meditation  
White Canvas Designs

UI/UX + App Design Workshop  
JP Morgan Chase HQ



# CHICA SPORTS & FITNESS



It was another year of action-packed adventures with Chica Sports & Fitness! Our summer started with a Field Day at Antrim park where girls connected for relay races, learning soccer, and challenging each other with team-building activities.



For our camp day, we set up at Wyandot Lodge and got to work with a quick hike! Girls then explored the techniques behind archery, rock climbing, and canoeing, and got hands-on experience with the activities all while cheering each other on.



Our final program day took us to Zip-Zone Outdoor Adventure Park, where girls were tested on their leadership skills, team-building skills, and future-planning. Our girls soared high above the trees, confronting their fears and strategizing how to get through the obstacles in their way. With their teammates by their sides, they conquered fear and completed the course!







# CHICA SPORTS & FITNESS GROWTH



## 35% Growth in Healthy Living.

Surveyed categories included:

- Navigating Healthcare
- Weekly Levels of Exercise (+1 hr/week post-camp on avg.)
- Body Positivity
- Health Literacy



## 38% Growth in Life-Skills Development.

Surveyed categories included:

- Mental Health
- Emotional Critical Thinking
- Peer Relationships
- Leadership Skills



## 22% Growth in Enrichment Support.

Surveyed categories included:

- Outlook on Education
- Outlook on Life
- Future Planning





# Femergy® Gives Back



Through our annual service-learning projects, girls, women, and families from our community came together to give back to our neighbors in need.

In January, families joined together at the Ohio History Center on Martin Luther King Jr. Day of Service to **create care kits for homeless youth, design bookmarks for local libraries, and spread the gift of service** by reflecting on MLK's impact.

In May, we returned to the ARC Northeast Center to **clean out and replant fruits, veggies, and herbs** in their garden. With the help of our partners at Lowes and volunteers from the community, we were able to build new standing beds around the courtyard for an accessible garden for all. Items grown in the garden support individuals at the center, and **remaining produce is donated to the Mid-Ohio Food Bank** to support families in Central Ohio.

Food security is essential to families leading happy, healthy lives. We are proud to work with the Byron Saunders Foundation to once again **distribute Thanksgiving food boxes to 127 families, impacting 634 individuals.**

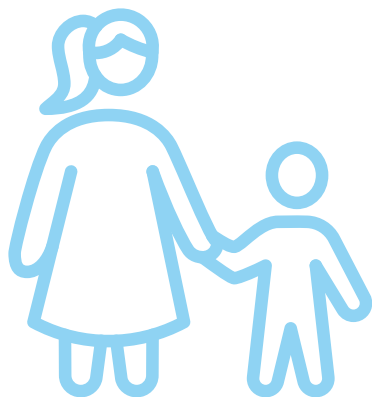
We would like to thank every volunteer who supported these projects in 2022. Together, we impacted hundreds of individuals in Central Ohio and supported our community members throughout the summer and into the holiday season.



# The EmpowHER Community

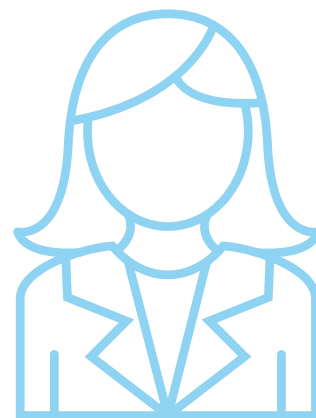
Why Women Need Personal Support & Professional

Men are **33.3%** more likely than women to have their salary keep pace with inflation



**80%** of single-parent households are headed by women

In Franklin County, women in management positions make **\$22,000+** less than men in management positions



# The EmpowHER Community

Why Women Need  
Personal Support  
& Professional

In 2022, the  
EmpowHER  
Community  
served

25  
women



and raised  
\$2,395  
to support Femergy® programming in  
Franklin County.



# The EmpowHER Community

Femergy®'s womens' programming is relaunching in 2023 with a new focus on holistic wellness, career mentorship and preparation for young adults, and personal and professional development for any woman who needs an advocate in her life.



**We can't wait to see you there with us.**



# Testimonials

“For any young girl who has a goal or dream that might seem impossible or unachievable, Femergy is like the perfect place for you. It’s really a place where we can all come together.” -Ilayda Sen, GHRO Alumni



“One thing that I really love about Femergy is that it’s not just about academics or just about fitness. They tie in all the different aspects of living, like fitness and mental health and diet and academics to really provide a well-rounded experience for women.” -Dilara Sen, GHRO Alumni

“Femergy is a fun caring place where you can really just be yourself and not have to worry about anything. It’s like carefree. You get to do all these fun creative things. I’ve learned a lot of stuff about women’s rights that I definitely didn’t know before.” - Jaylah Marshall, GHRO Mentee



# Testimonials

"They made me aware of how afraid I was... I let so many open doors just close and it wasn't that nobody closed them. It's that sometimes I was walking past before they were even closed." -Lucy Soto, Chica Sports & Fitness Alumni



"Femergy has helped me embrace myself and my confidence within my body... I have developed a better sense of self and how I can be proactive for myself." -Maiya Dixon, GHRO Mentee



# Financial Overview

## Revenue

Coaching and Training Income - 2,400.00  
Corporate Contributions - 3,396.53  
Foundation Contributions - 862.12  
Grants - 144,599.47  
Individual Donations - 9,715.57  
Fundraising Event Revenue - 510.00  
Interest Earned - 1.81  
Membership Income - 1,585.00  
Membership Sponsorship - 810.00  
Other Income - 1,136.66  
Program Fee - 110.00  
Services - 8,500.00

**Total Revenue: \$173,627.16**

## Expenditures

Equipment, Supplies, Materials - 22,798.21  
Facilities - 4,804  
Consultants & Contractors - 76,165.93  
Staff Payroll & Fees - 40,434.42  
Insurance - 1,331.00  
Legal & Professional Services - 6,904.08  
Professional Development - 790.10  
Travel - 272.65  
Fundraising & Event - 2,795.03  
Indirect Costs - 4,824.14  
Other - 3,673.78

**Total Expenditures: \$164,793.34**





# Board of Directors

## & Staff Thank you to everyone on the Femergy® team that makes what we do possible.

### **Executive Board:**

Board President - Crucita Flecha

Board Vice President - Maritza Anthony

Board Secretary - Angelina Vega

Board Treasurer - Itzia Johnson

### **Staff:**

Executive Director- Maylin Sambois

Director of Operations - Christina Vera

Assistant Director of Development - Emma Hawkins

Administrative Specialist - Cornelia Delgado

Program Manager - Randi Ellis

Youth Programming Assistant - Brittany Price

Social Media Team Lead - Annie Poorman

Podcast Engineer - Dalton Hoffman

Media Specialist - Emily Lutman

Operations Consultant - Erin Hillman

### **Interns:**

Jenna Butler, Grant Writing and Community Outreach & Fundraising

Olivia Stephenson, Grant Writing

Chantal Brown, Blog Writing

Katy Koch, Community Outreach & Fundraising

Shadé Pearce, Community Outreach & Fundraising

Brigid Simmons, Community Outreach & Fundraising

Kamlin Nisch Quan, Community Outreach & Fundraising

Maritza Reid, Community Outreach & Fundraising

Erika Baldwin, Graphics Team

Ariel Bowen, Graphics Team

Khalil Tawasha, Graphics Team

Iula Anderson, Graphics Team

Lexus Schell, Graphics Team

Kyra Sommerstad, Youth Summer Programming Assistant



# 20 22 Funders



Rodger & Kate Graef  
Family Foundation



first financial bank

Marian Foundation



# Ready to become a Change Agent?

Femergy® doesn't end when a girl graduates high school, or college, or even when she gets her first job. Femergy® is there when she needs help planning to buy a house. We're there when she's ready to negotiate her salary. Even when she's planning her retirement, Femergy® is there for her.

## Can she count on you too?



Scan me to watch Femergy®'s latest promo trailer!



**Subscribe** to our newsletter to stay up to date with Femergy programming, volunteer opportunities, upcoming events, and success stories.

**Volunteer** by becoming a mentor, facilitator, or a Femergy® ambassador at a community event. No matter what level of volunteerism you can commit to, we're ready for you to join the team

**Donate** to your favorite program on our website. Set up a monthly recurring donation to support a girl or woman year-round.

**Sponsor** Femergy® through your business. Local small businesses make our communities thrive. Reach out to form a partnership and become a Femergy® Change Agent today.



# GET IN TOUCH



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# THANK YOU

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