



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.



2022 Impact 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 indv. 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

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

Total Impact Growth Data:

STEAM Growth - 30.5%

Teamwork Growth - 18%

Leadership Growth - 9.5%



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:

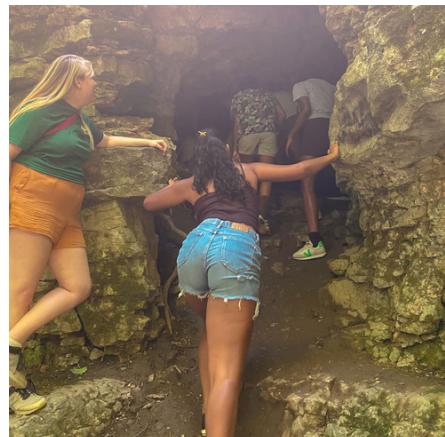
- Navigating Healthcare
- Weekly Levels of Exercise (+1 hr/week post-camp on avg.)
- Body Positivity
- Health Literacy



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

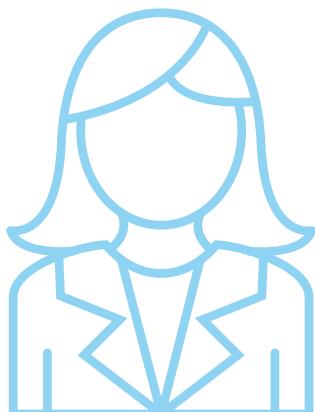
Why Women Need
Personal Support & Professional

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



"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



"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



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



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



2022 Funders



**Rodger & Kate Graef
Family Foundation**

THE COLUMBUS
FOUNDATION

**first
financial
foundation**



INGRAM **White Castle** FOUNDATION

SCHNEIDER®

first

first financial bank

Marian Foundation

Columbus Medical Association Foundation's
**YOUTH ADVISORY
COUNCIL**

ReVision
LASIK AND CATARACT SURGERY

YSA | Youth
Changing
the World
YOUTH SERVICE AMERICA

ADAMH
ALCOHOL, DRUG AND MENTAL HEALTH
BOARD OF FRANKLIN COUNTY

JEM the JEM project

Ohio Department
of Health

DICK'S
SPORTING GOODS
FOUNDATION

**GOOD
SPORTS**®



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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