



YWCA High Point Impact Report 2025

Celebrating 105 years of community impact.

Eliminating Racism, Empowering Women and
Promoting Peace, Justice, Freedom and Dignity for All.

(336)882-4126 | www.ywcahp.com

eliminating racism
empowering women
ywca
High Point

MISSION & CORE VALUES

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

Movement making

We lead with vision, leaning in, working alongside, sparking others, being effective and relationship focused.

Passion that leads to action

We radiate passion for our mission. Service is alive!

Exuding Joy!

Play is important, even for adults. You'll find us rolling in laughter, with levity and hope, even when our work is hard.

My family. My Place. My community.

We have a long-term commitment to each other and our community. In a place where you are known, our work is strengths-based, with genuine and authentic compassion. We are willing to work hard for each and every person.

LETTER FROM THE EXECUTIVE DIRECTOR



Dear Friends and Supporters,

As I reflect on 2025, I am filled with gratitude for the resilience, generosity, and bold spirit that carried YWCA High Point through a year defined by both challenge and transformation.

This year tested many in our community. Rising costs of living, housing instability, and economic uncertainty placed increased strain on families across High Point. We saw firsthand how these pressures affected the women, children, and families we serve. More individuals than ever before turned to us for help—seeking stability, safety, opportunity, and hope.

Demand for scholarships and financial assistance grew as families sought access to early childhood education, after-school programs, aquatics, and wellness initiatives that nurture both physical and emotional well-being. Through our Parents as Teachers Healthy Beginnings program, we walked alongside parents during the earliest stages of their child's development, offering guidance, education, and encouragement.

Our Women's Resource Center Baby Basics Closet also experienced increased demand from families needing essentials like diapers, wipes, and formula. In moments when everyday necessities felt out of reach, we were able to provide relief and reassurance. At our Latino Family Center, families found culturally responsive resources, advocacy, and connection—ensuring they felt seen, respected, and supported.

This year, we strengthened our focus on community engagement and advocacy. Through our pilot Young Professionals Civic Engagement Cohort, we began cultivating emerging leaders committed to service and informed civic participation. Through LEAD and Rising Together advocacy training, community members gained tools and confidence to raise their voices and champion equitable change. These efforts reflect our belief that sustainable progress happens when communities are empowered to lead.

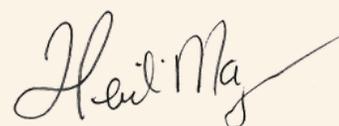
In the midst of these growing needs, we launched the Be Bold campaign—an ambitious initiative designed to strengthen our foundation and expand our impact for years to come. The campaign calls us to think bigger, act courageously, and commit to long-term solutions that address the root causes of inequity and instability.

Throughout 2025, the heartbeat of our work remained unchanged—people. The mother who found reassurance through Baby Basics. The child who gained confidence in swim lessons. The parent empowered through Healthy Beginnings. The young professional discovering their voice in civic leadership. Behind every statistic is a story of resilience, and behind every story is a community that cares.

This year reminded us that when need grows, our response must grow with it. We are proud of what we accomplished in 2025, and we are inspired by what lies ahead. The momentum generated through the Be Bold campaign, combined with steadfast community support, positions us to expand access, deepen impact, and continue meeting families where they are.

To our donors, volunteers, partners, and advocates: thank you. Because of you, families found support, children found opportunity, and hope remained strong in challenging times.

With gratitude,



Heil Ma



WE INVITED YOU TO

YWCA IS ON
A MISSION

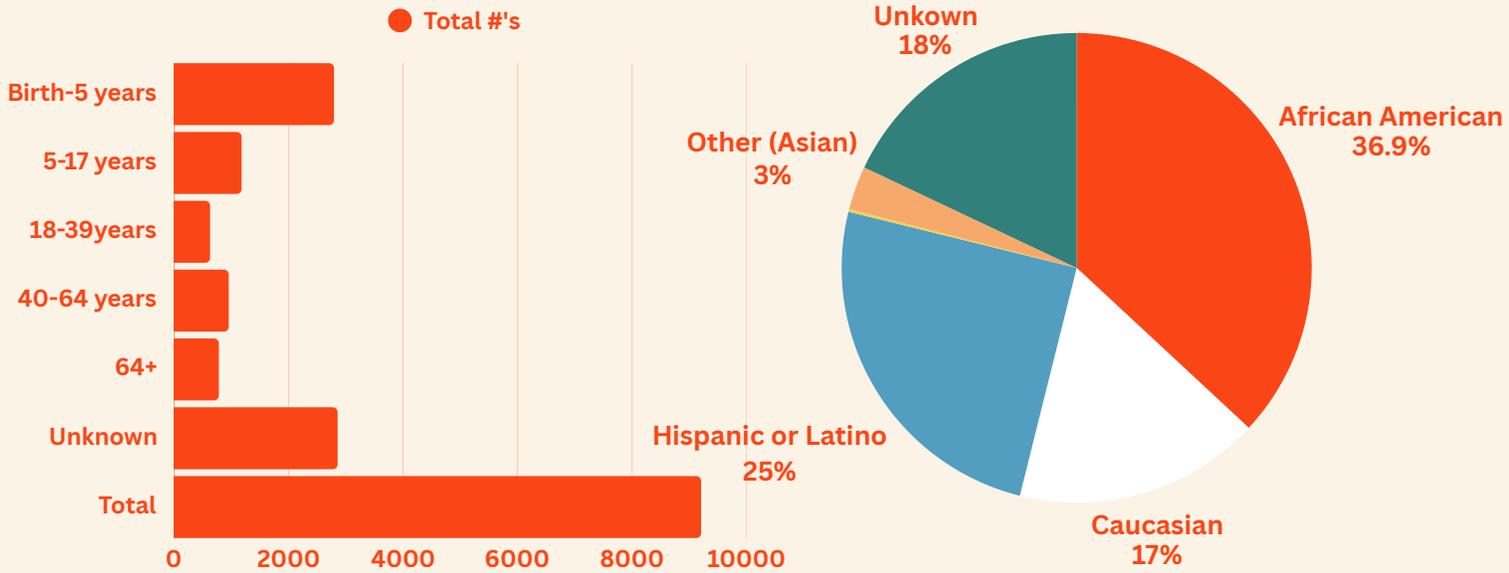
**BE
BOLD.**

UNTIL IT'S **NOT BOLD** TO SUPPORT
WOMEN, CHILDREN, AND JUSTICE.

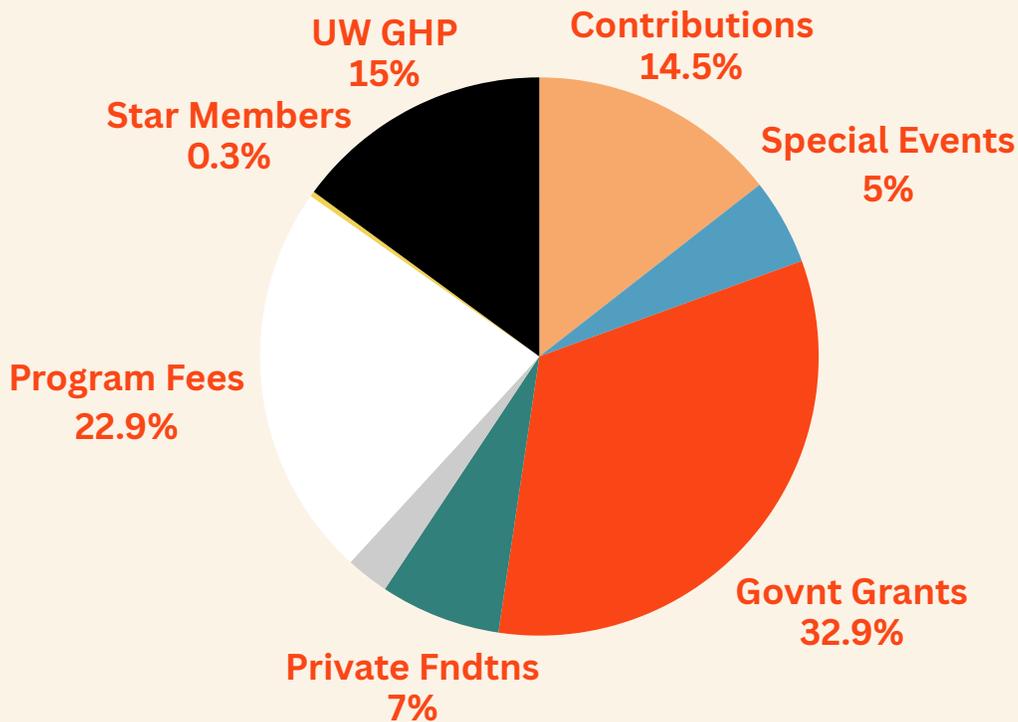
THE CAMPAIGN CALLED US TO THINK BIGGER,
ACT COURAGEOUSLY AND COMMIT TO LONG
TERM SOLUTIONS TO ADDRESS THE ROOT
CAUSES OF INEQUITY AND INSTABILITY.

2025 BY THE NUMBERS

Demographic Data



Income Sources



Awards and Recognition



City of High Point Humanitarian Award

Laura Godinez-Arce

On December 15, Laura, our Latino Family Center Director was awarded the City of High Point Humanitarian Award by the Human Relations Commission.

This recognition is in celebration of her tireless work to support the Latino community through consistency and engagement. We are so proud of you!



Some of the YW team members and Laura's family celebrated at the Black and White Awards Gala, hosted by the Carl Chavis YMCA.



Party with the YWCA



May 15th

Nomad WineWorks

with music by Rafael Graves

PRESENTED BY



TOWNE BANK

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ANN & CHARLIE LYNCH
HEIDI & STEVE MAJORS



PARTY WITH YWCA



Noche de Baile



Thank you to our sponsors:



The 4th Annual Event was hosted
@Truist Point Plaza, Stock+Grain

We welcomed over 1,000 attendees!



Heart of Community Lunch



The 2025 YWCA Heart of Community Lunch was held in November at Congdon Yards.

Woman of Achievement

Lady Leah Hill McNair is known for brining women together to connect, heal, grow and rise. She has devoted her life to building spaces like these for nearly three decades. Her vision became a national movement of more than 10,000 women across the country called The Sister Circle, International.

Her initiatives include: GLOW Program for girls mental health and The Healing House, a retreat in NC changing lives. She was recognized by High Point Chamber, honored by the High Point Housing Authority and celebrated by Zeta Phi Beta.

She is a businesswoman, educator, faith leader and social innovator. She embodies what it means to lead with both vision and heart.



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THANK YOU SPONSORS

Platinum Sponsors



Shelley & Bob Hutchens
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Heidi & Steve Majors
Jim Morgan



YWCA High Point Programs



Aquatics and Wellness



Home Visiting Programs



Latino Family Center



Racial Justice & Advocacy



Teaching Kitchen



Women's Resource Center



Youth Services

Aquatics and Wellness

118 Swim Lessons

700 Water Aerobics Classes

1850 Land Exercise Classes

1634 Members

ywca

“I love everything about the YWCA! There are a variety of exercises and activities so you never get bored! The teachers pay attention to everyone in the classes to make sure you are doing it right.” Jamila often attends 2 or 3x during the day. She also took private swim lessons and they helped her overcome her fears of the water.

Jamila Bhatti

“I NEVER WANT TO LEAVE HIGH POINT BECAUSE I WOULD MISS THE YWCA TOO MUCH!”

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Home Visiting Programs



Parents as Teachers

All PAT Essential Requirements were met.

Parent Educators

Families Served

Children Served

Personal Visits



Full-Time **5**
Part-Time **1**
Total **6**



80



95



837

Healthy Beginnings

Babies Born



12

Families Served



40



“I get the support I need to be the best mother for my four children, including my spunky, Angel. The YWCA and my Healthy Beginnings Case Manager are always able to point me to the resources I need in a kind, caring manner.”

Brittany, Healthy Beginnings Participant

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Latino Family Center



Avance y Poder
Youth Programming
for 9-12th grade
semester and summer

60 students

11 college visits

Hosted Mexican Consulate,
served over 420 clients and
576 documents.

Día de los Muertos
Celebration and Ofrenda



ESOL Classes Continued 70+
students

23 Outside Resource
Fairs and Events

Celebrated
Milestones!

Hosted
College Fair



YWCA



LATINO FAMILY CENTER

JUNTOS! for change

A Young Professionals Cohort



16 GRADUATES 6 WEEK COHORT EXPERIENCE

A learning lab and practice space Networking opportunities Empowered Voices

16 Young Professionals gathered for 6 weeks to learn about civic engagement. During this time, they workshopped their advocacy skills and strengthened their understanding of city, state and national partners. They heard from panels with of community leaders, from elected city council members to city employees. They met with the Mayor of High Point and a Guilford County Commissioner. A representative from a Guilford County Senator came to share more about state wide initiatives and action. They heard from partners about how to engage locally in volunteering and in board leadership positions.

JUNTOS ^{for}
CHANGE →



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Racial Justice and Advocacy

RISING TOGETHER: ADVOCACY FOR ALL

This interactive training explored the embodied experience of advocacy as well as invited participants to name what makes them feel most alive. Participants were invited to complete a simulation visit with an elected official and learn creative ways to take care of themselves so they can show up for the hard work.



RISING TOGETHER: ADVOCACY FOR ALL

Community Training

Thursday, November 13
1:30pm-3:00pm @ YWCA High Point
Cost: \$25

Explore what makes you come alive and how that connects to advocacy.



REGISTER!

Questions? Contact
mfoust@ywcaph.com



2025 Topics Explored:

- Age of Misinformation/ Disinformation
- Interpersonal Racism
- The American Dream
- Racialization of Crime

All staff and board members were encouraged to participate during the month of April.



AUGUST IN-DISTRICT
LOBBY DAYS
& VIRTUAL WEEK
OF ACTION!

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Teaching Kitchen

Sisters, Sasha and Quin enjoy making omelettes almost every weekend thanks to what they learned in the Teaching Kitchen!

**Our team
taught 70+
classes**

"The Teaching Kitchen has taught me how to make a lot of new things. My favorite thing was making an omelet in the microwave. The Teaching Kitchen lessons have helped me improve my skills in the kitchen. I like Mr. Thomas because he knows a lot and always answers my questions." -Quin

Women's Resource Center

Empowerment WORKSHOPS

WholeHer
aMAYzing You
Strengths Finders



VITA Preparations



65
Returns
Prepared



\$16,250
Total Saved by
using VITA



1,400
Volunteer
Hours



BABY BASICS 4,140 visits



229,320
Diapers

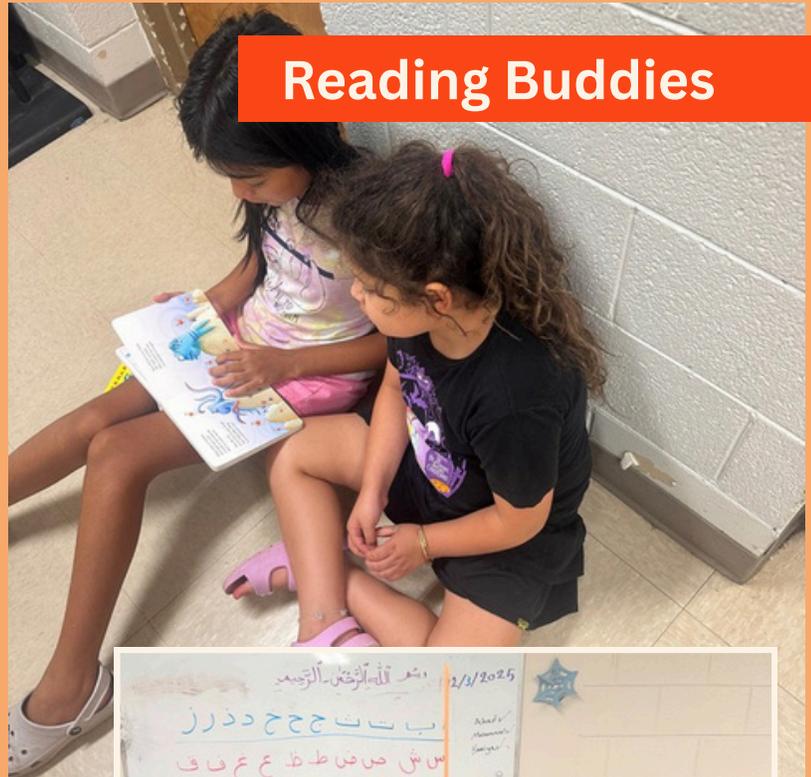


4,586
Babies



3,200
Period
Products

Youth Empowerment



“YWCA scholarships for summer camp and after school have been a true blessing for my family. My kids are engaged and encouraged, and I’m so grateful for the opportunities and care they receive.”

YWCA Parent

Board of Directors



I serve on the YWCA High Point Board because the "W" IS the difference in this community and it's impact will continue for years to come.

Kendra Jones, President

Karen Barksdale
Sharon Cass, President Elect
Dana East
Dr. Sherell Fuller
Dana Howard Tenebruso
Quineece Huntley
Jennifer LeBeau
Abigail Lind
Anca Matache, Past President
Kristen Moore
Karen Royster
Lucy Ruiz
Monika Stanley, Treasurer
Dr. Cynthia Carlton Thompson
Amber Williamson
Jessica Wynn
Katherine Vasquez



YWCA Staff

Heidi Majors, Executive Director

Alice Owens, Operations Director

Betsy Richter, Aquatics and Wellness Director

Liz Como, Aquatics Manager

Mary Beth Foust, Community Engagement Manager

Katelynn Finfrock, Healthy Beginnings Manager

Pam Horn, Home Visiting Director

Angie Andrade, Latino Family Center Manager

Laura Godinez-Arce, Latino Family Center Director

Shay Johnson, Women's Resource Center Manager

Loren Caldwell, Youth Manager



PARTNER WITH US

Every \$1 makes an impact:

\$52 (\$1 a week for one year)

- A week of after school care for a student to participate in leadership development and enrichment.
- A new car seat for an infant or toddler.
- 8 Swim Lessons for a Child.

\$260 (\$5 a week for one year)

- An educational enrichment field trip for 10 students.
- 4 educational workshops through the Women's Resource Center.

\$520 (\$10 a week for one year)

- A 6-week nutrition education class for 9 participants.
- Provide a 12-month Aquatics and Wellness membership for a senior citizen.

\$5,000 (\$96 a week for one year)

- 2 weeks of summer camp for 15 middle school students.



GIVE ONLINE



SCAN HERE!

DONATE TODAY!

155 W. Westwood Ave, High Point, NC 27262

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