



“Hope is the belief that your future can be brighter and better than your past and that you actually have a role to play in making it better.”

Hope Rising, How the Science of Hope Can Change Your Life, Casey Gwinn, JD & Chan Hellman, PhD

Dear Friends of Young Women on the Move,

One of my sincere HOPES this holiday season is that I can thank you in person for your faithful support of Young Women on the Move. I would like to give you a closer look into our life-changing programs and services that build hope and introduce you to some of the young women whose lives have been transformed as they develop goals, pathways, and willpower to achieve a brighter future. I want you to see the results of your generosity! Stay tuned for an invite to our next Lunch & Learn.

Young Women on the Move has been instilling hope in young women from Kansas City's urban core for the past 18 years. Our team works with young women, ages 11-24, to design pathways to a successful future. Sadly, many of today's youth are facing even greater obstacles to personal safety, learning, connectedness, and mental and behavioral health. Many deal with extreme anxiety, low self-worth, and worry about their future on top of the huge learning and social-emotional losses of the past few years.

Yet, we are privileged to witness lives being transformed as young women learn to believe in themselves, form healthy relationships, and expand their engagement in learning while in a safe and welcoming space where they feel belonging. Recent research confirms the value of what we do: comprehensive afterschool and summer learning, especially for those bearing the brunt of inequities and limited resources. Our mentoring and life coaching add even greater support for our young women to learn, be healthy, and THRIVE.

Here's even more proof that developing goals, pathways, and willpower works:

- **Jessica** was an immigrant with few resources to go to college. She found a way and is now pursuing a doctorate in occupational therapy at Rockhurst University.
- **Amina** overcame shame and loss of support when her mother was incarcerated. But she persevered, and today she owns her own home and is building a good life for herself and her family.

For these life changing stories to continue to shape our community, we need resources. We need time, people, opportunities, and money. Our research-tested curriculum and proven framework designed to advance resilience and self-sufficiency costs us \$1,800 for **One Girl for One Year**. The return on this investment is exponentially positive over a girls' lifetime. **Would you join me in pledging to support [One Girl for One Year](#)?**

Our goal is to raise \$90,000 for 2024. We need to fund the equivalent of 50 - \$1,800 sponsorships to continue serving the young women in our current program. As always, let your heart and capacity be your guide. We will greatly appreciate any level of support you choose to give.

**Cheers to changemaking in Kansas City.
We've been all in for 18 years, we hope you are too.**

Warmly,

Mary Beth Gentry, CEO and Founder