

# ON A MISSION: AN UPDATE FOR YWCA SUPPORTERS

Winter/Spring  
2019

**YWCA HANOVER**

eliminating racism  
empowering women  
**ywca**

**YWCA  
IS ON A  
MISSION**

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## From the Desk of Jody Shaffer

Executive Director YWCA Hanover

Volume 3, Issue 4

December 2018

## YWCA Hanover Home to Sports Clubs and More

Many people know the YWCA Hanover for our quality childcare programs and for the crucial domestic violence services offered through the Safe Home program. Years ago, the YWCA was well known for women's fitness and gymnastics programs.

Currently, YWCA Hanover is focused on driving mission related programming while diligently seeking community members that need use of a gymnasium. I am proud to share that the YWCA Hanover's gym is being used regularly by our childcare department, Girls Loving Life program, large family events, and occasional fundraisers.

In addition, we are pleased to partner with three local sports groups that call YWCA Hanover home. The local roller derby club, **The Black Rose Rollers** came aboard with their team in July of 2018. YWCA Hanover is their practice home as well as home to their team meetings and fundraisers. The team members have become part of the YWCA family through volunteering at events like the Beer Garden held in July, being mentors in the Girls Loving Life program, and supporting YWCA events. They have even started a new program for girls called Junior Rollers. Check them out on Facebook or feel free to stop by during a Sunday practice between 10am-1pm.

Another local sports group who calls YWCA Hanover home for their practices is the **Hanover Youth Basketball League**. This is the fifth consecutive year the basketball program has used the YWCA gym for their volunteer led basketball program for elementary and middle school students in the Hanover School

District. Hundreds of families have entered YWCA Hanover to coach, cheer, and support the students learning basketball skills and the game every winter.

We are also very happy to welcome back the **Ram Field Hockey Club**. This competitive indoor field hockey club team of teenage girls' practices 3 times a week in our gym. They are a welcome addition to our gym team family.

More recently, YWCA Hanover began providing the

multipurpose room to the **Exchange Club of Hanover** for their regular board meetings and more. The Exchange Club has been an ardent supporter of YWCA Hanover as our mission's align perfectly. YWCA Hanover and the Exchange Club's work to prevent child abuse and support our community. A hearty welcome to the Exchange Club, an exceptional club of caring individuals who make a such a positive impact on



**Black Rose Rollers volunteer their time with Girls Loving Life.**

our community.

The YWCA Hanover gymnasium is also used occasionally by local soccer, volleyball, and lacrosse teams as well as for birthday parties, baby and bridal showers. We also provide use of our facility at no cost to local nonprofits, Chamber of Commerce, and more. If you are interested in learning more about the gym or multipurpose room availability or would like a tour, please contact Louis Mart, Client Services Manager at [lmart@ywcahanover.org](mailto:lmart@ywcahanover.org) or call 717-637-2125. We are so grateful YWCA Hanover is truly a community center for all in Hanover!

## Grateful for Volunteers

Volunteers are ordinary people...your neighbor, coworker, church member, family member, etc. Many have full-time jobs, families, hobbies, lead productive and busy lives. What inspires a busy person to give their time and talents away so unselfishly and willingly?

Of course, the answer to that is varied depending on the passions of the volunteer. However, the common denominator of volunteers is the desire to help others...one of the most caring, fulfilling gestures a human being can give to another.

Without volunteers, most nonprofits, churches, clubs, sports teams, etc. would be hard pressed or would fail to fill the needs with staff members. Therefore, volunteers are truly essential to YWCA Hanover. Volunteers also offer special skills and talents that staff members don't always possess. It's truly a complimentary arrangement.

The roles volunteers fill at YWCA Hanover are varied and include: Board of Directors, committee members, Safe Home, childcare, maintenance and event volunteers. Occasionally people spontaneously assist during programs and events, too.

One role that is integral to the operation of Safe Home is that of the volunteers that answer the 24/7 hotline calls during the

weeknights. They assist clients with getting their emergent needs met when staff aren't available.

Another volunteer role that is essential to the YWCA operation is that of board and committee members. These are the leaders that create policies and procedures, determine best financial practices and decisions, create meaningful events and fundraisers that impact our community, lead fundraising efforts and raise thousands of dollars annually for YWCA Hanover just to name a few major tasks they accomplish. They attend countless meetings, give up hours of time away from family, serve as ambassadors of the YWCA 24/7, and commit selflessly to the mission of the YWCA.

I often find myself struggling for ways to show volunteers how grateful I am for their service. Every day we are blessed with so much energy and assistance from them. It is a truly humbling experience to witness people giving of themselves with no expectation of a return other than the knowledge and feeling of making a difference in someone's life.

With that, I will end with a line from Tim McGraw's Humble and Kind..." when you get where you're going, don't forget turn back around, help the next one in line. Always stay humble and kind." I believe YWCA Hanover volunteers are doing just that.



**South Western Key Club Volunteers at Santa's Workshop 2018**



**Board Directors at the Donor Appreciation Reception 2018 held at Hanover Country Club.**  
Pictured (l-r) Edie Staub, Mary Kay Kelly, Chrissie Rapp, Cindy Freemont, Michele Witman, Barb Rupp



**Pictured (l-r) are YWCA Hanover board member and Chair of the Personnel Committee, Peg Sennett and Edie Staub, Personnel Committee member. We are grateful for the many hours and expertise these human resource professionals provided to thoroughly review and rewrite the YWCA Employee and Volunteer handbooks.**

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### Safe Home News Michelle Schaffer, Director of Safe Home

Each year in April, the Office for Victims of Crime (OVC) leads the nation in the observance of National Crime Victim’s Rights Week (NCVRW), which will be held in 2019 on April 7-13.

Established by [Ronald Reagan](#) in 1981 as a part of an expanding initiative to provide assistance for victims of crimes, this weeklong initiative promotes victims’ rights, and honors crime victims as well as those who advocate on their behalf. Several states and localities conduct events to mark the week, including tree plantings, art shows, award programs for advocates, as well as vigils held for victims, reading of names, and musical programs. As a nation, as well as a community, we are stronger when we show compassion and offer protection to our neighbors, and it is with that in mind that it becomes so important that we use this week to commemorate victims and survivors of crime and support their recovery as well as ensure that their rights are fully observed.

The year’s theme, as announced by OVC, is “Honoring Our Past. Creating Hope for the Future.” YWCA Hanover Safe Home will hold its annual commemoration of National Crime Victims Rights Week on Wednesday, April 10, 2019.



Safe Home staff are looking forward to including the Hanover community in this event, which will also mark our 37<sup>th</sup> year helping domestic violence victims and their families recover and become stronger. As Safe Home continues to grow and to offer new services, including civil legal assistance, adult counseling, as well as substance abuse outpatient treatment, we will continue to look for new ways to help families in Hanover and the surrounding areas, and we welcome your input as well as your questions. Please feel free to call us at 717-637-2125, or 717-632-0007.

### Safe Home Volunteer News Michelle Schaffer, Director of Safe Home



SafeHome volunteer, Lee Bartlett hosts an information booth at North Hanover Mall for Domestic Violence Awareness Month October 2018

Our volunteers are the unsung heroes of Safe Home. We acknowledge we could not exist without them, and we also treasure each volunteer and her unique gifts. Last year (2018), volunteers gave over 3,000 hours to domestic violence victims-answering hotline calls, setting up and staffing booths, distributing literature, and office coverage for trainings and meetings.

If you would like to be a part of the YWCA Hanover Safe Home Volunteer team, or know someone who would, please contact Ashley Messinger at 717-637-2125 X 242.



Becky Bingel volunteers for SafeHome at National Night Out August 2018

## Girls Loving Life **Nanci Mart & Marcia Knorr Girls Loving Life Instructors**

The fall session of Girls Loving Life (GLL) wrapped up on November 10. Throughout the eight week session, we had activities, guest speakers, and bullet journals to help us focus the five tenets of the program - love your soul, love others, love learning and growing, love your body, and love life.

Each session was loosely structured to develop a theme for the week. From a safety presentation by Sergeant Craig Culp, and a Zumba class by Mrs. Kerri Renoll, to a demonstration by the Black Rose Rollers, the program created new and fun learning opportunities for our younger participants. Our youth mentors did a phenomenal job interacting with and helping the younger girls; they also had opportunities for discussions aligned to the needs and concerns of high school students.

Every girl was given a bullet journal when she joined Girls Loving Life (GLL). These were used to wrap up and reflect on each session's topics, as well as to record feelings and thoughts about the topic during the week. The start of each session began with a voluntary sharing of how the previous week's topic influenced the girls' actions throughout the week. Topics included personal safety, risk-taking, resiliency, exercise and nutrition, communication skills, and kindness. It was inspiring to hear how the girls incorporated our lessons into their actions - we heard many stories of the girls standing up to bullies, making good food choices, and even allowing themselves to fail forward as they tried something new.

GLL works on the skills girls need to be confident, compe-

tent leaders now and as they continue to mature. Since strong communication skills are vital to this mission, we had a session where the girls invited an important adult in their lives to participate. We played a parent/child version of "The Newlywed Game," in which our participants demonstrated what they knew (or didn't!) about each other. After that, we had a mini-lesson on what good communication looks and sounds like. Every girl who joined us that day walked away with a better sense of how to appropriately and respectfully advocate for themselves.



**Girls Loving Life Program Attendees, Volunteers, and Teachers**

Ms. Marcia Knorr and Mrs. Nanci Mart, the adult leaders of GLL, together have over 60 years experience teaching. They are both passionate about giving girls the skills they need to make sure they have a seat at whatever table they want to sit. With the help of adult volunteer Ms. Brandi Lemmon, these women created a fun, crea-

tive, and safe environment for girls in our community to come together and be proud of who they are.

The next session is January 12, 2019 through March 2, 2019, and Ms. Knorr and Mrs. Mart have already planned new opportunities for the girls. While the overarching topics remain the same each eight-week session, girls who attended the fall session will have all new experiences this time around. Please contact the YWCA if you'd like to enroll a special girl. There is no fee to join Girls Loving Life, thanks to a generous grant from the Allstate Foundation, but participant numbers are needed for planning purposes.

## Early Learning Center & School Age Learning Academy

**Katie Nelson Director of Childcare**

At YWCA Hanover we believe every child is full of promise and deserves the opportunity to discover who they are and what they can achieve. YWCA Hanover's Early Learning Center & School Age Learning Academy programs support children in their ongoing growth to ensure that they are ready for the next educational milestone whether that be pre-school, kindergarten, middle school or high school.

There are a lot of exciting things happening in our childcare department! Our toddler 1 and toddler 2 classes have been excitedly preparing for the upcoming holidays. Whether they are learning about fall colors, decorating Thanksgiving place-mats or reading Autumn-themed books, there is nothing our one and two-year-olds can't do! Between playing with friends or going on walks in the snow, we have been exploring new concepts like identifying fall flavors (like pumpkin and turkey)



**YWCA Hanover's Early Learning Center listens to the Fire Safety Presentation by Hanover Fire Department**

and creating classroom masterpieces. Some of our friends have even been extra good in anticipation of a special visitor at the end of the year! We can't wait to start preparing for Christmas very soon!

YWCA Hanover's preschool class has begun creating fresh routines with their new preschool teachers, Ms. Angela & Ms. Rebecca. They are working on learning colors, shapes, the letter "O" and getting ready to begin their unit on snow.

YWCA Hanover's pre-k class is busy working on building their social and emotional skills with our new PATHS curriculum.

Our school age learning academy has been busy making and playing with all different kinds of slime!

The school age children also enjoy having electronics day on Fridays and playing the wii. The school age kids are also going to have some fun activities planned for their upcoming days off school during the holiday season. We are also excited to welcome Mrs. Kayla Galloway as our new childcare assistant director and school age coordinator!

At the end of October children ages 1-5 got to walk around down town Hanover for their annual candy crawl. Local businesses were very kind to give us some sweet treats while the kids got to wear their costumes. The children also got a visit from the local fire department to learn to about fire safety and prevention. They even got to see the fire truck! In November, children ages 1-5 got to have a Thanksgiving lunch with their families, despite the snow that day! Children also got their pictures taken on picture day with a Christmas background, they will make great Christmas presents!

As always, we would love to introduce you and your family to YWCA Hanover 's Early Learning Center and School Age Learning Academy. For more information or to schedule a tour of our facilities please call Katie Nelson, Director of Childcare, at 717-637-2125.

## YWCA Hanover—Prekindergarten is Thankful

**This holiday season, Pre-K spent time talking about and sharing what we are thankful for. Here is a list of our many blessings:**

Bryce: Swimming in a pool  
Gabriel- Friends  
Oliver- Ice Cream  
Elianna- My family  
Adam- Helping my mom  
Malika- My mom

Phoenix- Toy story  
Naiden- My family  
Emmanuel- My Christmas tree  
Kennedy- My family and the world  
Layla- The world  
Ryleigh: My kitty and me

Annabelle- My mom who makes me yum-my food  
Avery- My dog and cat  
Jazzy- My house

# YWCA Hanover Annual Giving Campaign 2018

**Thank you to our generous donors!**

**The YWCA Hanover would like to give a heartfelt thank you to all of our donors. Every contribution adds up to something very powerful. Every day we see the positive impact our programs and services make and we simply could not do it without your support. Thank you so much for supporting YWCA Hanover!**

## BENEFACTOR

*(Donations of \$5,000 and up)*

J. William Warehime Foundation  
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Snyder's - Lance  
INET Technology

## Diamond

*(Donations of \$250—\$4999)*

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Conewago Enterprise  
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Scott Roland  
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## Platinum

*(Donations of \$1000—\$2499)*

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Michele & Tom Witman  
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## Gold

*(Donation of \$500—\$999)*

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Home Association of McSherrystown  
Louis & Nanci Mart  
Rotary Club of Hanover  
George & Jo Hubbard  
Brent Toomey  
Wetzel Funeral Home and Crematory, Inc.  
Yorktowne Real Estate Settlement Services Inc.

## Silver

*(Donation of \$250—\$499)*

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ERA Real Estate Preferred Properties Real Estate Inc.  
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Pat Saunders  
Michelle Shae  
Barb Shorb  
Josephine F. Spears  
Sheri Staub  
Megan Sunday

## Bronze

*(Donations of \$ 100—\$249)*

Anne & John Acker  
Rebecca & David Albrecht  
Ellen Biesecker  
Liam & Lisa Behrens  
Bortek  
Pam Cashman  
Devon Ellis  
Joyce & Bertram Elsner  
Farley's Jewelers  
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Women of the Moose McSherrystown Chapter #2179

## Friends of YWCA Hanover

*(Donations of \$99 or less)*

Phyllis A Bushek  
Tammy Sue Gobrecht  
Ginny & R. Wesley Keffer  
Donna Lynch  
Kara Lynch  
Rebecca Reck  
Peg Sennett  
Donna Winters

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**YWCA IS ON  
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Victoreah & Liam wave "Hello" at YWCA Hanover



South Western High School Key Club members volunteering at Santa's Workshop



Ryleigh, Jessica & Heather attending YWCA Family



Had a great turn-out for YWCA Hanover's Childcare Family Thanksgiving luncheon



Girls Loving Life and Kelly McGee from Allstate celebrate the generous grant from The Allstate Foundation. This grant supports the program 100%!

## YWCA Hanover Contributors and Supporters

1st United Methodist Church  
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 Altland House  
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 American Legion  
 Anne Acker Safe Home donation  
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 WH Cooke & Company  
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 York Water Company

## YWCA Hanover Welcomes...



*From Ms. Kayla Galloway the new YWCA Hanover childcare assistant director.*

I am very excited to be part of the Hanover YWCA family. I am 28 years old. I live in McSherrystown with my husband Aaron, our daughter Mila, and our dog Lucie.

I grew up in the Hanover and New Oxford area with my parents and younger brother Dylan. I attended Sacred Heart School (now known as St. Teresa of Calcutta – Conewago Campus) from kindergarten through

fourth grade. In fifth grade, I transferred to Conewago Valley School District and graduated in 2008.

In May 2012, I graduated with a Bachelor of Science in Elementary Education from Shippensburg University. I have a teaching certification for K-6 as well as PK-4. In May 2016, I graduated with a Specialized Diploma in Early Childhood Leadership from Northampton Community College.

My experience in the education field includes being a teacher and center director. In my spare time, I love to go camping and cheer on the Orioles baseball team.



*Greetings from Ms. Emily Graham, School Age program teacher.*

Hello Everyone!

My name is Emily Graham and I am one of the teachers in our School-Age program. I joined the childcare team at YWCA Hanover back at the beginning of September and have enjoyed getting to know each and

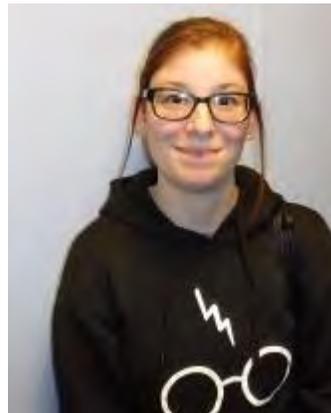
every student that crosses my path, big or small! Working with children has been my lifelong passion, one that I hope to always pursue.

To give you some background, I am the oldest of five children and was homeschooled from the time I was in Kindergarten all the way up to high school graduation. I have over five years of childcare experience working as a private nanny in Camp Hill and spent many of my teenaged years babysitting, volunteering for private events, and wrangling my four younger siblings!

I am currently a college student working to finish out my BA in English and a dog-mom (a job I may take way too seriously!) to my bulldog Tiger Lily. I look forward to getting to know all of our students and their families over the course of the school year and beyond!



YWCA Hanover welcomes Ms. Angela Brody! She joined the Preschool Room in the fall of 2018 as Lead Teacher. Ms. Brody is very much looking forward to getting to know everyone and would love to hear from the parents of Preschool. So, stop in and have a chat with Ms. Angela!



We would also like to warmly welcome Ms. Rebecca Wallen. She has joined YWCA Hanover as floating Assistant Teacher. As a floating assistant teacher, Ms. Rebecca will be helping out in all of the childcare rooms. She is often seen in the corridors zipping from one room to another assisting the teachers and childcare staff.

## Volunteering at YWCA Hanover Rosemary Cintron Volunteer / Program Coordinator

“If you want to lift yourself up, lift up someone else.”

– Booker T. Washington

Thank you for your interest in volunteering at the YWCA Hanover!

Our national mission, eliminating racism and empowering women and promoting peace, justice, freedom, and dignity for all, locally translates to providing our community with resources that foster transformation and stability. We strive to create possibilities for growth, leadership and empowerment for individuals and families in our area, and we welcome you as a partner in our work. Our services include emergency domestic violence shelter, 24-hour crisis support, civil legal advocacy, affordable & educational childcare programs, special events, and diverse programming. There are many different volunteer opportunities within the organization including:

- Board of Directors-the function of board members is to determine policies, procedures and regulations for organizations; to raise funds to finance the organization and its programs; and to monitor organizational performance. Board leaders are also ambassadors for the YWCA and attend YWCA events, community functions, and more. For more information on

a particular committee, please email the Executive Director, Jody Shaffer at [jshaffer@ywcahanover.org](mailto:jshaffer@ywcahanover.org)

- Committee Volunteers-YWCA Hanover has 6 standing committees open for volunteers. Committees include: Finance, Personnel, Facility/Safety, Fund Development, Nominating, and Advocacy. Meetings are held at different times and some only meet a few times a year while others meet monthly. For more information on a particular committee, please email the Executive Director, Jody Shaffer at [jshaffer@ywcahanover.org](mailto:jshaffer@ywcahanover.org)

- SafeHome – domestic violence advocacy program with 24-hour crisis response, emergency safe housing, legal advocacy

- Girls Loving Life – Saturday morning program for girls in grades 2-12 seeking to motivate, and inspire youth in our community

- Women’s Action for Advocacy – forum for women to discuss issues, policies, and concerns important to them

We are also always seeking assistance

with administrative tasks, serving on committees, teaching a class, working on special events, as well as in our child-care facilities reading to the children or interactive play. We would love to discuss your availability and interest at your convenience.

Anyone wishing to volunteer with SafeHome or answer our 24-hour crisis line must complete our Domestic Violence Advocacy Training. This training is essential and meets the DSHS requirements for domestic violence programs in Pennsylvania. To fill out a volunteer application packet, please go to [ywcahanover.org](http://ywcahanover.org). The packet includes the basic information sheet as well as a questionnaire about your interests, and availability. Please complete the volunteer packet at your earliest convenience. We will contact you after reviewing your application.

If you have any questions about the application or about volunteering with YWCA Hanover and/or SafeHome, please do not hesitate to contact us at 717.637.2125 or email Rosemary Cintron at [rcintron@ywcahanover.org](mailto:rcintron@ywcahanover.org).



**Volunteer Jess helps keep track of items donated for New Hope’s Feed-A-Friend Food Drive.**



**Mr. Dennis Sullivan volunteers his time to our maintenance department. His efforts keep our building looking its best!**

## Upcoming Events & Programs

### Girls Loving Life 2019

*Saturday morning program for girls in grades 2-12 seeking to motivate, and inspire youth in our community.*

Event Date: **Saturdays 01/12/2019—03/02/2019**

Host : **YWCA Hanover**

Event time: **10AM—12PM**

Event location: **YWCA Hanover**

Register at: [ywcahanover.org](http://ywcahanover.org)

### Women's Action for Advocacy

*Forum for women to discuss issues, policies, and concerns important to them.*

Event Date: **Thursday, January 10, 2019**

Host: **YWCA Hanover**

Event Time: **5:15PM**

Event Location: **YWCA Hanover**

Register at: [ywcahanover.org](http://ywcahanover.org)

### Women of Hanover Network

*Learn about services, products offered by local businesses, community resources, and spend time networking with local business women.*

Event Date: **Friday, January 18, 2019**

Host : **YWCA Hanover**

Event time: **11:30AM—1:00PM**

Event location: **YWCA Hanover**

Register at: [www.ywcahanover.org](http://www.ywcahanover.org)

*(Women of Hanover Network continued...)*

Event Date: **Thursday, March 21, 2019**

Host : **YWCA Hanover**

Event time: **5:15PM—6:45 PM**

Event location: **TBA**

Register at: [www.ywcahanover.org](http://www.ywcahanover.org)

Event Date: **Wednesday, May 15, 2019**

Host : **YWCA Hanover**

Event time: **5:15PM—6:45 PM**

Event location: **TBA**

Register at: [www.ywcahanover.org](http://www.ywcahanover.org)

### CanTeen (Coffee Shop)

*For grades 6—8 : Come and hang out at YWCA Hanover. We'll have snacks and beverages for sale, music, and open gym. Have a fun, safe place to chill. \$2 at the door.*

Event Date: **Saturday, January 19, 2019**

Event Date: **Saturday, February 16, 2019**

Event Date: **Saturday, March 16, 2019**

Event Date: **Saturday, April 13, 2019**

Host : **YWCA Hanover Childcare**

Event time: **6PM-8PM**

Event location: **YWCA Hanover**

### Healthy Living Series

*Explore, Savor and Taste Your Way to Mindful Eating*

*Many times we just pop food into our mouths throughout the day and not pay attention to what we eat. Learn to use flavors & tips to make your eating mindful.*

Event Date: **Friday, March 15, 2019**

Partnership with: **YWCA Hanover, UPMC Pinnacle, American Heart Association, Visiting Angels, New Oxford Social & Athletic Club**

Event time: **11:30AM—1:00PM**

Event location: **Guthrie Memorial Library**

Event Date: **Friday, May 10, 2019**

Partnership with: **YWCA Hanover, UPMC Pinnacle, American Heart Association, Visiting Angels, New Oxford Social & Athletic Club**

Event time: **11:30AM—1:00PM**

Event location: **YWCA Hanover**

### L.G.B.T.Q-umunity

*The LGBTQ-umunity is a Safe Space Program designed to provide recreational, social, education, and supportive environment to support, enrich and improve the lives of local LGBTQ+ youth. For ages 13—21.*

Event Date: **TO BE ANNOUNCED**

Check [YWCAHANOVER.ORG](http://YWCAHANOVER.ORG) for more information as available.

**IN PARTNERSHIP WITH TRUENORTH WELLNESS SERVICES**

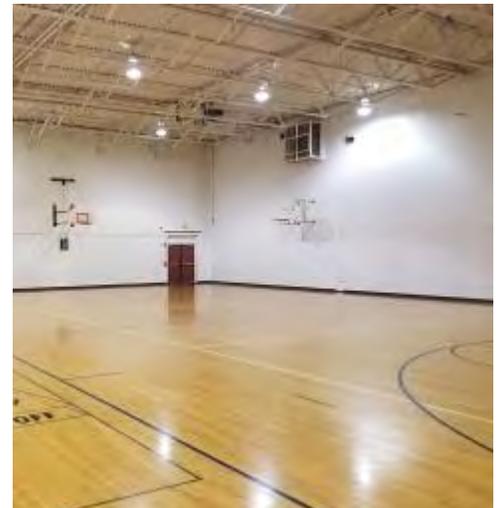
## YWCA Hanover: Facility Rentals



YWCA Hanover is pleased to offer its facility to dozens of groups, clubs, nonprofits, school organizations, sports teams, churches, families and more for social, as well as recreational purposes, year round. Many groups utilize our facility for regular weekly meetings, while some hold seasonal sports practices, and still more events are simply one day or one evening parties and celebrations.

YWCA Hanover is conveniently located in downtown Hanover and available to rent for evenings and weekends!

For more information contact Louis Mart, Client Services Manager at 717-637-2125.



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# January 10, 2019

Women's Action for Advocacy Event  
5:15PM – 7PM

YWCA Hanover Multipurpose Room  
23 West Chestnut Street, Hanover, PA 17331



YWCA Hanover wants to hear from women about the issues that are most important to them. Board members from the YWCA as well as the Executive Director will be leading small group discussions seeking your input on family and women's issues.

Complimentary wine and food provided  
Free event

## YWCA Hanover

### Board of Directors

- |                             |                       |
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### MANAGEMENT STAFF

.....

- |                      |   |
|----------------------|---|
| <b>Jody Shaffer</b>  | <b>Executive Director</b>                               |
| <b>Sherri Staub</b>  | <b>Director of Finance &amp; Administration</b>         |
| <b>Michelle Shae</b> | <b>Director of Safe Home Domestic Violence Services</b> |
| <b>Katie Nelson</b>  | <b>Director of Childcare Programs</b>                   |

eliminating racism  
empowering women  
**ywca**

January 12, 2019 - March 2, 2019  
Saturdays - 10:00 a.m. - Noon



# GIRLS LOVING LIFE

For Girls in Grades 2 - 8  
Girls Grades 9 - 12 join as a youth mentor!

LOVE YOUR BODY - be healthy, live healthy  
LOVE YOUR SOUL - know your value, value yourself & others  
LOVE OTHERS - help, volunteer, encourage  
LOVE TO LEARN & GROW - challenge yourself, push your limits  
LOVE LIFE - celebrate, have fun, be positive

Girls will enjoy weekly themes that teach self-respect, self-worth and grow healthy self-esteem.  
Grades 2-8 & 9-12 (youth mentors) the program is free, but registration is required.  
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In partnership with Utz Quality Foods Women's Mentoring Group

**LIVE UNITED**  
**United Way**

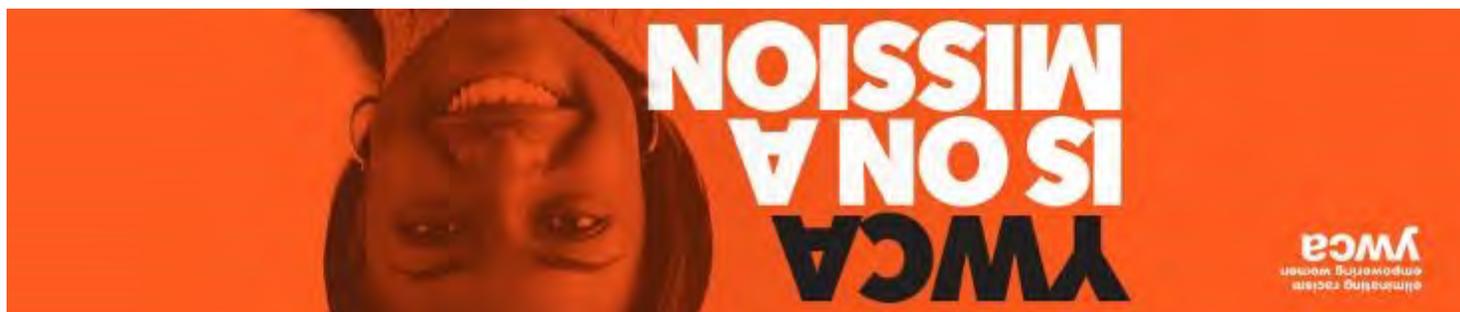


Community Partner



Visit us on the web at [www.ywcahanover.org](http://www.ywcahanover.org)

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