



Celebrating 2021

empowerHER breakfast

10.07.21

Manchester
Country Club
Bedford

eliminating racism
empowering women
ywca
New Hampshire

WELCOME TO OUR ANNUAL **empowerHER BREAKFAST!**

We have not gathered together for this event since 2019. The ongoing pandemic has challenged us in countless ways. We are fortunate this year to gather with each of you in person and virtually.

Our mission of eliminating racism, empowering women is more important than it has ever been. I am so proud of how resilient and dedicated our team is at the YW in the face of our ongoing fight to address racial injustice, gender-based violence and equality for all in our community.

Now more than ever we must seize moments to be in community with one another and this breakfast is one of those opportunities. For over 101 years, YWCA NH has been at the forefront of some of the most critical issues facing our community. Now more than ever, we need you to join us and our community of empowerment and support.

We have grown tremendously in recent years and that would not have been possible without the support of our community and partners. We remain just as committed to serving our community as we were in 1920, and we hope you will join us in that commitment too.



In solidarity and service,
Jessica Cantin
CEO, YWCA New Hampshire

Hello and thank you for your support of our empowerHER Breakfast. As the newest member of the YWCA NH team, it is refreshing to move into a space that has a specified mission of empowering women and girls in the Granite State. My hope for the YWCA NH over the next year is to continue to expand our thinking in who and how we are engaging with Granite Staters. We recognize that the intersectionality of those we serve and of folx all around our state isn't always taken into account; we are looking to change that thinking. Events like this breakfast and the continued support from partners and community members like you, help ensure that we are able to serve our community, and honor all the identities of those in it.



In solidarity and service,
Emerald Anderson-Ford
Chief Diversity Officer, YWCA New Hampshire

Event Schedule

7:30–8:00AM **NETWORKING & BREAKFAST**

- Networking
- Breakfast for in-person guests

8:00–9:00AM **PROGRAM** **MC'ed by Emerald Anderson-Ford, CDO**

- Welcome — Raquel Wojceshonek, Board Chair
- Community Building — SNHU, Lead Sponsor
- Special Guest Recognition
- YW Mission Moments
- Join the Movement
- empowerHER Awards
 - Dr. Loretta Brady
 - MaryRose Wainaina
- Our Vision, Our Future
- Living Out the Promise
- The Power of #enough

9:00–9:15AM **THANK YOU & FAREWELL**

Mission

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

YWCA NH will create a thriving community free from violence and oppression.

We will create an individualized experience for victims on their path of transformation.

PROGRAM OVERVIEWS

REACH Crisis Services

REACH Crisis Services is a program of YWCA NH and one of 13 member programs of the New Hampshire Coalition Against Domestic and Sexual Violence. This program provides free and confidential services to survivors of domestic violence, sexual violence, and stalking. These services include a 24/7 crisis line; web chat and text line support; walk-in services; accompaniments throughout community; housing; and education and prevention programming.

SNHU Center for New Americans

The Southern New Hampshire University (SNHU) Center for New Americans, hosted in partnership with YWCA New Hampshire, launched in December of 2017 to better serve the needs of the New American community in Manchester, NH. The program's foundation is a safe space that welcomes anyone who enters, no matter their path to get there.

Amiko Youth Program All youth attending the Center for New Americans are given appropriate transportation, a snack, and the ability to learn and grow. We also strive to build a more cohesive community in Manchester, and often host family dinner nights and other cultural celebrations for the community we serve.

Adult Programming For adults, SNHU partners with the YWCA NH to host the WELL, a space for wellness, education, language, and learning. This space seeks to advance continuing education for New Americans as well as create pathways for employment.

theWELL

theWELL is a program in partnership with Southern NH University and builds upon our work in the SNHU Center for New Americans. theWELL has four focus areas wellness, education, language and learning through providing opportunities for all members of our community to access high quality education and wellness programming designed to enhance their lives.

Manchester Outright

Manchester Outright is a program focusing on providing advocacy and support for LGBTQ+ individuals. Manchester Outright helps to promote Queen City Pride and other events year round and runs a weekly LGBTQ+ youth support group.

HONOREES

empowerHER Award — Dr. Loretta Brady



**Dr. Loretta
Brady**

Loretta L.C. Brady, Ph.D., is the director of Requity Labs, and is a licensed clinical psychologist, writer, and Professor of psychology at Saint Anselm College. She received her doctorate from Fordham University. She serves on the boards of Elliot Health System and The Granite YMCA, as well as several task forces.

Her award-winning writing has appeared in *New Hampshire Business Review*, *Business NH Magazine*, and she has been a source for the *New York Times*, *USA Today*, and the *Washington Post* on issues related to workforce development and resilience. Dr. Brady's literary agent is Ladderbird Literary founder Beth Marshea. Her forthcoming debut nonfiction book *Technology Touchpoints* is scheduled for Winter '23 publication with Rowman & Littlefield. Her career includes a Fulbright fellowship and a McNair fellowship where her projects have had international and regional impact. She lives in Manchester, NH with her husband Brian and their family.

Rising Star Award — MaryRose Wainaina



**MaryRose
Wainaina**

MaryRose Wainaina, is 18 years old from Concord, NH. This past summer, she graduated from Concord High School, and is currently a freshman at the University of New Hampshire majoring in Political Science. She is a first-generation college student and an American to Kenyan Immigrants.

During the summer of 2020, at the height of George Floyd and advancements in racial justice, she interned at YWCA NH as a Racial Justice and Community Outreach Intern. She has always been passionate about race equality and finding ways to bring awareness to what minorities face, especially in the education system.

She hopes to continue to bring awareness to the reality of what individuals face every day and dreams of seeing a change in NH and across the US so that future generations can go through school and life without a severe identity crisis or lack of confidence. She genuinely believes that small changes can significantly impact society, and she aspires to be a part of that impact.

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Respiratory Therapy, MGHU
The Elliot

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celebrate
you.



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make our community a better place.



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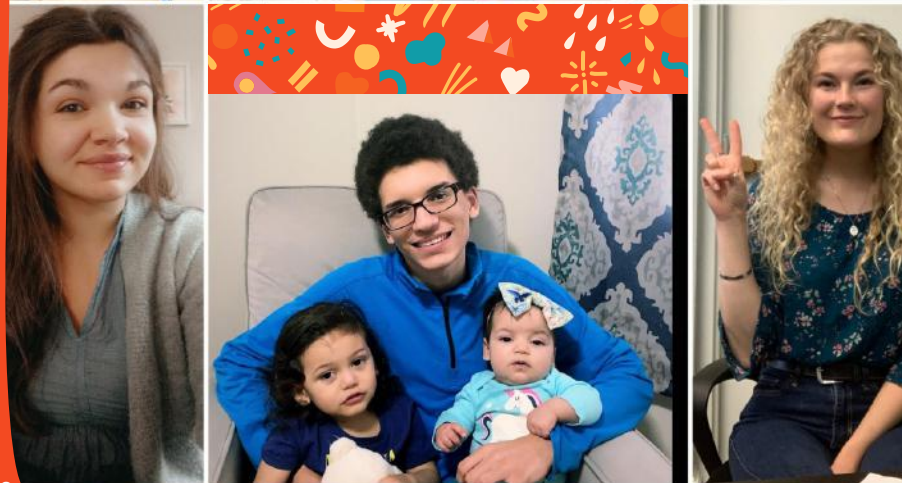
Proud to Support YWCA of New Hampshire

We are committed to supporting
organizations and activities that
energize and improve the quality
of life for our communities.



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2022... We will continue to celebrate our strong community of empowerment and support, and honor all the identities represented in it.

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Thank You



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