

# TOGETHER, WE ARE ...

## ... INCREASING SKILLS AND KNOWLEDGE

**LEAP's** "Learning to Code" computer class and "Making a Splash" swimming program increased girls' self-confidence, self-esteem and academic abilities. In computer class, girls learned how to code by developing an app. Along with enhancements in thinking, processing and communicating, girls gained a sense of empowerment creating an app that redefined beauty standards to reflect a more realistic female image. Through swim class, girls challenged cultural expectations and pressures, managed their fears, gained greater self-awareness and embraced the stages of puberty.

**Success:**  
 > **85-100%** of girls understood coding concepts and were able to write code, girls developed proficiency in programming and robotics  
 > **7%** increase in the number of girls who were confident about swimming following the fall 2017 class

**Bridges** case management and educational services provided teen girls with information on pregnancy prevention and reproductive health.

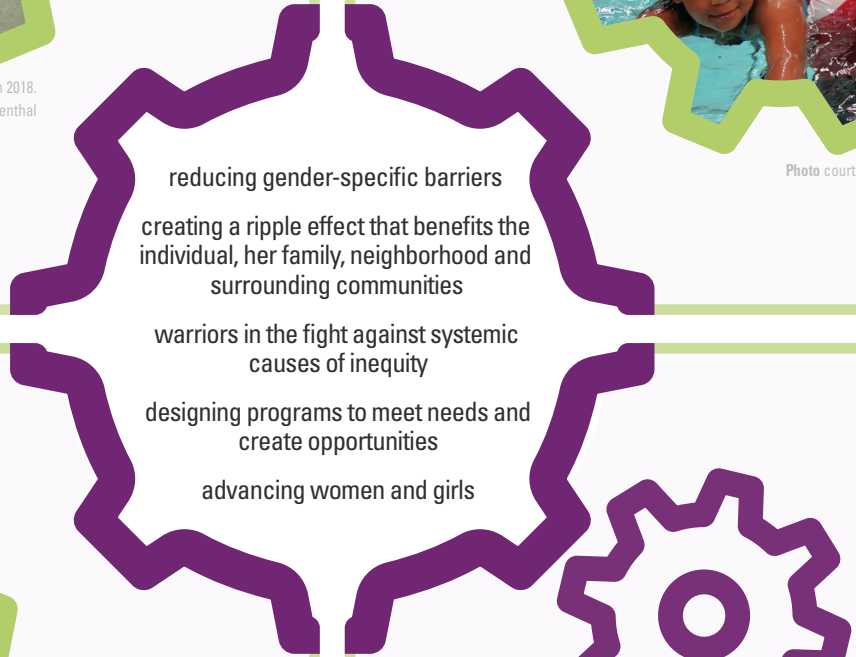
**Success:**  
 > **82%** increased knowledge on misconceptions of sexual/reproductive health  
 > **85%** had increased understanding of the cost of raising a child



Fund leaders with Tarana Burke in 2018.  
Photo Judy Sirota Rosenthal



Photo courtesy of LEAP



## ... CHANGING ATTITUDES & BEHAVIORS

**Christian Community Action's** Mothers (and Others) for Justice program continued and expanded its empowerment work with teenage girls. Participants found a "safe place" where they could de-stress from tough situations like incarcerated parents and abusive partners. The program taught girls how to amplify their voice and constructively talk through and manage challenges in their personal lives.

**Success:**  
 > **70%** of girls increased confidence in their ability to voice their opinion using techniques learned in the program  
 > **75%** were better able to manage conflict

**Believe in Me Corporation** implemented a gender responsive expressive healing program for women in recovery. The program incorporated art therapy to reach gains in self-understanding, emotional change and personal growth. Participants learned coping and problem solving skills and increased their ability to use support systems.

**Success:**  
 > **93%** of women reported an overall improvement in attitude and social functioning

## ... CHANGING CIRCUMSTANCES

**New Haven Farms** Women's Community Health Ambassador Program provided summer work positions and cultivated a network of women in the Fair Haven community to build a culture of advocacy around their health and wellness goals. Participants received farm fresh produce and culturally relevant recipes to continue the work at home. Ambassadors demonstrated leadership by keeping others motivated while motivating themselves to stay active.

**Success:**  
 > Participants achieved an average **weight loss of 2.63%**  
 > There was a **44% increase** in the number of participants who reported their health as good, very good or excellent at the conclusion of the program

**Literacy Center of Southern Connecticut** continued and expanded the Adult Women's ESL (English as a second language) program and Mother's Advanced Class.

**Success:**  
 > **8** women retained employment; 2 obtained a driver's license; 1 secured employment

**St. Martin de Porres** launched a co-curricular girls leadership program involving athletics and centering on developing leadership skills and self-confidence in female students.

**Success:**  
 > **13** girls joined the Peer Ministry taking on leadership and mentoring roles



Photo courtesy of CWEALF

## ... CHANGING SYSTEMS

**Connecticut Women's Education and Legal Fund (CWEALF)** and **Women & Family Life Center (W&FL)** apply the knowledge gained from participants in their programs to inform larger policy agendas, share insights to improve programming and take follow up action.

**Success:**  
 > CWEALF coordinates the Connecticut Collective for Women and Girls, a Fund-led statewide partnership that builds capacity and knowledge of its members to address gender inequity  
 > CWEALF led the campaign for paid family and medical leave changes in Connecticut; pay equity legislation prohibiting the use of salary history in the application process passed in 2018 due to their efforts  
 > **100%** of CWEALF's Bilingual Community Advocacy project and Advocacy Fellowship program clients improved their understanding of their legal rights and the legal process; 83% reported that they were provided with solutions or steps they could take to resolve their legal issues  
 > Peer social service agencies learned from W&FL stories and data on how best to serve and advocate for women, particularly survivors of domestic violence, needing benefits, legal counsel and affordable housing options  
 > W&FL hosted small workshops and one-on-one financial consultations with low-to-moderate-income women to empower them toward financial stability/sustainability resulting in 98% of participants feeling more confident about solving their own financial needs

# 2015 - 2017 GRANT IMPACT HIGHLIGHTS