



# Y**W**orkout with a Purpose

Working out takes on a whole new meaning at the YWCA.

90 cents of every dollar you spend with us goes into programs that empower women, girls and families in our community. Like swim lessons for those with special needs. Self-esteem building programs for preteen girls. After school care and summer camp scholarships for underserved children. And the county's only 24/7 Rape Crisis hotline.

**So achieving your goals also helps us achieve ours.  
Just one reason “Y the **W** Makes a Difference.”**



eliminating racism  
empowering women  
**ywca**  
bergen county  
"y the w makes a difference"

Celebrating 90 years of making a difference

[www.ywcabergencounty.org](http://www.ywcabergencounty.org)

Workout & pool location: 112 Oak Street, Ridgewood, NJ

# YW**W**isdom

**Women and girls of all ages find enrichment,  
support and empowerment at the YWCA.**



Providing resources, inspiration and a sense of community has been YWCA Bergen County's 90-year mission. It began with offering young working women a hot meal and a place to socialize. It continues with initiatives like our Tribute to Women and INdustry, which has been honoring professional women for 36 years. Our new Knowledge is Power conference for women in transition. "Girls only" wellness classes and our Girl Power summer camp, where preteens practice leadership skills and set realistic goals for keeping their bodies—and relationships—healthy. And vital services like senior fellowship and support groups for survivors of sexual violence.

**Women and girls discovering the wisdom and strength within.  
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# YWworks for change

**Eliminating racism and empowering women is more than just a mission statement.**

The YWCA carries on a long tradition in social action and advocacy to meet its twin goals of women and girls' empowerment and racial justice. Here in Bergen County, our YWCA's initiatives range from working with legislators to champion issues that affect women and their families to raising awareness by partnering with others. Events like our Stand Against Racism engage the community in promoting racial understanding, while Denim Day in NJ and The Clothesline Project promote awareness that sexual violence impacts everyone. The YWCA-led S.A.F.E. Coalition (Coalition for Sexual Assault Free Environment Communities) is partnering with local colleges to pilot a bystander intervention program aimed at preventing sexual violence before it occurs.

**Linking "service" to "action" to create real change in our community.**

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