



Empowerment Resources, Inc.

presents the

12th Annual

Journey Into Womanhood

Awards Celebration

Thursday, May 5, 2016

Six o' clock in the evening

WJCT | 100 Festival Park Avenue



Women Who Lead the Way



Greetings,

As founder and executive director of Empowerment Resources, Inc. (ERI), allow me to thank you for joining us at our 12th Annual Journey Into Womanhood Awards Celebration. The young ladies participating in Journey Into Woman (JIW), ERI's signature program, are the inspiration for the program today. Over the past 26 weeks, the girls have learned some of the skills necessary to become leaders in the schools and communities.

Today, we celebrate two girls who will graduate from the Journey Into Womanhood program, and combined have been a part of the JIW family for 10 years! Because of your support, they will be awarded scholarships to benefit them on their college journey. In addition to honoring our seniors, the ladies of JIW will showcase what they have learned throughout the year. To see more from their program year, please see pages 6 and 7. Here are a few program highlights.

- ◇ Since the program's inception, all seniors have completed high school and 96% have attended a college or university
- ◇ 100% participation from JIW participants in community service projects where they hone their leadership skills and give back to the community
- ◇ \$18,000 has been awarded in college scholarships to JIW graduates
- ◇ 75% of JIW graduates return to donate time, talent or treasures

Our success wouldn't be possible without our dedicated family of parents, mentors, volunteers, sponsors, and presenters, who heed the call to offer their time, talent and treasure to ERI. Thank you for spending a part of your day with us. Sit back, relax and enjoy an empowering panel discussion from women in our local community who lead!

With gratitude,

Elexia Coleman-Moss
Founder and Executive Director

This year is dedicated in memory of
Carissa Flournoy, Kecia Love, Tamika S. Stewart and Soloman Stanford, four angels who continue to watch over us.

"Hope is like the sun, which, as we journey toward it, cast the shadow of our burden behind us." ~Samuel Smiles

Our History

Empowerment Resources Inc. (ERI) is a private 501(c)(3) nonprofit organization, established in 2002. Our mission is to make children and their families stronger and empower them to become successful leaders in the community today, for a better tomorrow. We rely on volunteers to run the organization. Our signature programs include Journey Into Womanhood™, Life Skills Workshops for teen boys and girls, and Parenting Education Seminars. ERI has served more than 1,000 youth and families with programs and services that positively impact the whole family.

Since 2003, the Journey Into Womanhood (JIW)™ program has impacted the lives of more than 175 young ladies and families and has awarded youth more than \$18,000 in scholarships. A unique and inspiring program, this 25-week “rites-of-passage” initiative for girls ages 9-17 focuses on their healthy transition from girl to young woman. It addresses the real issues youth are faced with today. JIW is facilitated by experienced leaders and volunteers, who help participants cultivate their self-awareness, develop leadership skills, and put them on the path to positively impact the communities in which they live. The young ladies engage in journal writing, community service projects and enrichment trips. To date, 33 girls have graduated from the program and high school, with 96% of alumnae attending college and as of 2014, 14 have graduated with bachelor’s degree.

The Journey Into Womanhood program focuses on gaining the understanding of twelve vital aspects of life including:

The Value of SELF

Understanding the need to love oneself

Drugs and Alcohol

Preventing the effects of drug and alcohol abuse

Concepts of Beauty

Caring for self, defining beauty, and personal hygiene

A is for Academics

Learning proper study habits, college preparation, and public speaking

Health & Fitness

The importance of exercise and maintaining a healthy lifestyle

Relationships & Social Skills

Respecting elders, understanding friendships, and developing social skills

Our Society & Social Constructs

Understanding racism and prejudice, and learning to respect other cultures

Food & Nutrition

Learning healthy eating habits and selecting nutritious foods

Employment and Career Skills

Preparing a resume and learning how to get the career you want

Community Building

Hands-on learning is the importance of volunteering

Abstinence Plus & STD Prevention

Learning the pros of waiting, and how to avoid risky behavior

Investments & Savings

Understanding the difference and importance between the two

2015 - 2016 Leadership

Board of Directors

Daphne Colbert, MBA
Oare' Henry, Ed.D
Maurice Martinez
Sanitra Fain, MSW, JIW Alumna

Advisory Council

Carla Flowers
Cherrise Wilks
William Jackson
Ale'ta Turner
Marsha Grant

Journey Into Womanhood Youth Advisory Council

Arden Ward, President
Tierra Walker, Vice President
Arrington Grant, Secretary/Treasurer
Deyona Burton, Communications

Welcome

Kumasi Aaron and Jessica Polote

Entrance of Young Ladies

Dinner

Leading Ladies

Melanie Lawson, Sabeen Perwaiz, and Cassie Sadowitz

Talent Showcase

Awards

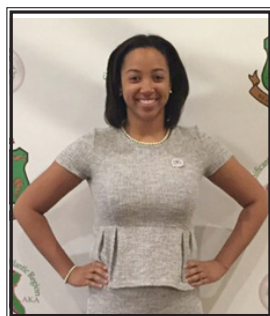
Director's Cut

Elexia Coleman-Moss

Mistresses of Ceremonies



Kumasi Aaron, reporter and The Morning Show anchor at WJXT 4, grew up in Sebring, Florida. She graduated from Florida A&M University with a degree in accounting, yet knew in her heart that accounting wasn't her passion; journalism was. After graduating, Kumasi interned at ABC News which led to a position at WABC-TV, where she worked the assignment desk and with just about everyone in the newsroom. Kumasi also worked as a camerawoman with NY1 News, New York City's local cable station. She later accepted a position at NBC Nightly News with Brian Williams, where Kumasi worked with and learned from some of the best in the business. Before joining WJXT, she spent two years at KFSM in Fayetteville, Arkansas, anchoring and reporting on everything from deadly tornadoes to Joplin recovery to a plane crash. Kumasi wears her hair natural for the first time in her career. She loves meeting new people, learning from them through their experiences and sharing their stories through her work.



Jessica Polote is an alumni of the Journey Into Womanhood program, and a recent graduate of the University of Central Florida. Currently, she is employed by Duval County Public Schools as a Speech Language Pathologist. In the fall of 2016, she will be attending Howard University to pursue her Master's degree in Speech and Language Pathology. She is an active member of Alpha Kappa Alpha Sorority, Incorporated and enjoys any opportunity to improve the quality of the lives of others.

Melanie Lawson has been back home in Florida for 10 years. She grew up in Longwood, Florida, just two hours south of Jacksonville before attending Hampton University in Virginia where she received a degree in broadcast journalism. She found love during a news story and five years ago married another journalist, Tarik Minor. The couple has a three year old son, Noah Graceson and a 1 year old daughter Layah Grace.



Melanie is the earliest riser on “The Morning Show” at Channel 4, kicking off the show with the 4:30 am newscast. She was recently nominated for an Emmy for her “Take it to Heart” stories. Melanie loves to serve her community and feels a great responsibility to do so every opportunity she can. Melanie is currently a board member for Northeast Florida Healthy Start Coalition, Inc. and the Children’s Home Society of Florida.

Sabeen Perwaiz is the Executive Director of Florida Nonprofit Alliance. Her career has centered on empowering individuals through education at JAX Chamber, Vital Voices and Pace Center for Girls. In 2013, she moved to Cambodia for six months to implement an Early Childhood Education program with Aide et Action.



Sabeen moved to Jacksonville in 2011 and has fallen in love with the city. She is Executive Producer of TEDxJacksonville and been with the organization since 2011. She is on the board of GlobalJax, UNF’s Engineering School, and Atlantic Institute of Jacksonville. She is also a member of Jacksonville Women’s Network, Women’s Giving Alliance and a mentor with City Year. Sabeen was born in Karachi, Pakistan, and raised in New York City. An avid traveler, she has lived on three continents, visited 34 countries, and hopes to visit at least 100 countries in her lifetime.

Cassie Sadowitz is deputy general counsel for the Jacksonville Jaguars and a versatile digital entrepreneur. She co-founded and serves as chief executive officer of Spysie Tech, which is a full service creative agency based in Jacksonville Beach serving clients across the country. Prior to joining the Jaguars, Cassie served as associate counsel of the Tampa Bay Buccaneers. She began her career in sports law with the Los Angeles Angels of Anaheim, and has since spearheaded many projects in the areas of intellectual property, privacy, telecommunications, and employment law. In addition to her legal career, Cassie has 10 plus years’ experience in website/app design and development, SEO, e-commerce, and brand strategy. Over the years, Cassie has served clients from a variety of industries. Originally from New Jersey, she received a BA from Rutgers University and a JD from California Western School of Law.



How do you lead the way?

Use #2016JIWCelebration and #WomenWhoLead to show your support of women and girls who lead!

Twitter & Instagram: @EmpowermentJax

Facebook: Empowerment Resources Inc.



2015-2016 Year in Review



September 2015: Girls and Their Caregivers Get Fit During Honor Rows Kick Off
Each year, parents are encouraged to attend at least one parent/youth workshop. JIW participants and their parents attended the kick off to the Jacksonville Jaguars Honor Rows Program, which featured a high energy workout with trainer Don Justice and a game of dodge ball.

October 2015: 20 JIW Participants Earn a Ticket to a Jacksonville Jaguars Game

The Jacksonville Jaguars Honor Rows program gives the girls an opportunity to attend a Jacksonville Jaguars home game. This unique, nationally recognized program uses seats at Jaguar home games as an incentive to encourage children and youth to set and achieve ambitious, but realistic goals. Youth must be between the ages of 9 and 17 to earn a seat to the game, and do not have to be A-B honor roll student to participate.



In order to attend the game, the girls had to complete several tasks including: creating a vision board, pledge to remain alcohol, tobacco and drug free; set goals; and perform community service. The 2015 JIW Jacksonville Jaguars Honor Rows Participants were: Leila Adams, Makayla Artis, Shirley Davis, Michaela Evans, Morgan Ford, Tamia Foston, Arrington Grant, Shaniya Harris, Kianna Holloway, Dahjia Hudson, Taylen Jones, Samaria Little, Miracle Murphy, Taylor Richardson, Marha Rolle, Angel Solomon, Jordan Sloan, Celena Walker, Tierra Walker, and Arden Ward.

December 2015: JIW Girls Give Back

Held annually in December, the JIW participants planned a service project where they collected non-perishable food items for needy families through a partnership with UCOM Urban Services. The girls collected more than 300 items and donated them to the organization to distribute. The Youth Advisory Council stocked the collected items at the UCOM food pantry. All JIW participants are required and encouraged to give back to the community through volunteerism.

January 2016: Vision Board Party at Bottle and Bottega

Journey Into Womanhood participants had a chance to do some unconventional goal setting by making a mixed media vision board. The girls combined acrylic paintings with inspirational photos, quotes, stickers and glitter to make their masterpieces. Presenter, Stacie from SPS Coaching shared tips with the girls on dreaming big, being accountable for their actions, and celebrating their success.



March 2016: Employment and Careers Panel

In March, the girls of Journey Into Womanhood had the opportunity to explore various career options during a career panel of successful women from the community. Panelists included an entrepreneur, teacher, administrator, council woman, event planner and a medical doctor. JIW mentor Lashantah Holiday served as the moderator as the girls and panel discussed the importance of career goals and what it takes to reach them.

April 2016: Etiquette with Debbie Shor

Every year program participants get a lesson on etiquette in preparation for the annual awards celebration. This year the girls learned about proper table etiquette, appropriate dress and tips on hair and makeup from Debbie Shor's School of Etiquette.

2015-2016 Year in Review

2015

September 12 "A" is for Academics and Goal Setting
Presented by the Journey Into Womanhood Mentors

September 26 Jacksonville Jaguars Honors Kick Off/ Family Fun Day for Health and Fitness
Presented by: the Journey Into Womanhood Mentors

October 10 Drug and Alcohol Awareness
Presented by: Drug Free Duval

October 18 Jacksonville Jaguars Honors Rows Football Game

October 24 Respect & Conflict Resolution
Presented by: the Journey Into Womanhood Mentors

November 7 Community Building
Presented by: the Journey Into Womanhood Mentors

December 5 Journey Into Womanhood Community Service Project
Benefiting: UCOM Urban Services

December 12 Journey Into Womanhood Holiday Gathering
Presented by the Journey Into Womanhood Mentors and Parents



2016

January 9 Vision Board & Goal Setting
Presented by: Stacie at SPS Coaching

January 23 Morals, Manners & Values
Presented by: Journey Into Womanhood Mentors

February 6 Abstinence Plus & STD Prevention
Presented by: Florida Department of Health at Duval County

February 20 Financial Literacy
Presented by: Fidelity Investments & JA Girl\$

March 5 Employment & Careers Panel
Presented by: Journey Into Womanhood Mentors & Career Panelists

March 19 JIW College Tour to Jacksonville University and Financial Planning for College
Presented by: Jacksonville University Student Ambassadors and Jenetta Lowery

April 2 Healthy Relationships
Presented by: UF Extension Office

April 16 Our Society
Presented by: Dr. Takeia Anthony

April 30 Etiquette
Presented by: Debbie Shor's School of Etiquette

May 5 Journey Into Womanhood 12th Anniversary Celebration





221 North Hogan St. #519 Jacksonville, FL 32202



*Empowerment Resources, Inc.
12th Annual Journey into Womanhood
Awards Celebration
May 5, 2016*

Congratulations 2016 JIW participants!

Congratulations to all the participants, parents and organizers of the 12th Annual “Journey into Womanhood” Awards Celebration. I commend you all for your efforts and sacrifice of time, talent and treasure to make this event as spectacular as usual.

JIW continues to etch its name in history as part of an organization that helps families and increases self-awareness, and leadership skills development of our budding young adults. To the young ladies, the journey of a thousand miles begins with big goals and the tools given you by JIW to carry them out!

Sincerely,

Audrey Gibson
State Senator
District 9

Give a Gift to Support Our Work



To fulfill our mission we rely on the generosity of community business, organizations, individuals and private donors. Your donation will further enhance the quality of serve we provide to youth and families. Donations are tax-deductible and can be make online at www.EmpowermentResourcesInc.org or contact us at 904-268-8287.

Our Supporters

Empowerment Resources, Inc. would like to acknowledge and thank the following companies and people for their ongoing support. Without your support, our program would not be as successful.

PAST PRESENTERS

Amy Markides,
Fidelity Investments
Ashely Liz,
Fidelity Investments
Ashley Kelly, 4H
Ashley Lyon,
JAX Chamber
Brandi Williamson, FL
Department of Health
Debbie Shor,
Debbie Shor's School of
Etiquette
Dr. Pauline Rolle, FL
Department of Health
Dr. Takeia Anthony
Elizabeth Baldree,
Fidelity Investments
Kathleen Kozakoff,
Fidelity Investments
Lakeisha Wells-Palmer,
Teach for America
Melanie Bright,
Drug Free Duval
Mary Kate Radloff,
Fidelity Investments
Jenetta Lowery
Octavia Sloan,
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Odot Ikon,
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Ruzica Tovirac-Cupovic,
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Sharrie Smith,
Personal Chef
Shyla Jenkins,
Fidelity Investments
Stacie Amolsch, 4-H
Stephanie Toelle,
UF/IFAS Extension
Duval Co.
The Honorable Anna
Lopez Brosche

Abdullah-Bolden Family
Alonza Anderson
Anderson Construction
Andi Kemp
Angela C. Mack
Annette Williams
Anthony and Oare' Henry
AT&T
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Chad and LaTonya Smith
Charles Griggs
Cherrise Wilks
Childhood Obesity
Prevention Coalition
Ciara Wallton
Crystal Timmons
D. Mor Inc., DBA
McDonald's
Daphne Colbert
David and Paula Shigley
Deanna Williams
Debbie Moreland
Deborah Holmes
Duval County Extension
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Duval County Teen Court
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Florida Department
of Health
Health Tech Consultants/
Sharon Wilburn
Jacki Singleton
Jacqueline Brown
Jake and Kathy Moss
Jakey G. Moss
James Coleman
Jason and Laquita Looney
John and Susan Ryzewic
Katie Ross
Laverne Hamilton
Law Offices of
Clinton Paris
Lisa Herndon
Livingston Family
Matt Thompson
Maurice Martinez
Melanie Messer

Michael Brown
Michelle Simkulet
Minnie Coleman
Natasha Clayton
Northrop Grumman
Orlando Gayle
Pixie Larizza
Revlon/Cream of Nature
Rhema Thompson
Rivera Promotions
Sandy Perron
Stacie Perron-Smith
Toinette Gaines
Tonisha Landry
VI01.5 FM and 93.3 FM
Val Brown
Veronica Ward
YMCA

CELEBRATION COMMITTEE

Ale'ta Turner (Co-Chair)
Tonisha Landry
(Co-Chair)
Angela C. Mack
Bethany Detzler
Cherrise Wilks
Daphne Colbert
Elaine White
Gayle Randal
GE Women's Network
Group
Jacqui Lowe
Jakey Moss
Jasmine Harris
Joyce Artis
Kim Miller
Marsha Grant
Maurice Martinez
Millan Thompson
Sanitra Fain
Tracy Alladice
William Jackson

ERI VOLUNTEERS

Amanda Ferranti
Angela C. Mack
Bethany Detzler

Carol Hall
Cherrise Wilks
Dr. Jevetta Stanford
Elaine White
Jacqui Lowe
Jasmin Harris*
Kaila White *
Keri Dillet
Lashantah Holliday*
LaTonya Smith
Shakera Bailey
Sylvia Woodberry*
Tonisha Landry
Yanique Mundy

**JIW Mentors*

IN-KIND DONATIONS

Affinity Consulting
Group (grant writing
assistance)
Ashley Lyon (design of
program booklet)
Clinton Paris (legal)
Community Connections
(office and meeting
room)
D. Mor Inc./McDonald's
Dr. Jevetta Stanford
(Grant writing
assistance)
Elisabeth S. Mason
Editing (copy editing)
Estee' Lauder (gift bags)
Fidelity Investments
(program printing)
JIW Parents and
Caregivers
Marsha Grant
(decoration
management)
MyGani Design
(branding and
company logo)
Team Black (Beverage
Reception)

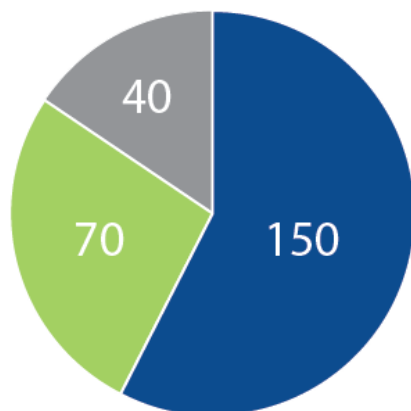
And to all other friends, volunteers and supporters - thank you!



Empowerment Resources Inc.

Empowering Youth and Families to Succeed Since 2002

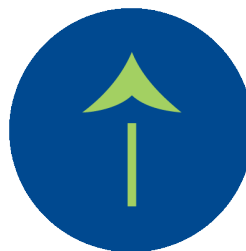
2015-2016 Participation Breakdown



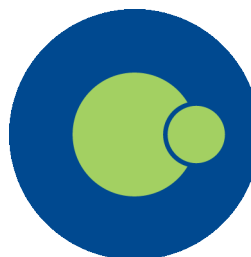
● JOURNEY INTO WOMANHOOD ● LIFE SKILLS WORKSHOPS ● PARENTING EDUCATION

Our Mission is to make children and families stronger by empowering them to be successful leaders in the community.

Our Vision is to create wholesome and self-sufficient families that are equipped with knowledge and skills to lead quality and productive lives.



ERI offers **Parenting Education Seminars** to families, with the use of an evidence-based program that supports families in raising children in a nurturing environment.



ERI empowers youth to engage in positive behaviors that nurture their well-being and equips them with the necessary tools to make positive decisions through its **Life Skills Workshops**.



Journey Into Womanhood (JIW) is a 25-week rites-of-passage program that helps girls ages 9-17 make the healthy transition from girls to young women.

POINTS OF PRIDE

1,000 youth and adults served in the organization's 14 year history

900 volunteer hours are donated annually across Empowerment Resources' core programs.

30 organizations partner with Empowerment Resources annually to provide subject matter expertise. Key partners include: 4-H, University of Florida Extension Office, Florida Department of Health at Duval County, Duval County Teen Court Program, Junior Achievement, Fidelity Investments, and Community Connections



Journey Into Womanhood Program

Helping girls become healthy young woman

JOURNEY INTO WOMANHOOD (JIW)

The JIW program helps girls cultivate self-awareness, develop leadership skills, and nurture talents that positively impact their communities. Youth participate in journal writing, community service, and enrichment trips. Girls are also assigned female mentors who provide social, emotional, and academic support.



As a result of participating in the program, JIW girls report a:

- 25** percent increase in knowledge of abstinence “plus” and family planning
 - 11** percent increase in knowledge of self-esteem
 - 8** percent increase in exploring career opportunities
 - 3** percent decrease in substance abuse behavior
- * data from 2015*



“JIW has truly molded me and played a major role in the young woman I am today. I learned skills that not only have helped me academically, but in life.”

Kaila White
*Journey Into Womanhood Alumna, 2010
 Bachelor’s of Health Information Management, UCF 2015
 Nursing Student, University of Florida, 2017*

JIW ALUMNA OUTCOMES



34
 High school and JIW program graduates with **96** percent entering college



\$18,000
 In scholarships awarded to JIW graduates from Empowerment Resources for college



75
 Percent of JIW graduates return to the organization in a volunteer capacity

Our Girls



Leila Adams

Age: 12 7th grade
Center Academy

What makes you a leader: My personality makes me a leader. I am caring and responsible which a leader needs to be in order to lead and relate to people.

Interests/Hobbies: Music, songwriting as well as volunteering.

Motto: "I can do all things through Christ who strengthens me"

Goals/career path: I would like to establish a center to serve the needs of those less fortunate in my community. I plan to attend college to pursue a Law degree.



Makayla Artis

Age: 12 6th grade
Heart to Heart Christian Academy

What makes you a leader: Caring about people and truly wanting the best for others

Interest/Hobbies: Violin/Viola, cheerleading, Astronomy Club, and basketball

Motto: Develop your best, whole, unique self

Goals/career path: I plan to attend Florida A & M University, Harvard, or MIT to pursue a degree in chemistry.



Garrielle Bones

Age: 12 6th Grade
Mandarin Middle School

What makes you a leader: I work well with others and I am always willing to try something new.

Interests/Hobbies: Baking and drawing

Motto: Find the bright side in everything

Goals/career path: To go to college and get a doctoral degree in physical therapy.



Deyona Burton

Age: 13 7th Grade
Julia Landon College Preparatory and Leadership Development School

What makes you a leader: My helpfulness and determination

Interests/Hobbies: Sports such as tennis, art such as drawing, music such as playing guitar, volunteering, and socializing.

Motto: "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." Martin Luther King Jr. So never give up and never stop loving.

Goals/career path: Entertainment Lawyer or Lobbyist or a start a nonprofit foundation.



M'Kayla Carter

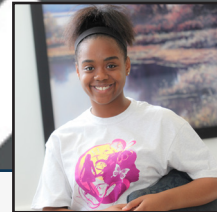
Age: 16 10th Grade
Edward H. White Senior High School

What makes you a leader: The way I can stand out, my focus, and my determination.

Interests/Hobbies: Step, music, and reading

Motto: F.E.A.R- Face Everything And Rise

Goals/career path: I plan to go to a university and major in physical therapy or become a ghost writer for music artist.



Kayla Cook

Age: 16 10th grade
Paxon School for Advanced Studies

What makes you a leader: I am polite and hardworking and with those two concepts in life I'll go far.

Interests/Hobbies: Singing, reading, and hanging out with my friends

Motto: Make peace with your past so it doesn't spoil your present

Goals/career path: I will attend any historically black college of my choice on a musical scholarship and begin pursuing my dreams of becoming a criminal psychologist.



Shirley Davis

Age: 14 9th grade
Cedar Creek High School

What makes you a leader: My caring personality.

Interests/hobbies: Spending time with friends and reading

Motto: Who runs the world-Girls!!!

Goals/career path: Attend college and begin a career with a company that I can grow with.



Michaela Evans

Age: 13 7th Grade
Somerset Preparatory Academy

What makes you a leader: I am kind, compassionate, and love to help others

Interests/hobbies: Singing, dancing, and reading

Motto: "You can if you think you can." – George Reeves

Goals/ career path: I plan to attend college to become a veterinarian.



Morgan Ford

Age: 15 10th Grade
Mandarin High School

What makes you a leader: My ability to listen to others and my willingness to help out

Interests/hobbies: Gymnastics, cheerleading, and knitting

Motto: "Life is a work of art so create it how you want it to be, but always make it a masterpiece"

Goals/ career path: When I graduate I plan to major in nursing.



Tamia Foston

Age: 13 8th Grade
Waverly Academy

What makes you a leader: My personality

Interests/Hobbies: Track, kickball, basketball, and volleyball

Motto: "When you smile you can make others smile"

Goals/career path: I plan to attend college



Arrington Grant

Age: 15 9th Grade
Darnell Cookman School of Medical Arts

What makes you a leader: My willingness to help others at all times

Interests/Hobbies: Drawing and writing stories

Motto: In order to be successful you must work hard

Goals/career path: I plan to attend college and pursue a career in cardiothoracic surgery.



Shaniya Harris

Age: 12 6th Grade
Ribault Middle School

What makes you a leader: I inspire others to follow my lead

Interests/Hobbies: Dancing, cheerleading, and step

Motto: Laugh out loud & be happy. Make sure to follow your heart.

Goals/career path: I want to be a Fashion Designer.

Our Girls



Kianna Holloway
Age: 12 6th Grade
Alfred Dupont Middle School

What makes you a leader: I'm a hardworking person and I can separate myself from the competition.

Interests/Hobbies: Arts & crafts and riding bikes

Motto: Life is what you make of it.

Goals/career path: I plan to attend college and start my own business.



Dahjia Hudson
Age: 12 7th grade
Duval Charter at Mandarin

What makes you a leader: I like to help the homeless and play bingo with the elderly with my church

Interests/Hobbies: Cheerleading and dance

Motto: You only live once, so succeed

Goals/career path: I would like to go to college and become a family and divorce lawyer.



Taylen Jones
Age: 14 8th grade
Kirby Smith Middle School

What makes you a leader: Knowing that being a follower can lead me down the wrong path

Interests/Hobbies: Track, basketball, and softball

Motto: Lose because the other side cheated NOT because you cheated yourself

Goals/career path: I plan to go to college to study culinary arts, dance, or forensic science.



Samaria Little
Age: 17 11th grade
Andrew Jackson High School

What makes you a leader: I strive to help others and be there for them when they need me

Interests/Hobbies: Running track & soccer

Motto: Be yourself because everyone else is already taken

Goals/career path: Go into the military for 8 years and then go to college to become a doctor.



Miracle Murphy
Age: 14 8th grade
University Christian

What makes you a leader: By helping others and being myself

Interests/Hobbies: Dancing, singing, and acting

Motto: Never give up on what you believe in

Goals/career path: I plan to be a pediatrician.



Taylor Richardson
Age: 12 6th grade
Fletcher Middle for the Gifted & Talented

What makes you a leader: Serving others and paying it forward

Interests/Hobbies: I love to read and collect books for kids who need them. I love space, science, and music.

Motto: "To never be limited by other people's limited imagination." "Be kind and useful"

Goals/career path: I would like to go to college and major in chemical engineering or become a scientist. I also want to be an astronaut and go to Mars!



Jonai Sanders

Age: 14 8th grade
Twin Lakes Middle

What makes you a leader: I like helping people

Interests/Hobbies: Cheering, dancing, and playing volleyball

Motto: The sky is the limit.

Goals/career path: Going to school to become a pastry chef and work in a fancy restaurant.



Chyna Scott

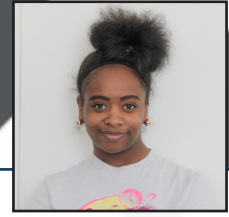
Age: 17 10th grade
Ribault High School

What makes you a leader: Not following what seems to be leading in the wrong direction

Interests/Hobbies: Snapchat, singing, and step

Motto: "Warning comes before destruction"

Goals/career path: I plan to attend Florida State and graduate with a nursing degree. I would like to work at Baptist.



Jordan Sloan

Age: 14 9th grade
Virtue Arts and Science Academy

What makes you a leader: My desire to help others

Interests/Hobbies: Reading, drawing, and playing basketball

Motto: Never give up

Goals/Career path: I plan to attend college and pursue a degree in medicine or law.



Angel Solomon

Age: 13 8th grade
Lighthouse Christian School

What makes you a leader: I enjoy setting an example for others to follow. I am very strong-willed and like helping others.

Interests/Hobbies: Painting, photography, reading, watching movies, social media, outdoor activities, spending time with my family, and playing with my cavalier king charles spaniel.

Motto: "I believe if you do good things, good things will happen to you!"

Goals/career path: I plan to attend Florida A & M University and major in business.



Zion Stanford

Age: 9 3rd grade
Central Riverside Elementary

What makes you a leader: Being Nice

Interests/Hobbies: Cheerleading

Motto: I can do all things through Christ

Goals/career path: I plan to attend college and become an actress



Celena Walker

Age: 13 8th grade
Darnell Cookman School
for the Medical Arts

What makes you a leader: I like to listen to other people's thoughts on different subjects.

Interests/Hobbies: Drawing, singing, and shopping

Motto: "Live everyday like it is your last"

Goals/career path: I plan to attend college and major in art.

Our Girls



Tierra Walker

Age: 17 11th grade

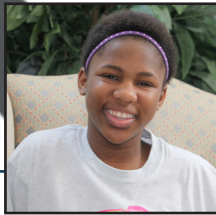
William M. Raines High School

What makes you a leader: I am very positive and open-minded

Interests/Hobbies: Dance and modeling

Motto: Someone loves me, someone needs me; they just haven't found me yet.

Goals/career path: I plan to go to college for photography and become a professional dancer.



Tarr'eona Worthen

Age: 15 9th grade

Englewood High School

What makes you a leader: I define myself as a leader because I am known for speaking out and helping others

Interests/Hobbies: Dancing, cheerleading, and track

Motto: "No dream is too high, no work is to far, I am a woman who can accomplish anything and with that mindset I will accomplish everything"

Goals/career path: I want to attend Howard University and get a medical degree.



Ja'Nya Wright

Age: 15 10th grade

San Jose Preparatory High School

What makes you a leader: My ability to influence others in a positive way

Interests/Hobbies: Fashion, dance, and track

Motto: I can do all things through Christ who strengthens me"

Goals/career path: I plan to go to college and pursue a degree in criminal justice.

Wish List

- Monetary Donations
- Corporate Sponsorship
- Equipment (laptop and portable karaoke machine)
- Supplies (journals, pens, day-planners, arts and crafts supplies)
- Gift cards
- Postage Stamps
- Printer Ink Cartridges (HP 950XL/951)

Volunteer Opportunities

- Mentoring
- Tutorial in reading, writing, science, math, history
- Computer training and/or instruction
- Marketing and Communications
- The Arts; music, dance, drama, photography and filmmaking
- Guest speakers
- Advisory Council Member
- Administrative, mailings and phone calls



Please see our website www.EmpowermentResourcesInc.org for a complete list



Marha Rolle
Age: 17, Sandalwood High School
Participated in Journey Into Womanhood for 3 years

What makes you a leader: Being myself and not following others; encouraging others to become what they want to be.

Interests/Hobbies: I am interested in medicine. My hobbies are sewing and shopping.

Motto: Be yourself, everyone else is already taken.

Goals/career path: I will be attending a four-year university, majoring in biology in hopes of becoming a plastic surgeon.

Colleges accepted to/Colleges applied to: Daytona State College, Bethune-Cookman University, Florida State College at Jacksonville, University of North Florida

Activities/Honors: Color Guard, AVID, AVID Ambassador, AVID Ladies

My most enjoyable JIW experience was when we created our vision boards.



Arden Ward
Age: 17, Jean Ribault High School
Participated in Journey Into Womanhood for 7 years

What makes you a leader: I am not afraid to stand alone. I believe that I have great communication, confidence, creativity, and I am approachable.

Interests/Hobbies: My interest are TV production, films, and writing. My hobbies are playing sports, watching YouTube tutorials and using computer software.

Motto: "How can the sky be the limit if there's footprints on the Moon."

Goals/Career path: I plan to attend Albany State University to study criminal justice. I plan to graduate with a B.A. and go to Quantico for special agent training, or even work for the Justice Department for a couple of years.

Colleges accepted to/Colleges applied to: Florida International University, Savannah State University, Albany State University

Activities/Honors: Soccer, Flag Football, and Lifeguarding. I am in Mu Alpha Theta Honor's society, Diamonds of Distinction, Protech.

My most enjoyable JIW experience was my very first meeting because since then I have been open to more things. I've met new people who have impacted my life in a positive way. Many doors have been opened for me and I've been given more opportunities than I would have received without being in JIW.

Our Alumnae

Name	JJW Alumna	Alma Mater	Currently Working...
Katrice Oglesby	2005	Florida State College of Jacksonville	Registered Nurse
Iva Ballou	2006	Graduate, Howard University	
Amanda Phillips	2006	College Graduate	
Faridah Abdullah	2006	University of North Florida	Lead Accommodations Administer at NYU and Student in the MSW program at Silver School of Social Work
Shawntavia "Nikki" Young	2006	Graduate, Kaplan University	Social Services
Erica Mitchell	2006	University of North Florida	Registered Nurse in the ICU
Sanitra Fain (Livingston)	2007	Florida State University, MSW	Dialysis Social Worker
Janay Badger	2007	University of Central Florida	Human Resources at a hospital
Jasmine Harris	2008	University of Central Florida, Masters in Nonprofit Management	Brand Manager at a nonprofit
Courtney Hammond	2009	Graduate, University of North Florida	
Taila McClain	2009	Bethune-Cookman University	After School Coordinator
Charla Hamilton	2010	University of North Florida	Student at Jacksonville University for Accelerated Bachelor's of Science in Nursing
Jessica Polote	2010	University of Central Florida	Speech and Language Pathologist Duval County Public Schools; Will attend Howard University's graduate program in Fall 2016 to pursue an advanced degree in speech and language pathology.
Kaila White	2010	University of Central Florida	Will attend University of Florida's Accelerated Nursing Program in Summer 2016
Jasmine Flournoy	2010	College Graduate	
Monique Young	2010	U.S. Navy Enlistee	
Ashley Irven	2011	University of North Florida*	Hospitality
Monet Yarborough	2011	Edwards Waters College	Business Management Student
Sierra Jones	2012	Florida A&M University*	
Tia Clark	2013	University of Central Florida*	Hospitality & Tourism Student
Mia Flowers	2013	University of South Florida*	Biomedical Sciences and Pharmacy Student
Amber Harrell	2013	Florida State University*	Athletic Trainer Student
Teshara Laster	2013	Florida State College of Jacksonville*	Athletic Trainer Student
Brianna Major	2013	Tallahassee State College*	
Jazmine Russ	2013	Norfolk State University*	Business Management Student
Danielle Thomas	2013	University of North Florida*	
Janae Byrd	2014	Savannah State University*	Business Management Student
Akilah Sadiq	2014	Florida State College at Jacksonville*	
Johnquelle Allen	2015	Terry Parker High School Graduate	Customer Service Representative
Tijana Rogers	2015	University of Central Florida*	Graphic Design and Animation Student
Nyla Stanford	2015	Florida A&M University*	Psychology Student

Our Alumnae

Class of 2005



Class of 2006



Class of 2012



Class of 2009



Class of 2013



Alumnae Lunch 2015



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