



ANNUAL REPORT | 2020-2022

***EMBRACE** Who You Are, **LOVE** Who You Are, **SUCCEED** Where You Are*

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A Letter from the Founder

Psalm 139:13-14 (NASB)

“For you formed in my inward parts; You wove me in my mother’s womb. 13

I will give thanks to you, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well. 14”



Dear Wonderful Friends,

On behalf of the Board of Directors, we are excited to share the first Wonderfully Me, Incorporated Annual Report. This report showcases our first three program years covering 2019-2020, 2020-2021 and 2021-2022. This will illustrate our growth over three years and the support received from our Board of Directors, volunteers, mentors, families involved and generous contributions. You are helping us making a difference with your impact to the girls.

While preparing this report, I reflected on the vision the Lord gave me years ago. That vision was to make a meaningful impact to others. Ignoring the calls to act, it ultimately took hearing from others during my mother’s funeral on how she inspired so many. As I embarked on this journey, I did not have any experience in starting a nonprofit. However, I relied on the wisdom of others, and I am forever grateful for their knowledge. Out of the encouragement and support from my family, friends, and community my idea began transforming.

After some research, we identified that Chester County did not have an organization dedicated to teaching girls’ self- confidence, self- worth and self -development. I believe they deserve to feel love, compassion, and be empowered so they can reach their full potential as they mature into womanhood. As a result, Wonderfully Me, Incorporated was formed as a 501c3 organization for girls ages 8-14 to **EMBRACE** who they are, **LOVE** who they are and **SUCCEED** where they are.

Perseverance, flexibility, and gratitude are three affirmation words I’ve used during the vision, planning and execution process of Wonderfully Me, Incorporated. Those three words will continue to be the beacon of light to lead the organization to becoming a premier organization in Chester County. Although we are a small organization, we are making a huge difference and worked through the challenges of COVID-19 to continue our mission.

During the COVID-19 pandemic, we paused programming for two months as we pivoted to a virtual platform. The transition to virtual sessions encouraged us to be more creative and flexible while maintaining engagement with the participants.

The Board of Directors and I are grateful for the parents who allowed us to be a part of their daughters’ development. In doing so, we increased attendance and received consistent financial support.

As we navigate through our current program year, we anticipate growth in participation as we transition back to in-person sessions. We look forward to continuing to make a positive impact in the community and to the lives of the girls we serve.

Angela White, Founder & Executive Director of Wonderfully Me, Incorporated

***“My girls and I love the program and the founder. It provides great experiences, needed education, love and support.”
–parent of a participant***

Board Chair Letter



Over the last few years, Wonderfully Me, Incorporated has navigated through the relocation of our Executive Director, established a Board of Directors, and maneuvered around life as we know it due to COVID-19. We have adjusted when needed from face-to-face sessions to virtual sessions to provide services to the girls. I would like to thank our supporters – we couldn’t have done it without you.

Wonderfully Me, Incorporated serves an age group of girls who are dealing with changes and the way a young girl relates to the world. Ages 8-14 is a critical time in life when girls can be easily persuaded through peer pressure, toxic relationships, or fitting in. Girls are sometimes unsure of themselves and are trying to figure out boundaries. Many have not learned their likes and dislikes, abilities, beliefs, and the things that motivate them. All these things contribute to their uniqueness as a person. Wonderfully Me, Incorporated has embarked on a journey to play a pivotal role in their life to help shape the woman that they will one day become.

Life can be a struggle, but every day is a new day with new opportunities. Wonderfully Me, Incorporated focuses on obstacles girls may face to provide support in these difficult times. The life skills that Wonderfully Me, Incorporated instills through their empowerment and mentoring programs teaches there is always a choice and ultimately it is up to the individual to decide who they want to be. The girls are learning to be the best person they can, so that they will have a positive impact on the people around them.

Our Board members and volunteers were once girls that grew up to be women who have a desire to play an instrumental role in the life of young girls. Some of us want to give back things that we didn’t receive, while others want to pass on their own teachings. Wonderfully Me, Incorporated provides a foundation for girls to become purposeful women of character, confidence, and compassion. We greatly appreciate your generosity, partnership, and your support in helping us accomplish our mission.

Best Wishes,
Telecia Hartsfield, Board Chair



Mission Statement

To empower, educate and encourage girls by teaching life skills that will cultivate positive self-confidence, self-worth and self-development.

Vision Statement

Transform girls into resilient and purposeful women of good character, confidence and courage who contribute to their communities while making positive life choices in school and in life.



History of Wonderfully Me, Incorporated.

Girls can face many struggles. Low self-esteem, self-worth and poor interpretations of their body images are a few struggles that are created by negative media images and stereotypes. These exposures can lead to unhealthy perceptions and often equate to depression, increased teen suicides, drug, and substance abuse, bullying, poor academic performance, eating disorders, behavioral issues, and

unhealthy relationships.

In some instances, their perceptions of low self-worth and personal insecurities can be attributed to generational messages and other female role models thus continuing the negative cycle. Ultimately, when girls experience a positive understanding of themselves early in life, it helps as they enter womanhood. They know how to treat themselves, how to treat others and how others should treat them.

After years of quiet yearning on how to address issues of self-esteem that confront girls in our communities, Angela decided to meet with a few women at a local Applebee's in 2017 who shared her vision. After some research, she identified that Chester County did not have an organization dedicated to teaching girls' self-confidence, self-worth and self-development and she wanted to bring in love, compassion, and empowerment so they can reach their full potential as they reach womanhood. As a

result, In March 2017, Wonderfully Me, Incorporated was formed as a 501c3 organization for girls ages 8-14 to embrace who they are, love who they are and succeed where they are in honor of her mother. The organization provides life skills to girls so they can embrace their own uniqueness, promote their self-worth, and encourage positive self-development.

Equipped with these skills, Angela's hope is to transform these girls into women of courage, character, and compassion. By fostering these skills, the girls will have a paved way to lead purposeful and successful lives in their communities. The two components of Wonderfully Me, Incorporated are the empowerment and mentoring programs.

With the encouragement, prayers and support from the community, family, and friends, Wonderfully Me Incorporated welcomed 25 girls ages 8-14 into our first program year at East Ward Elementary School in Downingtown, Pennsylvania in October 2019. The organization had 13 volunteers and community partners who supported empowerment sessions that consisted of age-appropriate topics and activities. The participants shared experiences, learned self-acceptance and how to be resilient when faced with life challenges.

We continued to meet the needs of the participants by focusing on their emotional health caused during the halt of large gatherings and the social isolation experienced during the COVID-19 pandemic. We established a community partnership to provide education about COVID-19 to address their emotional health during this time. From the requests of parents for more interactions during this period, the organization implemented a Mentoring component in February 2021. It offered one-on-one encouragement, guidance, and support by assigning mentors to the girls. Five participants enrolled during that time. Results from the End of Year Survey of 2021 revealed overwhelmingly that the Mentoring program was successful and in October 2021, the Mentoring program became a permanent extension of Wonderfully Me, Incorporated programming.

As we continued to slow the spread of the COVID-19 virus during the 2021-2022 program year, we learned flexibility by conducting our programs in a hybrid format. Not having a program with a similar mission to transition our participants who would have aged out of the program during the pandemic, we eliminated the age restriction of 14 years old.

The change provided opportunities for discussing pertinent topics that are relevant to the 14- to 18-year-old girls as they navigate life's challenges into womanhood. It was also an opportunity for those in this age group, and a program participant consecutively for at least two years, to become a junior volunteer. This role continued to develop their self-confidence and self-worth, while being a role model for the younger girls in the program. We are proud to have two college students (ages 18-23) join as volunteers. They have been instrumental in program planning and session execution.

As we continue to grow, we remain committed to making a positive impact in the lives of our program participants by providing a safe space where all girls regardless of race, culture or socio-economic status can *"Embrace who they are, Love who they are, and Succeed where they are."*

"I am a single father. I am very excited in the way the Wonderfully Me program has changed my daughter's attitude and the way she thinks and handles herself due to the program. I commend everyone involved." – parent of participant

Summary of Our Work

Volunteers and Mentors



Wonderfully Me Incorporated currently has 17 volunteers who support the Empowerment Program and five volunteers who support the Mentor Program with 50% of our volunteers having served for two years. The volunteer's range in ages from 16-50+ years of age and all have one thing in common: their dedication and commitment to the mission of Wonderfully, Me Incorporated.

Our volunteers and mentors are truly the backbone of our organization. Their passion for serving their communities and empowering young girls to achieve

their goals and ambitions is inspiring. From 2019-2020 our volunteers completed 783 hours, from 2020-2021 our volunteers completed 1,100 hours and in 2021-2022 our volunteers completed 563 hours. The reduction in volunteer hours is attributed to 3 volunteers' withdrawal from the program, volunteers not submitting hours and continuation of hybrid program format which caused less volunteer involvement.

The goals of our volunteers include:

- Foster relationships with compassion, respect, kindness, and honesty
- Offer constructive correction and reinforcement
- Guide, understand and listen to one another
- Provide social, emotional, and academic support
- Aid in problem-solving and good decision making
- Facilitate with goal setting skills and accomplishment of the goal(s)
- Supply resources and advice when needed
- Advocate parent/guardian and child (children) cooperation and collaboration to increase better interactions with each other

Wonderfully Me, Incorporated takes great pride in selecting the best volunteers and mentors to support the girls. Those who are in direct contact with the girls require extensive background checks and a commitment for the entire program year. The volunteers are to adhere to the organization's policies and procedures.

Wonderfully Me, Incorporated has a holistic approach that includes the involvement of our dedicated team of qualified volunteers. The volunteers ensure the success of the monthly empowerment sessions through age-appropriate topics and lessons. This approach provides the foundation for the girls to be successful, resilient, and confident in making sound life choices while they mature into their womanhood.

The Mentoring Program is an extension of the Empowerment Program. The mentoring program offers individual support, guidance, and encouragement to the enrolled program participants (mentees) by our carefully assigned mentors (volunteers). The mentor takes the lead in developing a one-on-one relationship with the enrolled program participant. The success of the Wonderfully Me, Incorporated. Empowerment and Mentoring Programs cannot be accomplished without the involvement of these volunteers and mentors.

We thank our volunteers for their hard work, tireless efforts, patience, and compassion. They dedicate their time to the organization because they truly believe in the importance of making a positive impact in the life of a young girl.

We would like to encourage you to volunteer if you have Spanish as a second language to assist with our marketing, outreach, and recruitment.

“Thank you to you and all your volunteers for making my girls and myself feel so welcomed every time we attend Wonderfully Me. From our first meeting back in September when my daughter was very nervous, anxious, and scared at first but then after a bit she enjoyed herself and participated. With each passing month, she became more and more comfortable with herself, confident in herself and believing in herself.” – parent of a participant”

Participants

Wonderfully Me, Incorporated provides a diverse experience for our program participants. The girls are provided with the opportunity to interact with peers across a variety of ages and demographics. This provides the girls the ability to learn how to interact with all different types of people and to develop their life and social skills in a positive way.



Our participants have many different characteristics, but it makes each one of them beautifully unique and we are so grateful to have them as a part of the organization.

Age Ranges of Participants	School Districts	Household Composition	Racial Composition
8- 17 years of age	In 2019, participants were from three school districts. The number has increased to eight in 2021-2022.	Participants reside in both two parent and single parent homes and some have a large family while others are an only child.	Participants identify as members of the following groups: African American, Asian, Caucasian, Hispanic and Multi-racial.

“What I like about Wonderfully Me is they teach me about my body and what's going to happen. It also teaches me about how good and powerful I am.” – participant

Educational Empowerment Sessions & Mentoring

- October 2019 – Program Orientation
- November 2019 – Are You a friend?
- December 2019 – Who am I? Self-Awareness & Reflection
- January 2020 – Etiquette of Kindness – Anti-Bullying
- February 2020 – Embracing & Loving All of Me
- April 2020 – Choose to be Fit
- May 2020 – Coping with COVID – Online
- October 2020 – Social Media Smarts/Cyberbullying
- November 2020 – Gratitude is an Attitude
- December 2020 – Embracing and Celebrating Our Differences
- January 2021 – Finding Your Voice through Confidence
- February 2021 – Loving All of Me
- March 2021 – Chic in Your Own Style/Fashion Show
- April 2021 – Speaking up/How to handle Conflicts
- September 2021 – How to Communicate Effectively
- October 2021 – Bullying – Healthy Relationships
- November 2021 – Friendships
- December 2021 – Setting Goals/Risk Taking
- January 2022 – You Have the Power
- February 2022 – Body Imagine/Body Positivity
- March 2022 – Puberty – You and Your Changing Body
- April 2022 – Girls Choice – Peer Pressure



Community Outreach

The Wonderfully Me, Incorporated Empowerment Program has had a keen focus on community outreach so that the work can expand broadly across Chester County. In addition to educating and recruiting participants, the collaborations with community organizations have proven beneficial to the continued growth of the organization. Many of its outreach activities have focused on important issues that resonated with the program participants and community residents.



Some of the activities included an Anti-Bullying Campaign utilizing yard signs with messages to promote awareness across Chester County and in some neighboring communities. Every October during Anti-Bullying our monthly session focuses on different ways to reduce bullying and to increase acceptance of others. tolerance. The Crime Victim's Center of Chester County has joined us in this endeavor.

Another activity was a food delivery event to underserved families to promote and support those in need while communicating positive and encouraging messages during the height of the COVID pandemic. The conversations during the food deliveries were ones of empowering individuals, participants, and disenfranchised populations.

Health and educational partnerships were also established during Wonderfully Me, Incorporated's first few years. We partnered with Main Line Health System's Community Health Education department to speak to the girls about the importance of good physical and mental health. During the initial days of learning about the COVID -19, and the social isolation to reduce the spread, a community presentation was organized. The participants, their families, and community learned from medical and mental health professionals about the virus and how to deal with the mental health implications.

And our most recent partnership was with the Delaware County Community College. Angela White, Executive Director of Wonderfully Me Incorporated and the Dean of the Counseling and Completion Services Department worked together to develop a seminar for the parents and program participants in 5th -11th grades to begin discussing career and college exploration. We hope to continue this collaboration by utilizing students from the college as volunteers and mentors.

Accomplishments

Wonderfully Me, Incorporated is proud of its accomplishments made during the startup and first few years of operation. Angela White's vision has come to pass, and we are so excited about our future and the milestones already met. Without the support of the parents, supporters, collaborators, volunteers and most importantly the group of dedicated girls, we wouldn't be where we are in 2022. We are grateful for the impact the organization has had on the participants' lives and on their self-esteem. Additional accomplishments include:

- Bylaws revised and Developed
- Selection of Board Officers



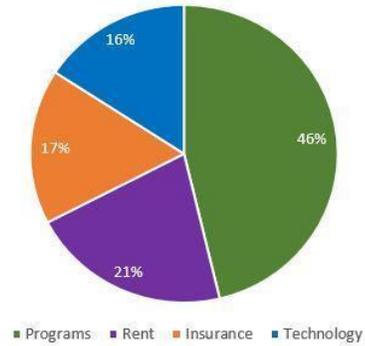
- Board Training & Strategic Planning Session
- Incorporation of the Wonderfully Me, Inc. Mentoring Component
- Eliminated age restriction of 14 to 18 to increase impact
- Developed a Wonderfully Me organizational Handbook and a Training Guide for Volunteers & Mentors
- Submitted a Grant to Chester County Regional Education Services (CCRES)
- Expanded volunteer recruitment to include High School girls and College women
- Collaborations and Partnerships established
- Presented community presentations

“Wonderfully Me has been such a positive influence in my daughter's life. Being able to have another adult talk with the girls about tough decisions and sensitive issues with confidence and knowledge. Wonderfully Me has helped my daughter build her own confidence.” – parent of participant

Financials:

Expense Breakout:

Summary includes financial activity for fiscal year:
July 1, 2021 - June 30, 2022



Total Cash Balance:



Appendix A: Board of Directors

Linda Rascoe

*Board Secretary,
Senior Policy Analyst,
Division of Health
Benefits
North Carolina
Department of Health
and Human Services*

Lisa Williams

*Senior Director,
Multicultural
Strategy and
Planning,
Comcast*

Telecia Hartsfield

*Board Chair,
Senior Specialist,
Quality and
Compliance
Merck*

Tanya Ryans

*Nurse Practitioner,
Matrix Medical
Network*

Michelle Strong

*Human Resources
Consultant*

We are always grateful to our supporters, especially with the challenges the organization faced through the past few years. Thank you for your steadfast support.

All of you, my family and friends, the past and present Board members, volunteers, corporate and individual supporters, the program participants, parents, and community partners have made a great foundation to make this possible and for that I thank you and thank you for believing in Wonderfully Me, Incorporated.

Appendix B: Partners & Supporters

Thank you to all our individual contributors and corporate partners for your kind donations. We have received monetary donations valued from \$10.00 - \$500.00+. Every donation of every size has helped us tremendously.



**Merck Foundation
AmerisourceBergen**

Angela White's Biography

Angela's passion for serving and helping others has been evident through her community service for more than 30 years. She has volunteered her time in many organizations such as the Chester County Food Bank, Chester Chess Penn Family Health Center's Dental Clinic and Coatesville Kids to College. As a member of the Christian Faith Fellowship in Downingtown, Pennsylvania, she chaired multiple community outreach events.

Angela graduated from the University of North Carolina at Chapel Hill with a Bachelor of Science of Dental Hygiene. She also holds a Certificate in the Commonwealth of Pennsylvania as a Public Health Dental Hygiene Practitioner, providing dental care for those who have limited access to dental care. She is a member of the American Dental Hygiene Association, Jack and Jill of America, Inc. Chester County Chapter, as well as a member of the Delta Sigma Theta Sorority, Incorporated, Valley Forge Alumnae Chapter.

After a recent move in 2019, Angela now resides in North Carolina with her husband, son, and Grand dog, Nezcako.