

eliminating racism
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2024 **IMPACT** REPORT



TRANSFORMING LIVES.

BUILDING STRONG FUTURES.

FROM THE LEADERSHIP TEAM

A Bright Future

As we reflect on our rich history and move toward the future, one thing remains constant: **we are dedicated to the YWCA Helena mission.**

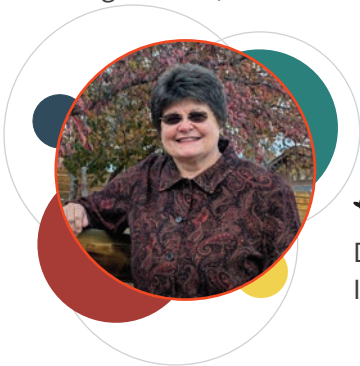
Your encouragement and gifts of time, funds and resources, allow us to continue delivering wrap-around programs to restore hope, foster independence and strengthen families. Along with a safe harbor, educational and therapeutic resources, and advocacy initiatives, **we are building a community where everyone can flourish.**

Each year brings new challenges to overcome and successes to celebrate at the YWCA Helena. Successes like Kaya’s journey in breaking a generational cycle of trauma on page 5, which is testament to the WINGS program and Kaya’s desire for change. Ethan and Lily’s story highlights additional success in our parenting center on page 7.

With your support we can continue to tip the scale of injustice and deliver **a safe space for lives to be transformed.**

This Impact Report recaps the work we’ve done together in building **a brighter future for all.**

With gratitude,



Denise

Denise C. King
Interim Executive Director

A Solid Foundation

As a community member, I am deeply grateful for your unwavering generosity and support of YWCA Helena. Your commitment to our mission has been instrumental in transforming lives and fostering resilience within our community. Together, **YWCA Helena provides stability and opportunities** for those we serve, ensuring that everyone is welcomed with dignity and hope, to access the resources that they need to thrive.

Responding to the needs in the community, YWCA Helena has critical programs in place to support women, children, and families as they face and overcome challenges. YWCA Helena has always been, and will continue to be, **a solid foundation for growth,** offering support to transform lives.

As we move forward, I invite you to continue this journey with us. United in our mission of empowerment, we will witness **positive changes in lives, families, and our community.** It’s always possible that you or someone you know may need YWCA support.

Please give generously to YWCA Helena so we are ready to support those in need.

With thanks and appreciation,



Becky

Becky Lawson
YWCA Helena Board Chair

BOARD OF DIRECTORS

Zoe Barnard
Abbie Cziok

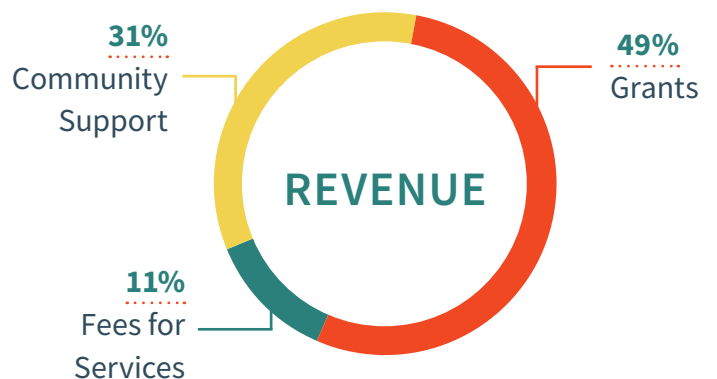
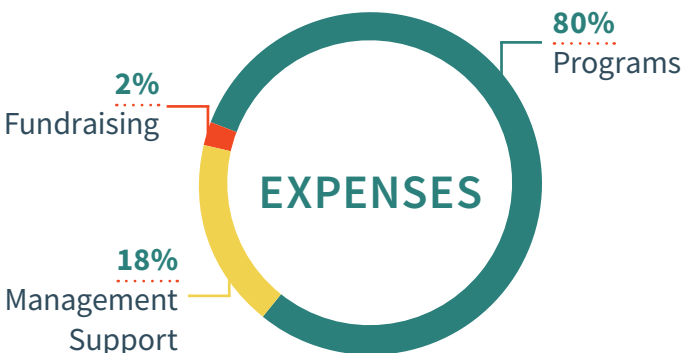
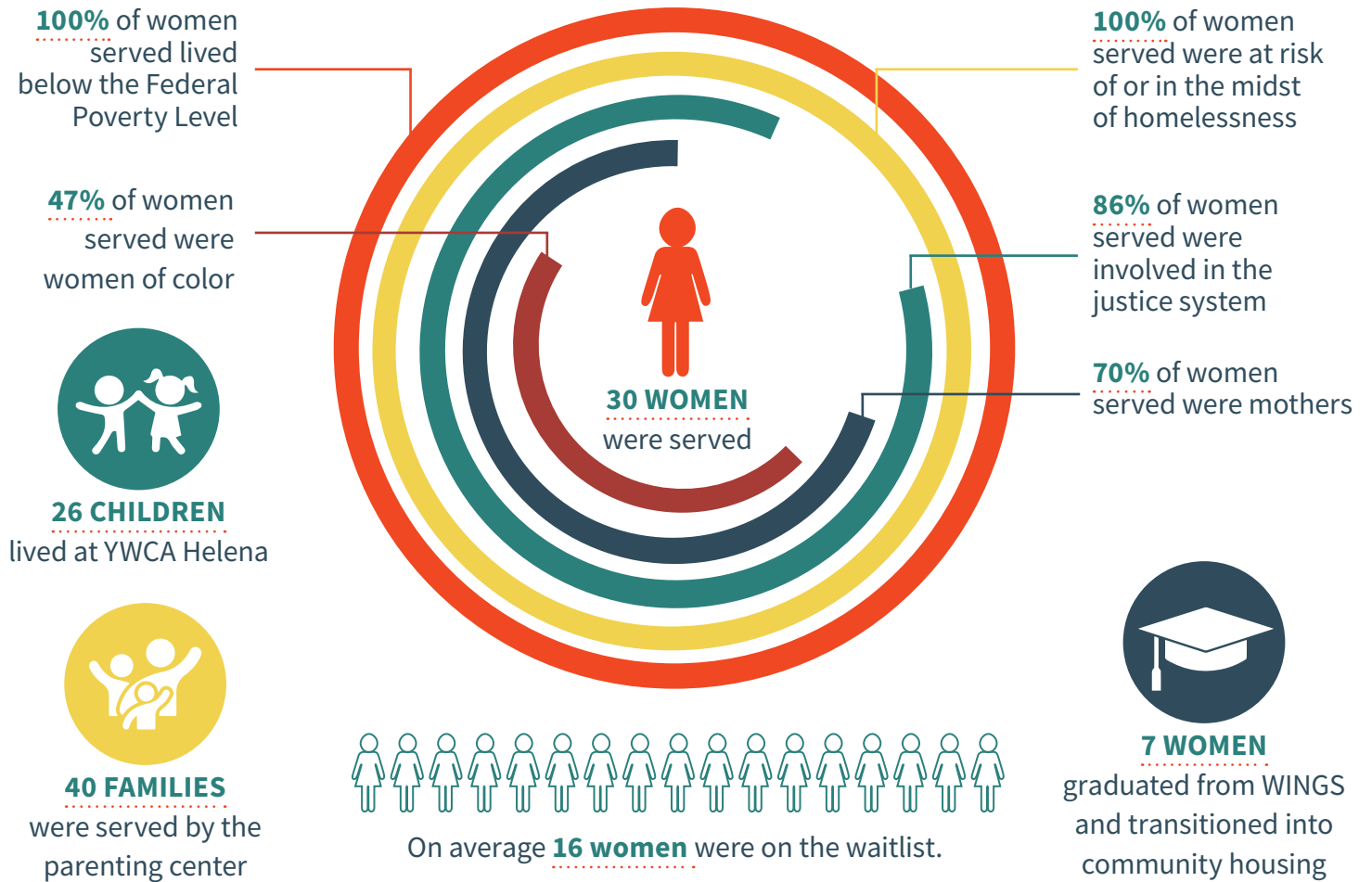
Becky Lawson
Abigail Brown

Melissa Schlichting
Arielle Cowser

2024 PROGRAMS, IMPACT & FINANCES

YWCA Helena ensures positive frameworks are established through two programs.

Women Initiating New Growth and Stability (WINGS) is a residential sober living program providing stability and safety for women and their children. **Caterpillars Parenting Center** focuses on giving tools to help moms and dads succeed in their role through parenting classes, supervised parenting, parent coaching, and safe exchange.



WOMEN INITIATING NEW GROWTH AND STABILITY

WINGS: Empowering Women in the Path to Recovery

WINGS is a state-endorsed substance use disorder recovery program and mental health center, offering **holistic wrap-around care for women** who experience homelessness, co-occurring mental health and substance use disorders, poverty, justice system involvement, and if women have children, involvement with Child Protective Services (CPS).

Our interdisciplinary treatment approach is **grounded in research and evidence-based practices**, focusing on the unique needs of women who have experienced significant trauma. We offer a range of services to support and house women, parents, and family units.

One of WINGS' greatest accomplishments in 2024 has been our steadfast commitment to supporting women and families by maintaining **consistent, high-quality services**. A key milestone has been our partnership with PureView, a Federally Qualified Health Center, which has helped us sustain and strengthen our services. Above all, we have demonstrated resilience and perseverance, overcoming challenges to **provide essential support to our community**.

Looking ahead to 2025, we will continue **empowering women to chart their own path** to recovery, resilience, and growth. We will work alongside community stakeholders to drive policy-level change that addresses the needs of unsheltered women and children. Additionally, we remain dedicated to **providing safe, stable housing**, ensuring that women and their families have the foundation necessary **to heal, rebuild, and thrive**.



“Through collaboration and adaptability, WINGS continues to grow and expand our impact, ensuring that women and families receive the resources and support to succeed in their lives and find a meaningful place in their communities.”

JESSE HEIDE, LCSW, IECMHC
WINGS Clinical Director



Kaya's Journey: From Struggle to Triumph

Kaya's journey began in a world marked by hardship. Growing up in a family plagued by poverty and violence, she turned to substance abuse as an escape. Her struggles led to the painful separation from her children, but **Kaya always longed for change.**

Her turning point came when she found YWCA Helena — a beacon of hope. The welcoming environment and compassionate staff made her feel safe, but committing to change was daunting. Stepping into the program, **she wondered if she could break free from the cycle that had defined her life.**

With the support of YWCA's resources, Kaya began to rebuild. She embraced the WINGS program, gaining

life skills, participating in counseling, and confronting her trauma. **In the safety of her new home, Kaya found hope.** Through YWCA's Caterpillars Parenting Center and family reunification programs, she began rebuilding her relationship with her children.

The past year has been transformative for Kaya. **She graduated from WINGS, marking her commitment to a brighter future.** Today, she is attending school, working toward her degree, and living with her children. Kaya's story is one of triumph — **she has repaired her family and become a powerful example of hope and recovery** for others.

CATERPILLARS PARENTING CENTER

Caterpillars: Supporting Parents and Rebuilding Families

YWCA Helena's Caterpillars Parenting Center is dedicated to **providing parents with the tools they need to succeed in their roles.** We also provide safe exchanges for parents who struggle with transitioning their child between caregivers. This is often, but not always, court-mandated. These exchanges are crucial for maintaining a child's sense of stability, security, and emotional comfort.

Our trained and compassionate staff supervise parenting sessions, monitor playdates and hold virtual interactions through phone and video calls. In classes and coaching sessions, we help parents navigate the challenges of raising children, **offering tools, techniques, and personalized solutions** to enhance parenting skills and foster positive relationships.

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Additionally, we offer **individual parent advocacy and liaison services**, guiding clients through the complex Child Protective Services process. This support improves self-advocacy skills and ensures clients have expert guidance throughout their journey.

With the support of many, all Parenting Center **services are offered free of charge to families** participating in WINGS and members of the local community.



“The Parenting Center provides a sanctuary for families that are navigating complex situations. We are an unbiased place to go where the focus is on supporting children to laugh, grow, and feel.”

DENISE C. KING

Interim Executive Director



Ethan and Lily's Journey: Healing Hearts and Restoring Trust

Two siblings, Ethan and Lily, faced challenges no child should endure. **Their family had been torn apart by conflict,** resulting in a painful separation from their parents, Sarah and Jake. Both parents longed to reunite with their children but struggled to rebuild trust and navigate their feelings.

YWCA Helena's **Parenting Center offers a safe space for healing and reconnection.** Through supervised visits, the family took cautious steps toward one another. What started as awkward, anxiety-filled moments gradually transformed into joyful, bonding experiences.

Family counseling played a crucial role, helping Sarah and Jake understand their important pieces in the family

dynamic. They learned **essential parenting skills,** such as effective communication and empathy, creating a supportive environment for Ethan and Lily. Meanwhile, the siblings received **emotional and therapeutic support,** allowing them to process their experiences and express their feelings safely.

As the weeks passed, the transformation was clear. Laughter replaced silence and trust began to grow. Ethan and Lily formed strong bonds with their parents, who became more attuned to their children's needs. As they completed the program, **the family's love was evident** — a testament to the power of healing. Together, they emerged stronger, ready to start a new chapter **filled with hope and possibility.**

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P.O. Box 518
Helena, MT 59624




Supporting YWCA Helena fosters independence and transforms lives.
Donate at ywcahelena.org/donate


YOUR GIFTS ARE CHANGING OUR LIVES.




"YWCA has genuinely changed my life. My son and I are happy, stable, and thriving."
– AJ, YWCA Resident



"I am very grateful for donors. I was at a point in my life when I had nothing. You've helped me tremendously."
– SC, YWCA Resident



"YWCA Helena is a safe and stable place that allows me to focus on my recovery and trauma. Thank you."
– AB, YWCA Resident



"I can't explain how much YWCA Helena has helped me get back on my feet. It truly has saved my life. The WINGS and Caterpillars programs and safe housing have been life-changing for my family."
– AS, YWCA Resident

You can put an end to homelessness in our community by partnering with us.
To learn more visit www.ywcahelena.org