A Message From YWCA San Antonio CEO - Francesca Rattray

Summer is here - we are halfway through 2021, and YWCA San Antonio has been in full force with no signs of slowing down. We have partnered with the National Institutes of Health's National Alliance for Hispanic Health to provide information about vaccines, help residents register for vaccinations, and prepare the community to return to normal.

YWCA is excited to welcome staff back to the office. YWCA will host summer camp for ages 5-12 and teen camp for youth ages 12-19 - spaces may be available. We continue to provide services to the San Antonio community with quality child care, teen and youth programs, health and wellness, financial literacy and racial justice and equity advocacy.

Finally, we are excited to announce our annual Women of Influence luncheon on September 30, where we will premier videos from our Bill & Melinda Gates Foundation-funded project, "Why Can't They Just?" which shares stories of women overcoming economic barriers. Sponsorships and tickets are available.

Wishing everyone a safe and fun summer.

Thank You Dr. Trevino

The YWCA of San Antonio would like to thank Sylvia B. Trevino.

Prior to COVID 19 we started a partnership with Sylvia B. Trevino PA-C. The YWCA Women’s Health Program navigated patients to Sylvia B. Trevino's office to get a low-cost clinical breast exam.

When the YWCA Women’s Health Program was closed down due to COVID-19, Sylvia B. Trevino PA-C continued to have her doors open for our women and staff.

The YWCA is so grateful for the continuing partnership which has helped us maintain our program for women.

Child Care

YWCA's Child Care is always busy serving children ages 0-5. Children socialize and engage throughout the day and enjoy being outdoors. With the Texas heat, teachers take the children out in the morning to
Are you looking or know someone that is looking to enroll their child(ren) in child care? Great News! Summer registration is still open. Contact our office at (210) 433-9922. Child Care Staff is ready to help your little ones navigate through their learning adventures.

**Senior Connection - Did You Know?**

Our Senior Connection Program provides fun filled activities that embrace the mental and physical health for adults over the age of 60. Fitness classes include line dance, chair aerobics, chair yoga, joint movement and numerous other techniques to enhance overall health.

YWCA has friendly Certified Instructors at seven City of San Antonio Senior Nutrition sites.

For more information on a City Senior Nutrition site near you, please call Dora Gomez at (210) 433-9922 or (210) 380-0516.

**Economic Empowerment Program - Highlighting Entrepreneurs**

YWCA’s Economic Empowerment Program provides financial literacy, tools and resources and proudly supports local entrepreneurs taking a leap to build their own businesses. In this newsletter, we highlight Alamo Design.

Lupita Nieto has been a YWCA Economic Empowerment client, volunteer and donor since 2018, and attended W.I.S.E., Women Investing in Self Employment, series. W.I.S.E is a small business training program offered by YWCA. Lupita was referred to other collaborative agencies such as UTSA SBDC, Launch SA, in order to support her business growth.

Lupita is an awardee of YWCA/Ureeka Scholarship, where she continues her business education and the opportunity to network at the national level. Her tireless interest on self-development and product enhancement translates into a great customer service.

Despite the pandemic Alamo Design was open and ready with new ideas, designs and products to
support small businesses.

We wish Alamo Design a great year and invite you to visit and support this great local business.

Health & Wellness Programs

Many community partnerships and staff flexibility have allowed us to expand health and wellness services during the pandemic.

Encoreplus - Breast cancer awareness and education program continues serving women over 40 with information and referral to free or low-cost mammograms and diagnostics in collaboration with Christus Santa Rosa Hospital. Because of safety restrictions and the vulnerability of our clients, the Breast Cancer Survivor Support group has been held via Zoom. Now, more than ever we try to maintain the communication and union of this important group. To schedule a mammogram or further information, contact Norma Cruz 210-433-9922

Thanks to Amerigroup we produced printed material related to COVID-19 Vaccine, and initiated awareness campaigns, followed by vaccine registrations for Metro Health, then on-site distributions with Ventanilla de Salud at the Mexican Consulate, in partnership with the National Alliance of Hispanic Health we continue the effort to educate and facilitate access to the vaccines to the most vulnerable.

Ventanilla de Salud has always been open, organizing and participating in Community Health Fairs (following all precautionary and safety protocols), intentionally serving the uninsured or underinsured population to navigate the local Health System.

Another important effort of our promotoras this year has been their outreach and recruitment for our partners at All of Us, a research program of The National Institutes of Health. Health care is more effective when people from all backgrounds are part of health research. All of Us is committed to recruiting a diverse participant pool that includes members of groups that have been left out of research in the past, learn more at https://allofus.nih.gov/

For further information, contact Martha Lopez at mlopez@ywcaso.org

Youth & Teen Programs

Free Training for Teachers, Counselors and Social Workers

YWCA’s Teen Dating Violence Program is offering free training to any middle and high school staff in Bexar County on teen dating violence prevention and intervention.

Join us to increase awareness in our schools and better support our students.

Info sessions and training cohorts will be held as follows:

Info Sessions:
July 1st at 4:30pm
Aug 5th at 4:30pm

Training Cohorts:
July 14 & 14th from 12:30pm - 4:30pm
Fall dates TBD

For further information, visit: www.bit.ly/SafeDatesinfo
*Complete the program training and receive a $150 stipend
Contact Kimberly Berry | Program Manager at kberry@ywcaso.org

Teen Program Welcomes UTSA Interns and Opens Summer Camp

The Teen Department is excited to announce that we have partnered with the University of Texas - San Antonio’s Graduate School of Social Work as a field site for interns. MSW students will provide between 225-450 hours a semester honing their skills with group facilitation, curriculum design and
This summer we will welcome 40 local teens to take part in an immersive 6-week summer camp focused on community building, self-esteem, healthy relationships, art, STEM, college readiness and social justice. Additionally, we will be launching our first ever Racial Justice Leadership training, where teens will learn advocacy skills and meet with our Mayor and other city officials to put their voices into action.

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**Racial Justice & Gender Equity Program**

YWCA’s mission is dedicated to eliminating racism and empowering women and promoting peace, justice, freedom and dignity for all. We stand by our mission and provide informative content and resources to our supporters.

- YWCA is excited to announce we now have a TikTok account! Follow us for justice and equity content! [https://vm.tiktok.com/ZMdUjfs4S/](https://vm.tiktok.com/ZMdUjfs4S/)

- 21-Day Challenge is right around the corner...sign up to participate
  - [https://www.ywcasa.org/what-were-doing/racial-justice-gender-equity/the-21-day-challenge/](https://www.ywcasa.org/what-were-doing/racial-justice-gender-equity/the-21-day-challenge/)

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**Women of Influence**

YWCA is excited to announce our Women of Influence Luncheon, which will be held on September 30th at the Oblate School of Theology. Join us to preview our Gates video project, titled *Why Can't They Just...?*, a series of moving videos that will share real life stories about some amazing women in our community.

For more information, sponsorship opportunities and individual tickets, please contact Michelle Serna at mserna@ywcasa.org
Save the Date
Women of Influence Luncheon
September 30, 2021
11:30am - 1:00pm
The Whitley Theological Center at Oblate School of Theology
285 Oblate Drive
San Antonio, TX 78216
For sponsorship opportunities or general questions, contact Michelle Serna at mserna@ywca-sa.org

Join YWCA San Antonio for an exclusive preview of "Why Can't They Just...?", a video series about women in our community, made possible by The Bill and Melinda Gates Foundation.

YWCA IS ON A MISSION