



OWN IT.

What is *Own It*?

The *OWN IT* campaign celebrates the YWCA's 150th anniversary and invites a new generation of young women to exercise their individual and collective power to make their communities and our world a better place. Motivated by brave women of the past who wouldn't take "no" for an answer, *OWN IT* invites YOU to join our efforts, work on important policy issues that affect all women — to "own your power." The important mission of working for gender and racial equality and justice for all — and shaping this important mission for the future — cannot be done without the active involvement of women just like you.

What does YWCA Central Alabama do in my community?

The YWCA Central Alabama's programs and services focus on three major areas: child care, domestic violence services, and affordable housing. The YWCA also sponsors a Women's Resource Center and a Chapel Gallery for Visual and Performing Arts in addition to programs and events that enhance the well being of women and children in Central Alabama. Last year, the YWCA Central Alabama made a positive difference in the lives of those suffering from domestic violence by providing more than 7,800 nights of shelter to 335 adults and children, legal advocacy services to more than 6,200 victims of abuse, victim group services to more than 430 women and children, and support through its crisis hotline to nearly 1,900 people. The YWCA Central Alabama provided child care to 140 children and provided academic programs and tutoring to more than 85 children. Additionally, the YWCA Central Alabama provided emergency, transitional or permanent housing to more than 360 adults and children last year.

What is the YWCA?

Founded in 1858, the YWCA is the nation's oldest and largest women's organization dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. Its nearly 300 local associations serve 2.5 million women and their families each year. Throughout its history, the YWCA has been in the forefront of every civil rights and women's rights movements. From the abolition of slavery to voting rights. From worker safety to reproductive rights. From pay equity to violence prevention. From HIV prevention to global health.



own it.

How can you be involved?

Our YWCA has many opportunities for volunteering and public service, both for groups of women and individuals. The best way to connect with YWCA Central Alabama is to contact Megann Cain at mcain@ywcabham.org.

And for community service and campus groups, it's easy to create public service and volunteer projects that benefit the women and children served by our local association. Our staff will work with you both to plan and promote your project.

Here are some specific things you can do:

- Become our friend on Facebook and invite your friends to do so as well: <http://www.facebook.com/pages/YWCA-Central-Alabama/227717770194?v=info>
- Organize a campus or community walk-a-thon or fun run to benefit YWCA service programs
- Arrange a charity fashion show fundraiser
- Start a clothing drive to benefit local women housed by the YWCA shelter
- Organize a fund drive to help fund YWCA's programs to help women and children
- Host or organize a shelter food drive to supply the YWCA shelter with food and supplies
- Volunteer with the YWCA's many service programs, particularly during busy holiday times
- Participate in discussion events at our YWCA (or at a partner/sponsor's venue)
- Host "house parties" to discuss key policy issues that affect women and children (particularly important around election times to query local, state or national candidates for office)

How can I find out more about Own It?

Go to www.ywcaownit.org
OR www.ywcabham.org.