

“ I’ve been given the tools to
restart my life... and create
myself in a whole new way.

—Lori



2016 Empowerment Report



*We educate and empower women who are overcoming domestic violence,
homelessness, and other major challenges, to reach their greatest potential.*

Leap to Success Programs

All programs are offered at no cost to women who are referred by more than 40 agencies throughout San Diego County.

Developing New Habits

This workshop teaches powerful tools to manage stress and create positive and self-nurturing habits. Offered at our community partner agencies to potential students and case managers, this interactive class recruits program participants and also educates community partners on the offerings and outcomes of Leap to Success' programs.

Leap to Confidence

Over seven weeks, Leap to Confidence helps women gain the confidence and skills they need to reclaim their lives, develop a positive outlook, manage stress, and present themselves professionally to potential employers—to help them become employed and self-sufficient. The program is offered in San Diego and North County.

Transformation Leadership

During a year-long journey, participants set and meet significant goals and become leaders in their lives. Using public speaking skills, they raise awareness about prevention and recovery from domestic violence, homelessness and other challenges that they have overcome.

MiraCosta College Pilot Program



Meet Stella, Leap to Confidence Graduate



I have come back three times as a class assistant. Each time I glean something new. I have learned to forgive myself, and to forgive others. I have learned that I

now have a voice, a loud voice, that I can use to help the woman who doesn't have one, yet.

I once thought my life was over, but it is only just beginning. Thank you for helping make this program possible for women like me. —Stella

Referrals Only

Women emerging from trauma and crisis need multiple services to aid their healing and recovery. That is why we only accept women who are referred by case managers, therapists, or counselors to attend our programs. To ensure their best chances for success, they have to have their fundamental needs taken care of first.

In the Fall of 2016, we kicked off a new Leap to Confidence class at MiraCosta Community College. In partnership with the CalWorks (Welfare to Work) program, this exciting expansion helped us reach a younger demographic than we normally see in our other locations. We are looking forward to expanding our programs at MiraCosta and other community colleges in the future.

The Ripple Effect of Empowerment

Program graduates have made incredible leaps and empower others by teaching what they have learned. Three special women—Mariel Cota, LaKesha Sexton, and Ruth Ransom—are now contracted as program instructors, sharing their own transformational journeys in our classrooms.



I truly believe that the same way Leap to Success helped me, it can help thousands of women out there to restart their lives from scratch.

—Mariel Cota

Your past is not what defines you, but it's how much you are willing to go forward in your life—to not only better yourself, but to better your family, to better your community, to be that person that you know you can be.

—LaKesha Sexton



What I got most out of this program was to give back-- go back and help another woman, and help another family, go back because I was given so much, and I'm just so grateful.

—Ruth Ransom

Community Partner Agencies That Refer Clients

101 Mobility

Brother Benno's

Casa de Amparo's New Directions

Center for Community Solutions

Christie's Place

City of Oceanside Housing

Coastal Career Center Oceanside

County of San Diego Housing Authority

Crisis House

eStudy Site

Family Justice Center

Father Joe's Village

Goodwill Industries

Interfaith Community Services

Jewish Family Service

Kaiser Permanente

Mental Health Systems (MHS)

MHS- Harmony West

MHS- Mariposa Clubhouse

MHS- Step Forward

MiraCosta Community College

North City Presbyterian Church

North County Career Center

North County Health Services

North County Lifeline

North County Serenity House

Operation Hope - Vista

Peace Oasis Empowerment

Rady Children's Hospital

ResCare Workforce Services

San Diego Housing Commission

San Ysidro Health Center

So. California Tribal Chairmen's Assoc.

South Bay Community Services

Stepping Stone of San Diego

Townpeople

Veterans Affairs Hospital

Veterans Village

Vista Community Clinic

Volunteers of America Southwest

- Rapid Rehousing Program

West Coast Recovery Center

Women's Resource Center

YWCA of SD County

2016 Highlights

Wrap Yourself in Confidence

In May, Marijane Relth and Jane Blackwell of fashion company Cabi, as well as a team of stylists, came to the Leap to Confidence class to share their wealth of knowledge about personal styling with the women, as well as an extraordinary gift. Each student was able to leave the session that day with up to 10 pieces of new clothing, completely free of cost, thanks to the Heart of Cabi Foundation.

While the day was full of lighthearted excitement and joy, the event meant so much more for our women than just a fun day of shopping. Many hadn't shopped for themselves in years, so these new pieces of clothing represented the next empowering step forward in their personal and professional lives.



Emmy enjoyed her Cabi shopping spree

I Leap Award

In October, we launched the "I Leap Award". This award recognizes inspiring, bold women who have broken through barriers and overcome adversity. Each winner was awarded an "I Leap Award" pin and sat down for a filmed interview to talk about her own path to success and give advice for women making their own leaps.



Dr. Sunita Cooke receives the I Leap Award

The following women were honored:

- Dr. Sunita Cooke, MiraCosta College
- Laura Eubanks, Design For Serenity
- Ashley Hayek, Golden State Consultants
- Kristen Paruginog, Break the Silence Against Domestic Violence
- Jacqueline Reynoso, National City Chamber of Commerce
- Beth Thorp, Mitchell Thorp Foundation

Learning From Employers

Local employers share their expertise in every Leap to Confidence classroom. Hiring managers give our students the opportunity to hear about employment needs and how to be a candidate who gets hired. We strive for a diverse representation of both public and private sector organizations on every panel.



We've been thrilled to welcome the Cities of Oceanside, Escondido, San Marcos & San Diego. Private sector companies include Federal Heath Sign Company, Nordson/Asymtek, Pacific Marine Credit Union, PrideStaff, NV5, Qualcomm and ResMed. MiraCosta College & Vista Adult School representatives share information about available programs and classes to update knowledge and skills to be employable in new fields. (Photo: Lisa Clark, Resmed; Carmen Kasner, NV5; Sharon Dillon, Pridestaff)

Celebrating 1,000 Courageous Women

2016 was filled with many highlights, but one of the most remarkable was reaching the milestone of empowering 1,000 women through our programs. This major accomplishment was made possible by the generosity of our donors. Without their support, the lives of these 1,000 women would look dramatically different today.

On October 9th, friends of Leap to Success came together to celebrate and enjoyed appetizers, drank refreshing beer courtesy of Stone Brewing Company, and listened to stories of some of our graduates in the beautiful home of board member Isabel Dansky.

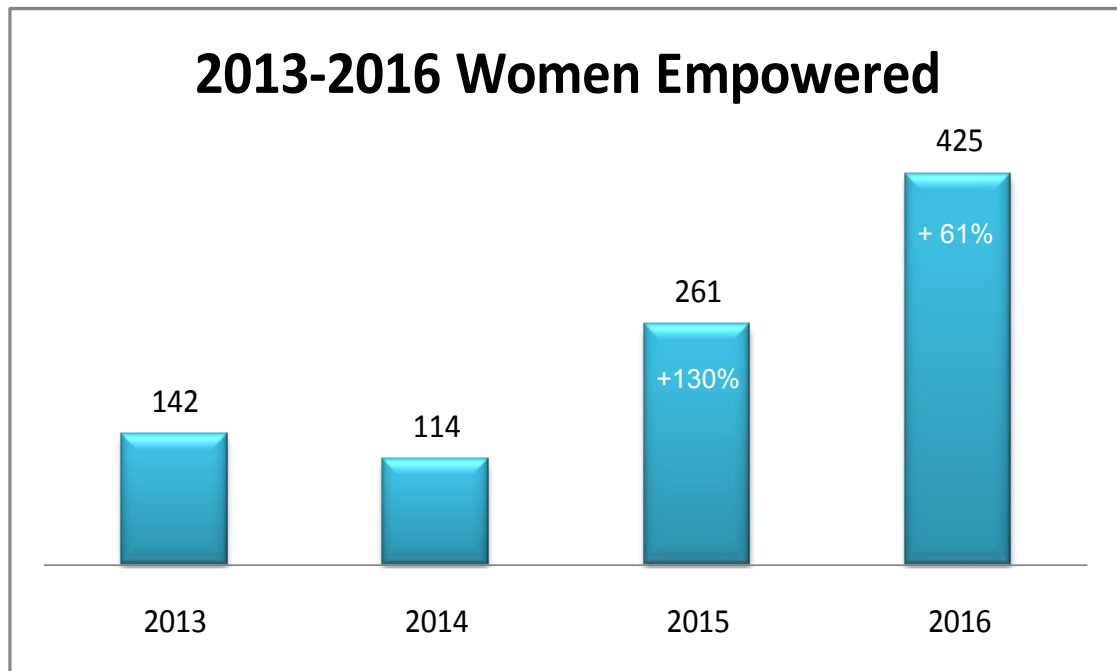
The evening was topped off with Chris Cochran of Stone Brewing presenting a \$13,000 check to Leap to Success, raised through the profits of their brewery tours.



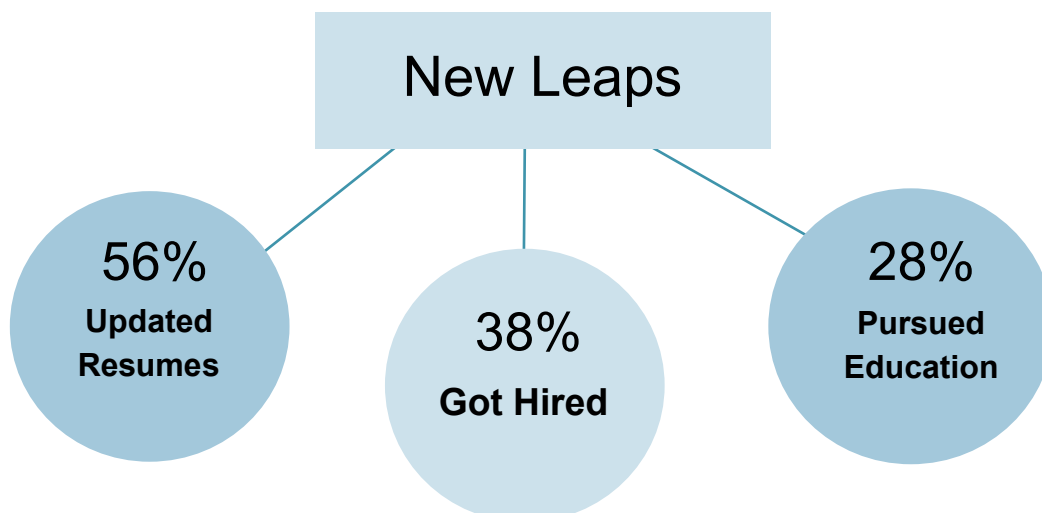
Mariel Cota, Dana Bristol-Smith, and Ruth Ransom
with Chris Cochran of Stone Brewing

Impact by the Numbers

2016 was a big year for us—we reached 425 women, growing our impact by over 60% from last year. We served 196 women in our full **Leap to Confidence** program and 229 women with a class called **Developing New Habits** delivered at more than 15 community partner agencies.



Outcomes 60 Days After Leap to Confidence



2016 Financial Report

Profit & Loss

Income

Corporate	\$19,115
Individual	54,786
Grants Restricted	65,710
Grants Unrestricted	83,000
Sales	<u>30</u>
Total	\$222,641

Expenses

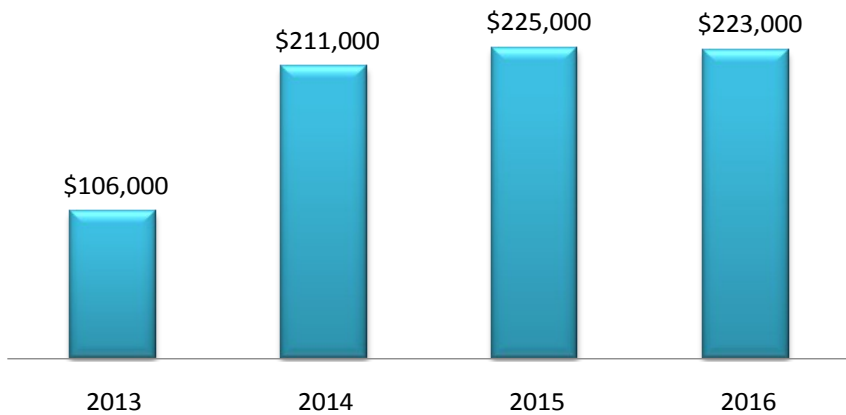
Program Services	\$165,314
Management & General	42,717
Fundraising	<u>17,010</u>
Total	\$225,041

Balance Sheet

12/31/16

Total Assets	\$153,903
Total Liabilities	2801
Opening Bal Equity	150
Retained Earnings	153,529
Net Income	(2,577)
Total Equity	<u>151,103</u>
Total Liabilities & Equity	\$153,903

Revenue 2013 - 2016



Leap to Success was started in 2008 as a volunteer project and became an independent 501 (c) (3) public charity in June, 2013.

*She Believed
She Could
and
So She Did*

I never would have gone back to high school at 46 to get my diploma. Now, I'm moving forward.

—Sheri



Our Generous Supporters

\$50,000 or more

Melvin Garb Foundation
Issa Family Foundation

\$20,000

Bob & Marion Wilson

\$10,000 or more

Stone Brewing Company
United Methodist Church of Vista
Women Give San Diego/
Women's Foundation of California

\$5,000 or more

Datron Foundation
Wells Fargo Foundation
Winkler Family Fund

\$2,000 or more

Karen Bond
Lauraine & Richard Esparza
Rita & Dale Geldert
Joe & Debby McCloskey
Rincon Band of Luiseno Mission Indians
Soroptimist Int'l of Oceanside-Carlsbad
Soroptimist Int'l of Vista
Wine Women & Wealth Expo

\$1,000 or more

Filomena Antunes
Wendy & David Hope
Karen & Nolan Nelson
Mission Beach Women's Club Foundation
Movement Foundation
Brenda Piazza
Vienna Salazar
Soroptimist Int'l North San Diego

\$500 or more

Dana Bristol-Smith & Greg Klamt
Michele & Mike Cooney
Margot & Dennis Doucette
Federal Heath Sign Company
Tonda Hall
Marti Hess
Kerri Kato Halsey
Rick & Joyce Ross Fidelity Charitable

\$200 or more

Diana Calta
Chico's
Michael Conley & Susan Steele
-Charitable Fund
Isabel & Peter Dansky
David and Charlene Dennis Trust
Bob & Peg Eddy
Kathe A. Gogolewski
Kelley Grimes & Tony Serebriany
Ashley Hayek
Ruby L. Kadota
Carmen Kasner
Elizabeth Lemesevski
Oceanside Civitan Club
Colleen O'Hara
Law Office of Frann Setzer
Pamela Stahl
Stephen Temko

Board of Directors

Lauraine Esparza, Chair
Marti Hess, Treasurer
Wendy Hope, Secretary
Isabel Dansky, MFT, MHA
Tonda Hall
TC Wilson

Staff & Instruction Team

Dana Bristol-Smith,
Founder & Executive Director
Michele Cooney, Program Director
Kelley Grimes, MSW, Community
Engagement Director
Kyra Heenan, Administrative Assistant
Mariel Cota, Instructor
Ruth Ransom, Instructor
LaKesha Sexton, Instructor

“
*Little by little each day,
I am learning to love myself,
to stand up for myself in a
positive way, where as before
I couldn't.*
—Jia

