



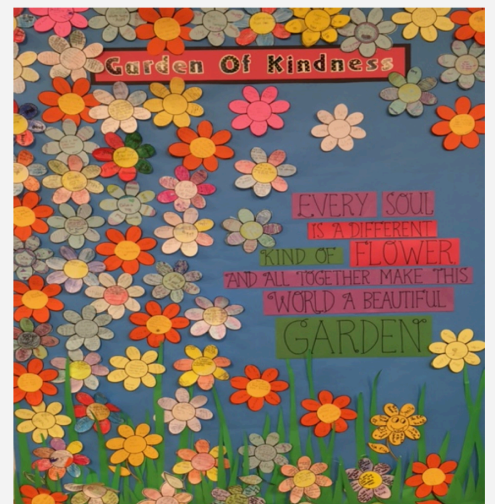
# YMCA Project Cornerstone 2022-23 Impact Report

Founded in 1999, Project Cornerstone is a non-profit organization and community initiative of the YMCA of Silicon Valley. Our mission is to support the mental health and well-being of all youth by fostering their development of healthy social and emotional skills and educating adults on how to cultivate caring and supportive relationships with youth.

Our engagement with hundreds of community partners, including schools and youth-serving organizations, creates caring families, schools, community climates and a world where all youth feel valued, respected, and known.

## 2022-23 By the Numbers ...

- **4,497** caring adults delivered our school-based programs (Asset Building Champions, Los Dichos, Middle School Social and Emotional Learning Curriculum, and PreK-Transitional Kindergarten) to **56,588** youth!
- **340** 4th-8th grade students participated in our Expect Respect Leadership Workshops and have put together action plans to create more inclusive and safe environments at their schools.
- As members of our Student Leadership Council, **18** high schoolers from different schools gained leadership skills and lent their voices to help us understand how we can better support and serve youth.
- Nine *Take It Personally* six-week workshop series and 37 single-session workshops were delivered to **680** adults.
- Asset Champions Awards event held in person for the first time since 2019. Over **450** people came together to celebrate outstanding schools, individuals, and businesses who are creating caring school environments and serving as



**STUDENTS** who participated in our programs share what they learned from our lessons:

- "The lessons have taught me how to accept people for who they are, what they are like, and where they are from."
- "When I thought I couldn't do something, I used positive self talk to feel better."
- "I learned that you don't have to be perfect at everything. You can just be OK at it!"
- "I learned how to identify toxic versus healthy relationships and applied it to my own life."
- "It made me happy and proud of my culture."



**WORKSHOP ATTENDEES** shared what they learned:

- "Debemos dejar que nuestros hijos se expresen y apoyarlos en su intento de ubicarse en este mundo, respetando su espacio y guiándolos." ("We must let our children express themselves and support them in their attempt to find their place in this world, respecting their space and guiding them.")
- "Remember to be present and not be a manager. Start letting them start taking risks and letting them try things on their own. Keep an open dialogue. And I need to put my phone down more and be more present!"
- "Be an empathetic and active listener."
- "There is a community that I can reach out to who is dealing with these same challenges on a daily basis."
- "See my children for who they are and value, respect, and love them."



**VOLUNTEERS** told us how volunteering with Project Cornerstone has impacted their lives:

- "I have come to realize how important it is to be a kind and warm adult in the kids' lives."
- "It has been one of the most significant volunteer experiences of my life and I am so grateful for what it has taught me."
- "Me ha proporcionado herramientas para tener buena comunicación, interacción con mi hijo, niños y jóvenes de la comunidad y la misma escuela para la cual soy voluntaria." ("It has provided me with tools to have good communication, interaction with my son, children and young people from the community and the school for which I volunteer.")

**Thank You to Our 2022-23 Funders:**

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