



2023-24 IMPACT REPORT

YMCA PROJECT CORNERSTONE



25 years of YMCA Project Cornerstone – a community movement dedicated to creating caring families, schools, and communities!

Founded in 1999 by the Youth Alliance, today 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, and community climates where all youth feel valued, respected, and known.

2023-24 By the Numbers

- **62,147 youth** experienced positive social, emotional, and academic development across **176 partner schools** thanks to the efforts of **4,173 dedicated adults** who delivered our school-based programs, including Asset Building Champions, Los Dichos, Middle School Social and Emotional Learning Curriculum, and PreK-Transitional Kindergarten.
- **622 4th-8th graders** learned how to identify bullying behavior and effectively become UPstanders by participating in the Expect Respect program.
- **22 high school students** actively contributed their perspectives and ideas as members of our Student Leadership Council.
- **1,078 parents and caring adults** learned effective strategies to support children and families, contributing to the development of strong communities.
- **802 school staff members** acquired skills to integrate asset-building into their instructional strategies and foster positive connections with students.
- **Over 2,000 youth** at more than 20 YMCA after school programs are engaged in asset-building activities through our Asset of the Month toolkit.
- At the **Asset Champions Awards Breakfast**, **617 people** celebrated outstanding local schools, individuals, and businesses that are creating caring environments and serving as positive youth and adult role models.



62,147
youth reached
through our school-
based programs



4,173
dedicated adults
delivered our school-
based programs



176
partner schools





Strengthening Families through Parent/Caring Adult Education

- "I now have an understanding of adolescent behaviors. A lot of 'whys' have been answered."
- "I gained new information on how to express care, be an intentional listener, pay attention, be respectful, and validate my child's emotions."
- "I see how important it is that kids receive support from three or more non-parent adults."

Engaging School Staff as Asset Builders

- "This training was needed. I left feeling eager to learn and to do my part!"
- "I walked away feeling challenged, motivated, introspective, and more knowledgeable."
- "I gained tools to take to my school and to look at things from the students' perspective."

Fostering Healthy Social and Emotional Skills and Behaviors in Youth

- "I have learned from Project Cornerstone ABC that if you are an UPstander, you can help change the world little by little."
- "I found the MS SEL program to be incredibly helpful. I learned how to manage my emotions, identify my values, and cope with stress."
- "Yo aprendí a ser mejor persona ya que los dichos que me dijeron me tocaron el corazón y me hace ser mejor persona." (I learned to be a better person because the sayings touched my heart and made me a better person.)
- "I learned to recognize and identify bias."
- "I use empathy and look from others' perspectives."
- "When I was doing something new I would remember the Los Dichos sayings like 'don't give up' or 'Sí, se puede' (Yes, you can!) which really helped me."

Creating Impactful Opportunities for Volunteers

- "Being a volunteer has transformed me into a better individual and parent."
- "I feel that I have enriched kids' lives, but also my own. I grew in my leadership and facilitation skills and became more comfortable guiding conversation. I also left after each lesson feeling inspired for my contribution."

Actual quotes from surveys and questionnaires conducted among students, volunteers, parents/caring adults, and school staff who have participated in our programs and surveys.

"I learned to be an empathetic and **active listener**."

- ABC Student

"It made me happy and **proud of my culture**."

- Los Dichos Student

"Volunteering taught me to be a **kind and warm adult** in the kids' lives."

- Volunteer

Thank You 2023-24 Funders

County of Santa Clara School Linked Services
Kaiser Permanente
Los Altos Mountain View Community Foundation

Peter Likhachev Foundation
Sequoia Healthcare District
Sutter Health / Palo Alto Medical Foundation

Learn more at
www.projectcornerstone.org