



Heart & Hand
Center for Youth and Their Families

2022 Annual Report



heartandhandcenter.org

dear heart AND hand community,

The Heart & Hand Center envisions a world with no opportunity gap by creating a nurturing community. We engage deeply with our young people from 2nd grade through two years past high school graduation, building meaningful, trusting relationships. The Heart & Hand team empowers our youth to realize their potential through a whole-child model approach through quality programs in academic enrichment, health & wellness, social-emotional skills, and creative expression. Heart & Hand provides opportunities and experiences for our young people that they may not otherwise have.

In 2022 Heart & Hand Center served over 200 students through our 4 after-school programs, Heart & Hand summer camp, the Career and College Readiness and Family Development programs.

Heart & Hand serves some of the most under-resourced students in Denver. 96% of our students qualify for free and reduced lunch, 97% of our families receive SNAP benefits, and 59% earn a combined household income of less than \$25,000.

Despite the many obstacles our students face, 100% of our Career and College Readiness students graduated this year compared to 74% of their peers who attend Denver Public Schools. This is a testament to the hard work of our students and the impact of our programs.

As we continue to adjust to the impacts of Covid-19, we continue to see an increase in the number of youth needing access to a caring adult to support their overall development. 100% of our students say that Heart & Hand helps them feel better about who they are, 96% of students say Heart & Hand helps them better understand their feelings and 100% say Heart & Hand helps them better understand that doing well in school is important.

As we continue to navigate our "new normal," we are excited to continue our work to meet the needs of our students and families and continue our critical work to close the opportunity gap.

We are incredibly grateful for our team of dedicated staff, interns, and volunteers who see the potential in our young people and push them to believe in themselves and see their brilliance.

Thank you for being a part of this critical work; we couldn't do it without you.

With Gratitude,



Nikki Cady
Founder



Timiya Jackson
Executive Director



Paul Ford
Board Chair

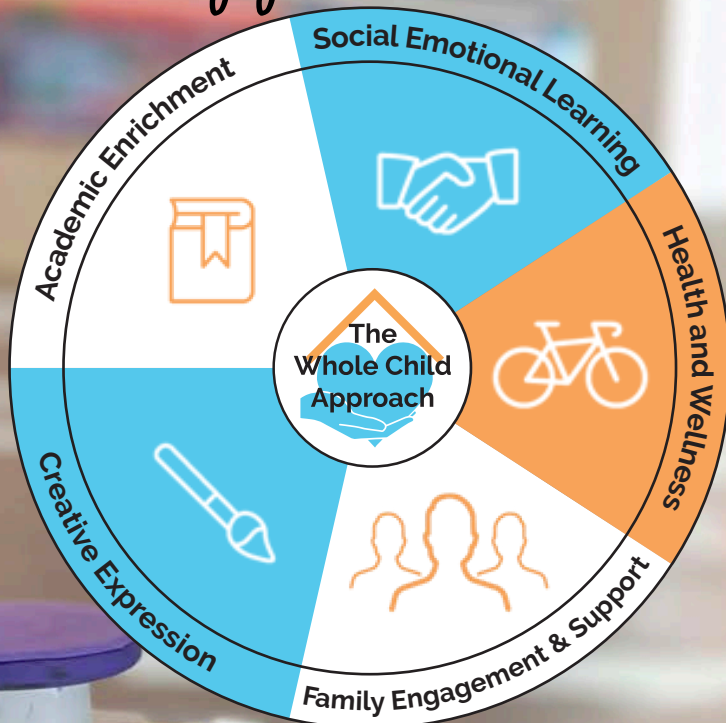
MISSION:

By creating a nurturing community, Heart & Hand empowers all young people to realize their potential.

VISION:

A world with no opportunity gap.

the whole child approach



Student Spotlight: **Kareem**

Kareem is a 7th grade student whose engagement varies in both school and Heart & Hand. It wasn't until Break Dance Class that Kareem's leadership, vulnerability, and confidence really shined. Assisting the workshop provider on the first day, Kareem encouraged his classmates to participate while demonstrating dance moves alongside the workshop provider. Kareem's excitement for break dancing and willingness to be vulnerable in this workshop helped encourage other middle school students to step out of their comfort zones and participate as well.

92%

of our students feel there are other students at Heart & Hand who care about them.

95%

of our students say that Heart & Hand has helped them prepare for college or a career pathway.

100%

of our students believe that Heart & Hand helps them know more about how to make healthy choices (food, exercise, relationships, safety).

100%

of our students feel Heart & Hand helps them feel better about who they are.





respect

We value others

For who they are.

For what they bring.

For how they show up.

We are unconditional
in our commitment.

Who We Are

Heart & Hand offers afterschool and summer programming to youth in second grade through eighth grade, as well as individualized coaching for students beginning in ninth grade through two years post-high school graduation. Heart & Hand celebrates the unique beauty and talent of each young person in our programs through a whole child approach designed to empower youth to succeed academically, promote physical and emotional wellness, and expose students to new passion areas. We also provide resources and ongoing support for families enrolled in our programs.

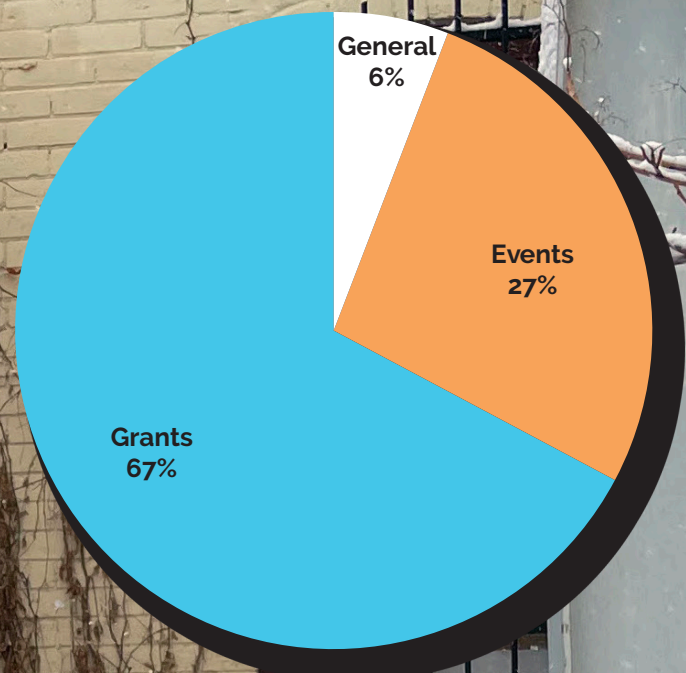
Community Impact

This year, the Center on 28th and Welton, where Heart & Hand programming first began in 2010, has grown to include access to baby supplies, a free Community Closet, and our very own Community Fridge, which is open and accessible 24-hours of the day, seven days a week. Since February of 2022, we have seen at least 225 visitors to the Community Fridge per week which is possible thanks to our dedicated community volunteers who help refill the Fridge, restock the Closet, care for the space, and visit with neighbors and Heart & Hand families and students who drop into the Center with varying needs. We are thankful for our partnerships with the Zion Senior Center, Denver Community Fridges, WeeCycle, Denver Public Libraries, and the Wellness Winnie, which have all made it possible to increase accessibility to resources such as food, diapers, baby supplies, housing resources, literature, and clothing.

Together, as a community, we are working to close opportunity gaps in neighborhoods where our programs and students live.

Fiscal Year 2022 Financials

(September 2021 – August 2022)



INCOME: \$1,506,819
EXPENSES: \$1,401,977
NET INCOME: \$104,841

community

We build meaningful relationships
With our community.
With our youth and families.
With one another.
We create a space of belonging.



family

We have fun. We laugh.

We support one another through challenges.

We provide an enduring foundation of love and trust.

Whatever life brings, we are in this together.



Student Spotlight: **Ruby**

Ruby is a creative 4th grade student at the Heart & Hand Center whose creativity has been able to shine in our workshop with Lighthouse Writers. Eagerly participating every week, Ruby has been empowered to use more of her voice through her engagement in the improv and storytelling activities. One of Ruby's favorite workshop games is the two-word story, where everyone goes around a circle and says two words to create one silly story. Finding workshops that tap into our students' interests and passions has helped students like Ruby build community and make long-lasting memories with their peers.



opportunity

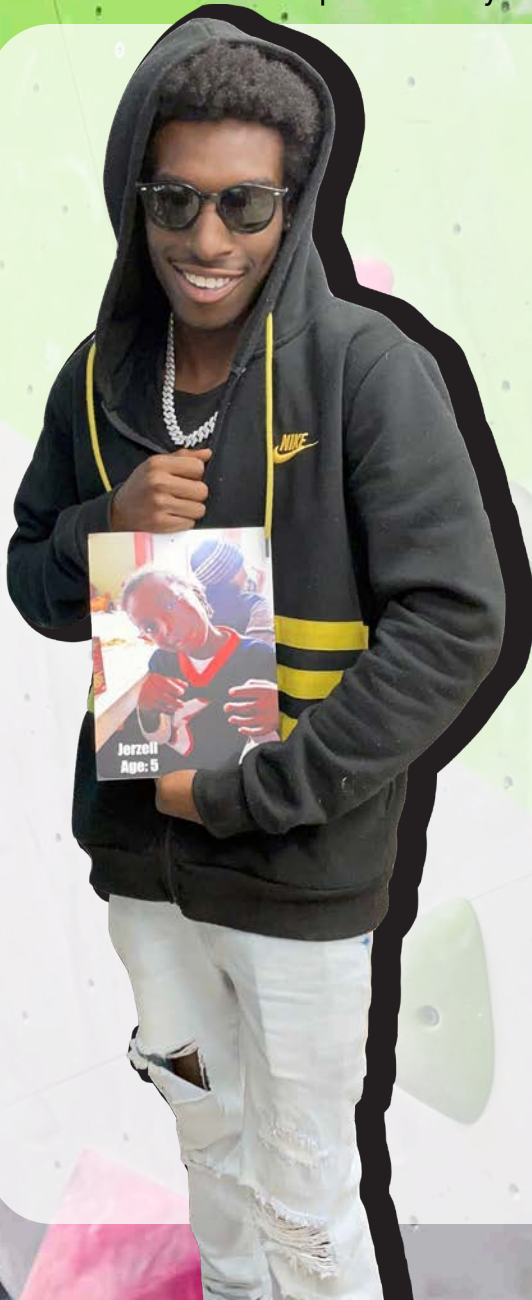
We are dedicated.

To equity and accessibility.

To recognizing and realizing potential.

To new experiences and growth.

We believe in the possibility of dreams.



Career & College Readiness Spotlight: **Jerzell**

Jerzell has been a part of Heart & Hand since he was 5 years old. He has participated in Elementary and Summer Camp Programs, and this summer was his first time working as a Junior Program Leader (JPL) through the Denver Youth Employment Program. Jerzell was a JPL at Bruce Randolph, our middle school program site. Over the course of the summer, Jerzell worked hard and overcame challenges to grow as a student leader. Jerzell had regular 1-on-1 meetings with his program coach where he was able to be vulnerable and honest about his feelings and experiences, and received coaching that helped him learn how to approach different work challenges.

By the end of the summer, Jerzell had built meaningful relationships with the students he worked with, and he learned that he enjoys working with kids and is looking forward to applying to be a Junior Program Leader again for the upcoming school year.

Heart & Hand Center

I Heart Camp



I Heart Camp Presented by Capstone

I Heart Camp is an evening of live music, food and drinks, and summer camp activities that brings the local community together to raise funds for Heart & Hand's summer programs.

This year we raised \$106,000 for Heart & Hand's summer programs. With your support, we were able to provide free, full day, fun and engaging summer programming for rising 2nd - 8th grade students, summer job opportunities to young adults in our Career & College Readiness Program, and weekly food and resource distributions to families and community members at our Center and summer camp locations. Throughout the summer our elementary and middle school students explored their creative sides through cyanotypes and resistance painting with a guest artist, and also discovered some hidden musical talents through bucket drumming, beat making, and music learning. Furthermore, the students had the chance to explore a physical art form by learning from professional Mixed Martial Arts instructors, where they're finding out what it means to be an MMA fighter!

The focus for our Career & College Readiness students during the summer of 2022 was Fostering Friendships, which was strengthened during the overnight rafting trip with HighSide Construction. This trip gave students the opportunity to overcome challenges together and build relationships with one another, as well as with partners in the community. Together, students rafted a total of 25 miles on the Colorado River and camped in the Ruby-Horsethief Canyon!



connection

We build meaningful relationships
With our community.

With our youth and families.

With one another.

We create a space of belonging.

Night in Lights

Every November, Heart & Hand throws the party of the year - our Night in Lights gala.

The 2022 gala was held at the Seawell Ballroom at the Denver Center for Performing Arts.

This event brings together Denver's community-minded business leaders for a night of philanthropy and fun.

With the help of our Board of Directors, sponsors, and community partners, we raised \$272,000 to support Denver's youth!



Student Speaker Spotlight: **Baz Stevens**

Baz Stevens joined Heart & Hand in 2015 and has been one of the most engaged students throughout the past eight years, participating in each of our programs as a student, volunteer, and junior staff member. Baz has the highest attendance record at events and workshops, and he adds creativity, empathy, and community in every space he is in. Over the years, Baz has continued to meet any challenges that have come his way grounded in his values and with determination, including being our 2022 Night in Lights Student Speaker. Sharing his journey on stage to a room full of supporters, Baz inspired and motivated the crowd resulting in a standing ovation.

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♥ Sherry Cady ♥ Henry Ford ♥ Marty Kaczynski ♥ John Villapiano ♥

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**"Each person holds so much power within themselves that needs to be let out. Sometimes, they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen."
– Pete Carroll**



Heart & Hand
Center for Youth and Their Families

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