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HEEL YOURSELF  
MAKE EACH STEP PURPOSEFUL

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ANNUAL REPORT

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# ALL ABOUT HEEL YOURSELF

## WHO WE ARE

Heel Yourself is a 501(c)(3) nonprofit organization that was incorporated November 25, 2019. We provide services like small groups, therapy, career navigation, and mentorship to women. We are an organization who cares about the wholeness of each woman. Our desire is to care for every woman's spiritual, mental, and emotional health.

The name Heel Yourself is inspired by, Isaiah 30:21, "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

We believe that no matter the season of life someone finds them self in, good or bad, God desires to make each step purposeful.

## MISSION

Heel Yourself exist to expose, empower, and encourage woman to be transformed leaders in Christ.

## VISION

Our vision is to create spaces for women worldwide to feel safe by raising them up to be all God has called them to despite their past.



# MILESTONES

Heel Yourself was birthed March 18, 2019 from the after school program at Boys & Girls Club San Francisco Don Fisher Clubhouse.



**BOYS & GIRLS CLUBS  
OF SAN FRANCISCO**

# 6

## **YOUNG WOMEN AGES 16-18**

went through pilot season one at Boys & Girls Club San Francisco Don Fisher Clubhouse and focused on our small group program .

Within 7- weeks of our leadership curriculum based small group topics from faith to abuse were discussed. The girls concluded the season by receiving \$100 worth of shoes from Finish Line symbolizing the new season of life they were embarking on.



**FINISH LINE™**

## **YOUNG WOMAN AGE 16**

# 1

went through pilot season two and focused on our mentorship program via San Fransico's Sozo church small group season.

During the the 13-week mentorship program we focused on self-esteem. By the end of the program she went on to excel in her high school's cheerleading program.



# MILESTONES

Heel Yourself is passionate about creating spaces for women to be ignited into all God has called them to be.

# 84

## **WOMEN OF ALL AGES AND BACKGROUNDS**

gathered virtually through Zoom to worship, pray, and listen to a word given by Jasmine Ohen. There were women present from Texas to California eager to welcome the presence of God into their atmosphere.



## **IN ALL**

1 woman gave their life to Jesus from coming to the Heeling Room.

# 2

# OUR FUTURE 2020-2021

**PARTNER WITH**

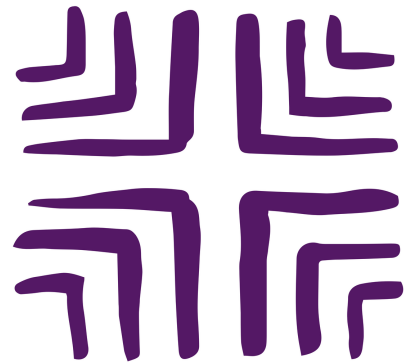
**1**

Juvenile Justice System in Atlanta, Georgia. Heel Yourself will bring our services into the detention center after servicing 1,000 women.

## **OUR HEART**

is to give each women's pain,  
**PURPOSE.**

We want every women to feel confident walking into her new season of life. To feel exposed, empowered, and encouraged to be all God has called them to be while making each step purposeful.



**HEEL YOURSELF**  
MAKE EACH STEP PURPOSEFUL