Mission
The YWCA Central Massachusetts is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

Programs
- Children’s Services
- Domestic Violence Services
- Economic Advancement
- Health Promotion Services
- Racial Justice
- Residential Services
- Women & Girls Leadership Development
- Youth Development

Transitional Housing Program
The Transitional Housing Program gives women in need of short-term housing access to a safe, affordable place to live at the YWCA Central Massachusetts. This program allows women who may face obstacles such as rising rent, addiction, abusive relationships, and other unexpected setbacks to avoid homelessness, and get back on their feet. During their stay, the YWCA helps prepare these women to live in stable housing in the community after they leave the YWCA.

Children’s Services
The YWCA Central Massachusetts has been providing quality, affordable childcare since the 1970’s. It is recognized as a leading provider of early education, and has been accredited by the National Association for the Education of Young Children (NAEYC) since it was first established. The YWCA serves children from one month to six years of age at two locations: Worcester and Westborough. Additionally, there are two Learning 4 Fun school-age programs located at the Roosevelt School and the Wawecus School.

Population Health Clerkship 2014
UMass medical students in their second year complete a 2 week Population Health Clerkship in the community. This year, one of the sites for this clerkship is the YWCA of Central Massachusetts. As many of the employees at the YWCA are in the human services and education professions, employee burnout was brought to our attention as a relevant problem worth investigating during the PHC. The purpose of this study is to assess the burnout risk of YWCA employees in human services, education, and health & fitness roles. Planning and research for this study took place this summer during my Community Assistantship, and the study will be executed in late October with the help of other UMass medical students.

Domestic Violence Services
Two major domestic violence programs at the YWCA Central Massachusetts are Daybreak and Battered Women’s Resources. Both programs focus on preventing domestic violence through empowerment, advocacy, and social change. Each has a 24-hour hotline where trained advocates respond to domestic violence crises. Court advocates are available to those who are dealing with legal issues related to domestic violence, as well as support groups, individual counseling, and community education.

Women’s Economic Empowerment
Under the umbrella of women’s economic empowerment at the YWCA are the Leadership Development Programs, the Young Parents Program, and Girls CHOICE. The YPP is designed to help pregnant and parenting teens achieve a HiSET while providing a safe nurturing environment for their children. Girls CHOICE offers support to inner-city middle school girls to build confidence and a sense of personal and community responsibility, and make education plans.

Health Promotion Services
The YWCA’s Health and Wellness Center supports the organization’s mission through community access to health and wellness programming, fee-based fitness and aquatics programs, and corporate wellness programs. The fitness center features:

- Strength and Cardio Center
- Basketball court
- Group fitness classes
- Heated, indoor swimming pool
- Swim lessons
- Express Workout Zone
- Multi-sport programs
- Locker rooms & steam rooms
- Healthy Youth Development

Some special services offered by the YWCA are personal training, massage therapy, private swim lessons, and family programming.

Acknowledgements
A special thank you to the YWCA leaders listed below who made this project possible, to Dr. Heather-Lyn Haley for her support and help with this project, and to MassAHEC for funding my time with the YWCA.

- Amarely Gutierrez
- Alyson Whalen
- Darlene Belliveau
- Patty Flanagan

This project was supported by HRSA Grant No. 5U77HP03016.