



EMPOWER HOUSE SA 2025 IMPACT REPORT



Transforming communities
through women and girls.

1,325

women and girls served
in 2025

26

years in San Antonio



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A message from our Executive Director

Jenny Castro

In many ways, 2025 was one of the most challenging years in Empower House's history. We faced unexpected obstacles that tested our stability, stretched our resources, and demanded more of our team than ever before. There were moments when the path forward was uncertain. But our community never stopped showing up. And neither did we.

**“...our community never stopped showing up.
And neither did we.”**

Together, with our staff, partners, and supporters, we met every challenge with empathy, creativity, and solidarity. This year, we served **1,744** community members. And behind every one of those numbers is a woman, a girl, a future that reminds us exactly why we do this work. Two stories from this year stay with me.

Denise is a single mom who came to us through our Empower Connects initiative, in collaboration with Opportunity Homes. She completed a series of digital skills workshops and earned a laptop. With internet access came possibility. She discovered online courses and enrolled in a virtual training program to become a pharmacy technician. Denise visited the computer lab at our Donaldson office at least once a week, sometimes arriving the moment we opened, because our connection is more stable. Through her diligence and dedication, she was able to find and complete an online Pharmacy Technician Certification and is currently pursuing job opportunities that will strengthen her ability to provide for her family.

Janelle is a middle school student at Tafolla. She arrived for the 2025–26 school year from a school where she had experienced bullying. By the time she reached Tafolla, she had little faith in the system to protect her, and connecting with classmates felt impossible. She began skipping class, sometimes missing entire days. She didn't feel like she belonged, and it showed: her attendance rate had fallen to 42%. When she found the Peace Room and began working with our Restorative Justice Specialist, something shifted. She set a goal to improve her attendance, and in the months that followed, she raised it to 76%. She built a network of friends, plugged into community, and began showing her teachers and peers what she is capable of achieving. Denise and Janelle are why we do this work. Their strength is our community's strength. Their thriving is our thriving.

Your continued support is what makes stories like these possible. As we look ahead to 2026, we remain steadfast in our commitment to women, girls, and families across San Antonio. Together, we each play a role in empowering our community.

Jenny Castro Executive Director

OUR MISSION & WHO WE ARE

Mission

Empower House provides transformative community health services, youth development programs and advocacy opportunities that empower women and girls of color in San Antonio.

Vision

We envision a world where all women and girls are empowered to transform themselves, their families, and their communities.

SERVING WOMEN AND GIRLS IN SAN ANTONIO FOR OVER 25 YEARS

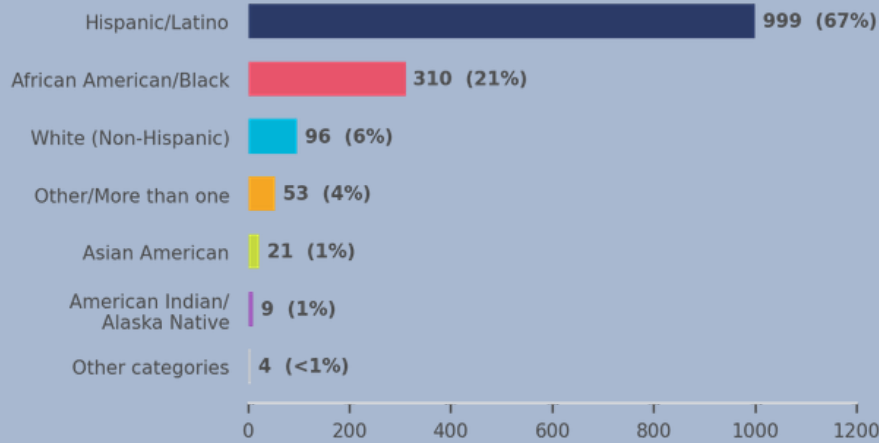
Empower House was founded in 1999 by a group of diverse women with a mission to improve reproductive health services and access for Brown and Black women on the East Side of San Antonio. In response to rising rates of crime, teen pregnancy, unemployment, and low educational attainment, our founding board members envisioned a space where women and girls could access the support and education they needed to thrive.



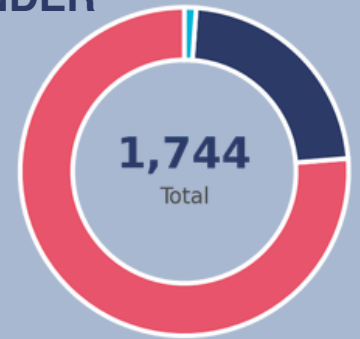
DEMOGRAPHICS OF PARTICIPANTS

1,744
Individuals Served

RACE / ETHNICITY



GENDER

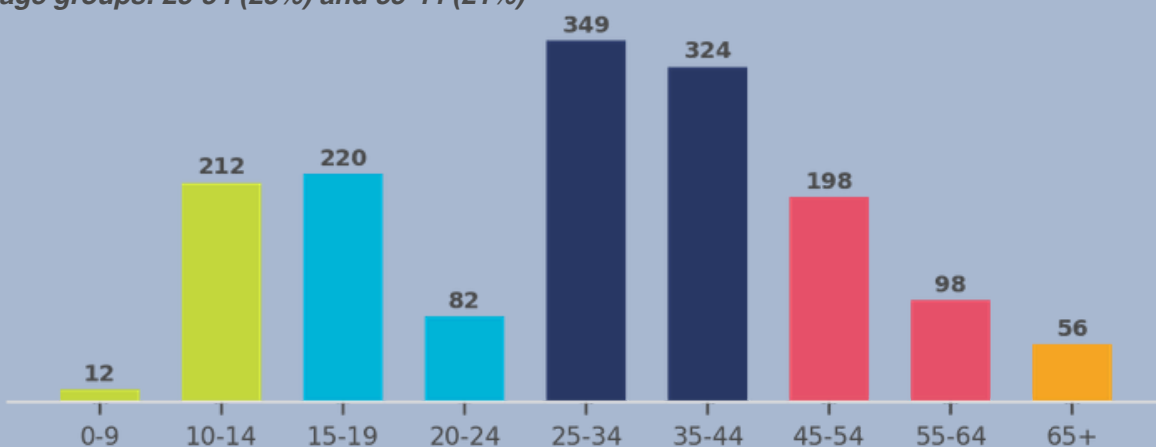


Female 76%
Male 23%
Gender non-conforming 1%



AGE DISTRIBUTION

Largest age groups: 25-34 (23%) and 35-44 (21%)





6,023

Total services provided

1,304

Individuals Served

COMMUNITY HEALTH

At Empower House, community health is more than a program, it's a lifeline. In 2025, our dedicated communityhealth staff walked alongside **1,304** individuals, delivering **6,023** services that addressed the real, everyday barriers families face: housing instability, food insecurity, educational gaps, and the need for someone to listen with empathy. With **\$104,520** in direct aid distributed, we helped keep families in their homes with the lights on and babies safe.

This year, 307 individuals enrolled in our core programs; Empower Parents, Empower Connects, Mobility Mentoring, and Empower Choice. Each one taking a courageous step toward stability and thriving. Of those we served, 171 clients met their personal goals, and 30% reported improved well-being. Through Mobility Mentoring, 10 out of 18 participants completed at least one long-term goal, proving that with the right support, transformation is possible. Every number here represents a mother finding stability, a family with a roof over their heads, a community growing stronger.

KEY IMPACT

\$104,520
in direct aid distributed

307
individuals enrolled in core programs

171
individuals who met their goals

206
individuals served by community health workers

30%
of participants experienced improved Individual wellbeing

10 of 18
at least one long-term goal completed

HOUSING STABILITY: \$70,007 in rental assistance distributed | Average: \$1,555 per household
64% of all aid went to keeping families housed | Utilities: \$8,938 | Perinatal basic needs: \$18,629

EMPOWER WOMEN

59 Total women served

3 Empower Women Events

At the heart of Empower House is a simple truth: when women are connected, they are unstoppable. Our Empower Women events create intentional spaces where women come together to invest in their health, their confidence, and each other. In 2025, we hosted three powerful events that served 59 women—each one designed to meet women where they are and remind them that they deserve care, community, and celebration.

MAMMOGRAM BUS: EARLY DETECTION SAVES LIVES

For women of color, access to preventive health screenings can be the difference between an early diagnosis and a late one. Breast cancer is the most commonly diagnosed cancer among Latina women and the leading cause of cancer death among Black women under 50. By bringing the Mammogram Bus directly to our community in April and October, we removed the barriers—cost, transportation, time, fear—and put life-saving screenings within reach. Twenty-two women received mammograms across both events, many for the first time in years.

Early detection increases the five-year survival rate for breast cancer to over 99% when caught at stage one. For the women in our community, these screenings are not just appointments—they are acts of self-advocacy and courage. We are proud to make this critical care accessible, trusted, and free of stigma.

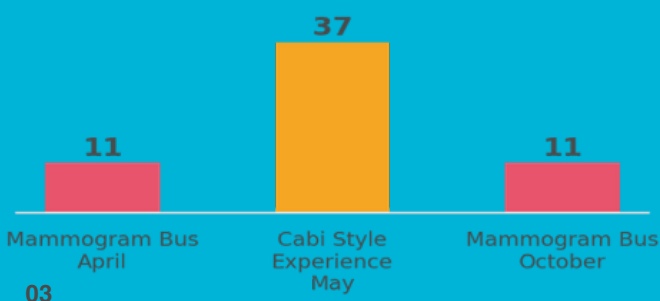
CABI STYLE EXPERIENCE: CONNECTION & CONFIDENCE

In May, 37 women gathered for a transformative Cabi Style Experience—an event rooted in the belief that when women connect, they step into a place of greater confidence. Through personal styling, shared conversation, and the simple joy of feeling seen, women explored their personal style and discovered that confidence is not just about what you wear—it’s about how you show up. The energy in the room was electric: women uplifting women, sharing stories, laughing together, and leaving with a renewed sense of self.

For many of the women we serve, moments of joy and self-care are rare. This event was a reminder that they deserve to feel beautiful, powerful, and connected—and that investing in themselves is not a luxury, but a necessity.



2025 EVENTS AT A GLANCE



22
Mammogram Screenings Across Two Events

37
Women at Cabi Style Experience

EMPOWER CHOICE

194 Total women served

873 total services provided



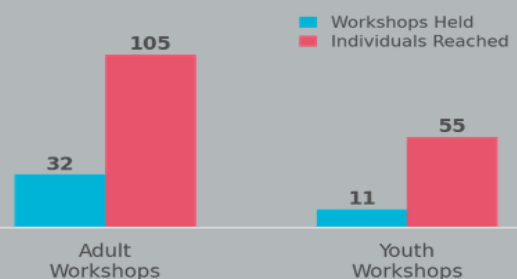
Reproductive health is deeply personal, and access to accurate, culturally responsive education is essential to empowering women, families, and young people to make informed decisions about their bodies and their futures. In 2025, Empower Choice served **194** participants through **873** services, creating safe, judgment-free spaces where our community could learn, ask questions, and take ownership of their health.

Across **43** reproductive health workshops, we reached **160** individuals, including **105** adults and **55** young people. For adults, these workshops addressed family planning, STIs, and reproductive wellness with honesty and compassion. For youth, we provided age-appropriate, medically accurate education that equips the next generation with the knowledge and confidence to navigate their health with clarity and self-respect.

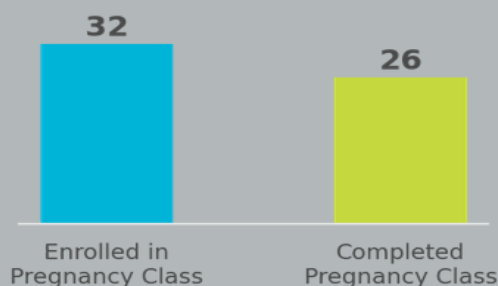
Our pregnancy classes enrolled **32** individuals, and **26** completed the full program, an **81%** completion rate that reflects the dedication of expectant and new parents seeking the best start for their families. These classes cover everything from prenatal nutrition and birth preparation to postpartum wellness, giving parents the tools and support they need during one of life's most transformative moments.

Empower Choice exists because every person deserves the right to make informed decisions about their own body. When we invest in reproductive health education, we invest in healthier families, stronger communities, and a future built on knowledge and dignity.

REPRODUCTIVE HEALTH WORKSHOPS



PREGNANCY CLASSES



81%
Pregnancy Class
Completion
Rate

EMPOWER PARENTS

247 Participants **1,560** Services provided

Strong families are the foundation of strong communities and at Empower House, and we are honored to walk alongside parents as they build confidence, heal, and grow. In 2025, Empower Parents provided 1,560 services to **247** participants across three initiatives, each designed to meet families where they are and equip them with tools that last a lifetime.

Our Triple-P Positive Parenting Program served **232** caregivers, with a remarkable **172** parents completing the intensive 8-week course, a deep commitment to transforming how they show up for their children. Meanwhile, **78** parents found strength through our Partners in Peace domestic violence curriculum, gaining tools to create safe, nurturing homes. **16** families embraced culturally centered strategies through Effective Black Parenting, strengthening bonds rooted in identity and family pride.

Every parent who walks through our doors is choosing to courageously break cycles, build new patterns, and create a legacy of love for their children. We are proud to stand with them.

PROGRAM BREAKDOWN

232

Triple-P Caregivers Served (All Levels)

78

Partners in Peace Participants

16

Effective Black Parenting Families



Empower Connects

540

Individuals Served

In a world that runs on technology, digital access is not a luxury; it's a necessity. At Empower House, Empower Connects is closing the gap for families and individuals who might otherwise be left behind. In 2025, we served **540** community members, equipping them with the skills, tools, and confidence to navigate the digital world and unlock new opportunities.

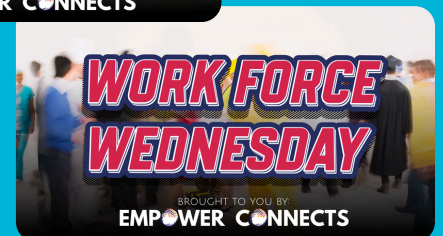
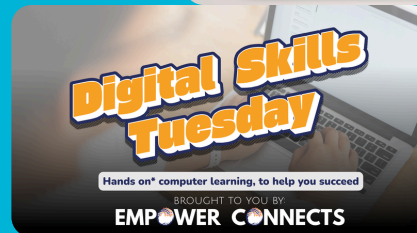
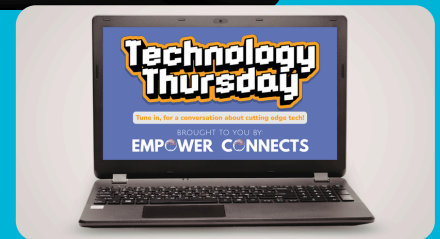
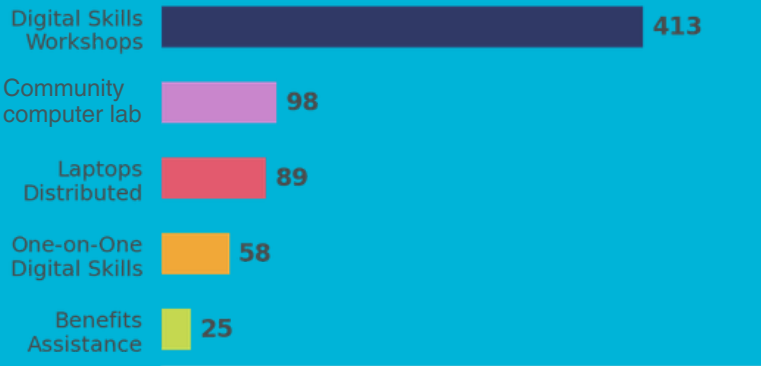
Our Digital Skills Workshops reached **413** individuals with skills ranging from learning to send an email to mastering online job applications. Each session opens a door. For **58** participants, personalized one-on-one digital skills training offered tailored services to address their unique challenges and goals. Our Community Computer Lab served **98** individuals, providing a dedicated space for learning, job searches, and staying connected to the world around them.

Perhaps most transformative: **89** participants received a laptop of their very own (for many, the first computer they have ever owned). A device means access to education, employment, healthcare, and community.

25 individuals received benefits assistance and education, ensuring they could tap into the resources available to them.

Every connection made through this program is a step toward equity, independence, and a more connected future.

HOW WE SHOWED UP



EMPOWER YOUTH

308

Youth Served by EY Programs

2,163

Total Services Provided

Young people are our future, and at Empower House, we invest in that future every single day. In 2025, our Empower Youth programs served **308** young people through after-school programming, in-school partnerships, camps, and enrichment activities, delivering **2,163** services that sparked growth, creativity, and confidence. **426** community youth participated across all youth-focused programs.

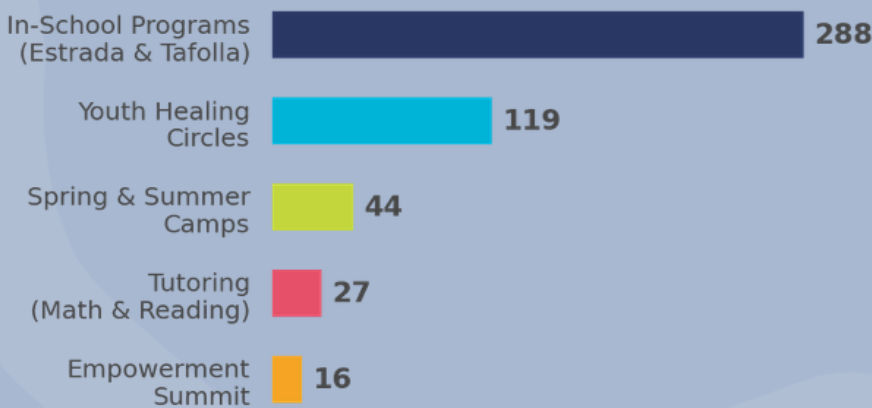
Our in-school partnerships at Estrada and Tafolla served **288** students with one-on-one mentorship, social emotional learning and long-term goal setting, supporting each student's investment in their academic path. Through our out-of-school-time programs, we provided academic support for **27** students with math and reading tutoring across **153** sessions, building the skills and confidence to succeed in the classroom and beyond. Our afterschool programs provided youth with opportunities to build community, learn new skills, and set long-term goals for their own healing and growth. Through our spring break camp, **44** youth engaged in movement and wellness activities that empowered them with self-awareness and skills to thrive. And finally, **16** young leaders gathered for a week of leadership development at our summer Empowerment Summit.

Of the **82** youth who enrolled in our programs and set personal long-term goals, **28** achieved them, a testament to the determination of our young people and the power of consistent, caring mentorship. With **\$4,784** in direct aid distributed to youth and families, every resource went toward removing barriers so young people can dream bigger and reach further.

GOAL ACHIEVEMENT



YOUTH SERVED ACROSS PROGRAMS



MENTAL HEALTH SERVICES

74

Individuals Served

343

Total Counseling Services

At Empower House, we recognize the impacts of chronic stress and struggle on our bodies and our minds.

We believe everyone deserves access to compassionate, culturally responsive mental healthcare, a vital step in healing generational cycles that compromise thriving. In 2025, we connected **74** individuals to a safe space to heal, reflect, and grow. We supported **334** counseling sessions that met people in vulnerable moments with dignity and support.

We served **70** households, supporting **25** youth and **49** adults, each navigating their own unique journey. Our approach centered the one-on-one attention and consistency that deep, lasting healing requires. In a community where barriers to mental healthcare are high, Empower House is a bridge.



WHO WE SERVED



■ Adults: 49 (66%)
■ Youth: 25 (34%)

KEY IMPACT

334

Individual Counseling Sessions Delivered

70

Households Reached

25

Young People Received Care

49

Adults Found Support & Healing

THE EMPOWER HOUSE RADIO

15,216
Unique Online Listeners

The Empower House 101.5 KXEP LP-FM is a megaphone for the voices, stories, and wisdom of our community. In 2025, our station reached **15,216** unique online listeners, extending the reach of Empower House far beyond our physical walls and into homes, cars, and headphones across San Antonio and beyond.

Our team produced **108** original episodes, covering everything from health equity and parenting to community advocacy and cultural celebration. Each episode was crafted to educate, inspire, and connect, amplifying the lived experiences and expertise of the women and families at the heart of our mission. Alongside our in-house content, **54** shows were contributed by community partners, reflecting a rich tapestry of perspectives, knowledge, and shared purpose.

Empower House Radio is a powerful reminder that storytelling is resistance, connection is healing, and every voice matters. Over the airwaves, we are building a community that listens to one another, a kind of empowerment no one can take away.



15,216
Online
Educating, inspiring, and connecting our community

108
Episodes Produced by EH Staff

54
Community Partner Shows

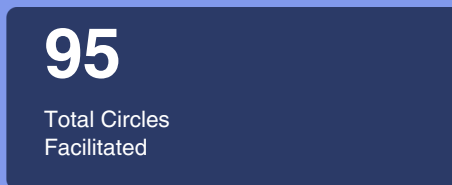
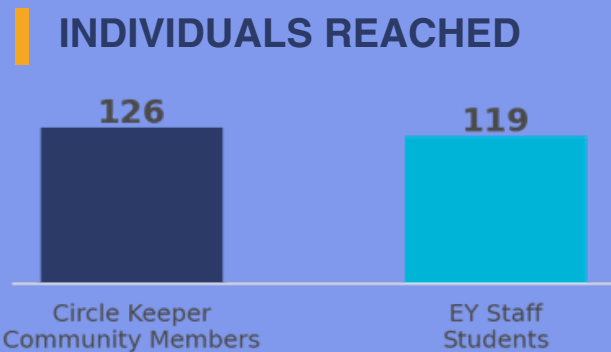


COMMUNITY CIRCLES

Healing happens in community. At Empower House, our Community Circles create sacred space where voices are heard, stories are honored, and no one carries their burden alone. In 2025, **245** community members both adults and youth stepped into a circle and found connection, support, and the courage to grow.

Our Circle Keeper facilitated **45** circles that served **126** community members, guiding conversations rooted in empathy, accountability, and restoration. Our Empower Youth staff led another **50** circles, creating transformative spaces for **119** young people to process their experiences, build trust, and develop the social-emotional skills that will carry them forward.

These circles are a practice in belonging, interconnection, and collective healing. When people sit in circle together, they remember that true strength is found, not in isolation, but in community.



OUR PROGRAMS



Empower House provides comprehensive, wraparound support designed to strengthen women, youth, and families at every stage of their journey. Our programs are intentionally interconnected, creating a network of care that addresses immediate needs while building long-term stability and leadership within the community.

Mobility Mentoring

Participants gain access to wellness education, parenting support, resource navigation, and one-on-one mentorship from community health workers who empower agency and support thriving.

EMPOWER PARENTS

Through evidence-based programs like Triple-P Positive Parenting, Partners in Peace, and Effective Black Parenting, we equip caregivers with tools to build stronger, safer, and more nurturing families.

RESTORATIVE JUSTICE

Through Community Circles, Empower House creates healing-centered spaces where individuals and families build trust, repair harm, and develop healthier relationships through dialogue and shared accountability.

Empower Connects

Our Empower Connects initiative advances digital equity by providing access to technology, internet resources, and digital skills training, ensuring community members can access education, employment, and critical services.

EMPOWER YOUTH

The Empower Youth provides opportunities for young people to explore their world, achieve their dreams, and inspire their peers through mentorship, leadership development, creative expression, and social-emotional learning, building confidence while strengthening family and community connections.

EMPOWER HOUSE RADIO

Empower House Radio 101.5 KXEP-FM amplifies community voice, advocacy, and storytelling, giving space for education, culture, and lived experiences to shape conversations that inspire collective change.

MENTAL HEALTH SERVICES

Woven through out our programs, Empower House bridges access to mental health services that empower individual and family thriving.

YOUR INVESTMENT POWERS THIS ECOSYSTEM

When you invest in Empower House, you invest in an interconnected network of care that reaches women, youth, and families across San Antonio. Every dollar strengthens the whole, because our programs are designed to work together, creating lasting change that ripples across generations.

FUNDING PARTNERS

We are deeply grateful to the foundations, organizations, and partners whose generous support makes our work possible. Your investment fuels every program, every service, and every life changed at Empower House.

- Methodist Healthcare Ministries
- San Antonio Area Foundation
- Greehey Family Foundation
- United Way of San Antonio and Bexar County
- Petty Hefte Foundation
- Alamo Empire
- City of San Antonio Metro Health
- Kronkosky
- The Pete and Thomas Foundation
- Grande Cares
- Alice Kleberg Reynolds Foundation
- Shield Ayers Foundation
- Tides Foundation
- H.E. Butt Foundation
- HEB
- City of San Antonio DHS
- Texas Education Agency
- The San Antonio Spurs
- Target



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Laura Rodriguez, Mental Health Coordinator
Kelly Hernandez-Kubala, Parent Educator
Joe Alfaro, Digital Connector,
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Rachel Pickett, Community Health Worker
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EMPOWER YOUTH CENTER

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