

Forgiving
or
Living, Inc.

a 501 (c) 3, non-profit organization

ANNUAL REPORT 2015



Since 1999

MESSAGE FROM FOUNDER & PRESIDENT

As we reflect on this past year and present the following information for our 2015 Annual Report, I am filled with gratitude. Forgiving For Living, Inc. has been serving in the community for the past 16 years, working with young women and girls from low income and at risk communities. But we couldn't do what we do, at the level we serve, without the generous and faithful support of our sponsors and friends. We are proud to report we have served over 3,000 girls to date and we have given out thousands of dollars in scholarships all because of people like you!

In 2015, we continued our partnership with Jordan Downs Housing Project in Watts and the Center For Learning & Unlimited Educational Success, Inc. (CLUES), located in San Bernardino as well as all of the young ladies across Los Angeles and San Bernardino Counties. Throughout the year, and at our Annual Conference in October, our girls participated in workshops on financial literacy, college preparedness, self-esteem building, etiquette, and honing overall life skills. And at the Annual PLUS Awards, we awarded \$15,000 in scholarship monies to deserving students.

Forgiving For Living, Inc. is a non-profit organization committed to making a difference in and improving the lives of disadvantaged and at-risk young ladies between 13-18 by providing them with the necessary tools to have a fighting chance. It is our goal to bring awareness of current issues and challenges facing teens and provide educational resources and tools to assist our community in helping teens conquer the ever-increasing challenges they face.

It is incumbent upon each of us to take a personal responsibility to reach back and pull up the next generation. Therefore, on behalf of the Board of Directors and our Advisory Council, we say "Thank You!" for making this a reality.

Sincerely,

Wendy Dean

Wendy Dean
FOUNDER & PRESIDENT



About Us

MESSAGE TO SUPPORTERS AND FRIENDS

Forgiving For Living, Inc. (FFL) was founded in 1999 with the mission to help at-risk girls between the ages of 13-18 overcome behavioral and mental health issues in addition to low self-esteem due to depression, abuse and/or abandonment. We help provide the necessary tools to live a healthy life through our Ambassador Program, workshops, and annual Conference, which offers mentoring and life skills. To date, we've touched the lives of over 3,000 girls.

FORGIVING FOR LIVING PROGRAMS

- ▶ Ambassador Mentoring Program
- ▶ Workshops & Annual Conference
- ▶ Resource & Referral Directory
- ▶ Annual PLUS Awards

Forgiving For Living, Inc. was incorporated in 1999 by Wendy Dean to help women and girls who suffer from abuse, abandonment and low self-esteem. Coming from a childhood filled with sexual abuse by her father and abandonment by her birth mother, Wendy decided that she wanted to dedicate part of her life to helping others learn how to forgive so they could heal and move forward to enjoy a full and productive life.

Through the years Wendy has also experienced divorce, cancer, single parenting and building a business while taking care of her two children. Wendy viewed life's challenges as stepping stones instead of stumbling blocks to help teach others how they too can overcome and be successful. Out of the ashes she developed ten steps that have been a cornerstone in the "Healing Without Hate: How To Forgive To Live" process.



"The weak can never forgive. Forgiveness is the attribute of the strong."

- Mahatma Gandhi



OUR VISION

The Vision of Forgiving For Living, Inc. is to give our girls hope and purpose through understanding the power and importance of forgiveness. We hope to restore one's self esteem, self-confidence and provide tools for a better and more productive life.



BOARD OF DIRECTORS

FOUNDER & PRESIDENT

Wendy Dean

BOARD CHAIR

Sarah R. Harris
President/Publisher, SuiteEvents

BOARD VICE CHAIR

Lauren Walton, MD
Psychiatrist

BOARD TREASURER

Bryan O. Barnes
Director, INROADS

BOARD SECRETARY

Sabra Marie
Freelance Photographer &
Community Relations Consultant

MEMBER

Eric R. Brown
Director, Legislative & Intergovernmental Relations,
Housing Authority, City of Los Angeles

ADVISORY COUNCIL

Charisse Bremond-Weaver – President & CEO, Brotherhood Crusade

Darrell R. Brown – Senior Vice President, U.S. Bank, Greater Los Angeles Region

David Cunningham Jr. – President, Cunningham and Associates

Karen E. Hudson – Director, Paul R. Williams Architectural Collection

Ms. Shabazz – Author and Speaker

Michele G. Turner, Ph.D. – Executive Director, USC Black Alumni Association

COMMUNITY PARTNERS



The Center for Learning
& Unlimited Educational
Success, Inc.
(C.L.U.E.S.)



PROGRAMS

AMBASSADOR PROGRAM

Forgiving for Living selects girls, ages 13-18, to participate in the FFL Ambassador Program. As an FFL Ambassador, the young ladies are mentored in the areas of Forgiveness, Life Skills, Community Involvement, Social Etiquette, and Educational Responsibility.

The FFL Ambassador Program provides each young lady a one-on-one relationship with a successful professional woman for the period of 1 year. During this time the Ambassador will receive an enriched, hands-on relationship with their mentor to provide potentially positive life-changing experiences for both parties.

Ambassadors are mentored individually and conduct community outreach in the greater Los Angeles area and Inland Empire.

All FFLAP mentors are required to administer one-on-one mentoring, attend FFLAP Kick-Off and a monthly workshop, take mentee to observe mentor work environment, and participate in our annual PLUS Awards.







PROGRAMS

JORDAN DOWNS HOUSING PROJECTS (SINCE 2011)

THE CENTER FOR LEARNING & UNLIMITED EDUCATIONAL SUCCESS, INC. (C.L.U.E.S.)

Forgiving For Living, Inc. provides an approved on-going curriculum to young ladies in both the Los Angeles & San Bernardino Counties. The curriculum focuses on helping restore and build up the self-esteem of at risk girls who may have a difficult time believing in themselves. We also believe it is important to provide them with mentoring and life skills that will carry them beyond high school and college. These skills include financial literacy, as well as exposing them to resources and opportunities to increase their success in life. Upon completing the necessary steps and requirements the young ladies can qualify and apply for an academic scholarship.

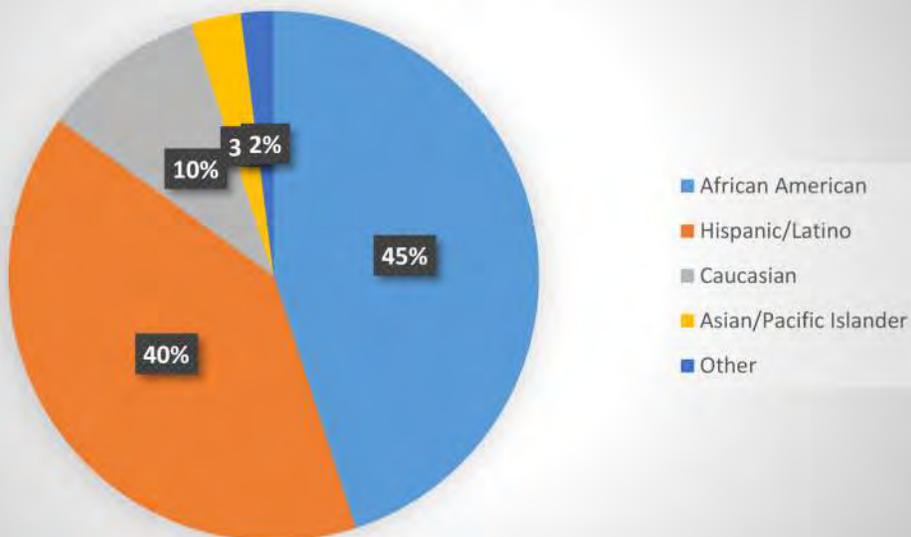




PROGRAMS BY THE NUMBERS

(youth ages 12-18 served in 2015 total 300-350)

Demographics



20%

of the girls
we serve are
part of the

**LGBT
COMMUNITY**

EVENTS

ANNUAL PLUS AWARDS

The PLUS Awards links together gatekeepers in the political, corporate and community arenas and advocates to recognize their achievements and efforts in making a difference in the lives of others. The PLUS Awards is an annual fundraiser that benefits Forgiving For Living, Inc., a nonprofit organization designed to give solutions to issues of hate, anger, bitterness and the inability to forgive. FFL's objective is to help promote and restore mental wellness and provide mentorship to individuals who have dealt with issues of abuse, abandonment, and low self-esteem while aiding in the restoration of one's self-confidence and direction in life on the path to forgiveness.



2015 HONOREES

Community Honorees

Krista L. Phipps

Public Affairs Manager,
Southern California Gas

Christine Simmons

President & Chief Operations Officer,
LA Sparks

Renata Simril

Senior Vice President & Chief of Staff,
Los Angeles Times

Karim Webb

Co-Owner,
PCF Restaurant Management

Fabian R. Wesson

Chair, State Board of Directors,
California Science Center

Georgia Zachary

President,
Women of AT&T

PROGRAM PARTICIPANTS

Mistress of Ceremonies

Kathy Vara

Anchor, NBC4 Southern California

Invocation

Sabra Marie

Board Secretary

Entertainer

Jerome Dean Entertainment
featuring Ms. Hayan Charlston

**SATURDAY
APRIL 18
2015
11AM - 2PM**

BEVERLY HILLS HOTEL
9641 SUNSET BOULEVARD
BEVERLY HILLS, CA 90210
BUSINESS ATTIRE

**2015 Plus AWARDS
BRUNCH & AUCTION**

PRESENTED BY
Forgiving For Living, Inc.

WENDY GLADNEY DEAN
PRESIDENT & CEO

MISTRESS OF CEREMONIES
KATHY VARA
ANCHOR
NBC4 SOUTHERN CALIFORNIA

Honoring our

2015 PLUS AWARDS HONOREES

 KRISTA L. PHIPPS, MPE PUBLIC AFFAIRS MANAGER, SOUTHERN CALIFORNIA GAS	 CHRISTINE SIMMONS PRESIDENT & CHIEF OPERATIONS OFFICER, LA SPARKS	 RENATA SIMRIL SR. VICE PRESIDENT, CHIEF OF STAFF, LA TIMES	 KARIM WEBB CO-OWNER, PCF RESTAURANT MANAGEMENT	 FABIAN R. WESSON CHAIR, STATE BOARD OF DIRECTORS, CALIFORNIA SCIENCE CENTER	 GEORGIA ZACHARY PRESIDENT, WOMEN OF AT&T
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SPONSORED BY

SoCalGas | EDISON ENERGY | US BANK | You | 4 | SOUTHERN CALIFORNIA GAS | FERGUSON HILL | LAUREN WALTON, MD

To inquire about sponsorships or for more information, contact: 951.313.4732 or forgiving4living@aol.com
www.ForgivingForLiving.org





HEALTHY, WEALTHY & WISE CONFERENCE

The Healthy, Wealthy, & Wise Conference is an annual event designed to provide information and awareness in the areas of developing and leading healthy lifestyles, fitness & nutrition, financial literacy, college preparedness, self-esteem, and goal setting. Working professionals donate their time by providing valuable tools and knowledge in their areas of expertise in our workshops. These tools and information are provided to assist the youth with making wise choices in life.

Forgive For Living, Inc.
a 501(c)(3) nonprofit organization

PRESENTS ITS

4th Annual
HEALTHY, WEALTHY & WISE
Conference

SPONSORED BY

us bank EDISON INTER NATIONAL SoCalGas WELLS FARGO SPARKS

SAVE THE DATE

Continental Breakfast
Lunch
Vendors
Workshops
Speakers

Saturday
OCTOBER 3, 2015
8:00AM - 2:00PM

RADISSON HOTEL LOS ANGELES
MIDTOWN AT USC
3540 SOUTH FIGUEROA STREET
LOS ANGELES, CALIFORNIA 90007

This Conference is **FREE**
to all young ladies 13-18!
But you **MUST RSVP!**

STAY TUNED ONLINE AT:
WWW.FORGIVINGFORLIVING.ORG

Conference Host
Wendy Gladney Dean
President & CEO

To inquire about sponsorships or vendor space, please contact
Wendy Gladney Dean 951.313.4732, forgiving4living@aol.com

PROGRAM PARTICIPANTS

Keynote Speaker

Indrani Phillips

Life Coach & Style Expert, The Effortless Lifestyle

Entertainment

Jerome Dean

Workshop Speakers

Michael C. Flores, PhD, Professor, Cypress College

Allison Hollstegge, District Manager, LA North District, US Bank

Denise Honker, Founder, Polite is Right

Dr. Shaunte McFarland, Holistic Health Professional

Tiana Sanchez, Training & Development Leader

Gabrielle Shah, Founder, My Beauty

Wenonah Valentine, Founder, iDream For Racial Health Equity

Georgia Zachary, President, Women of AT&T Southern CA



Financial Review

REVENUE

Corporate Grants

Wells Fargo	\$15,000
Southern California Edison	\$10,000
US Bank	\$10,000
NBC4/Universal	\$2,500
T. Rowe	\$1,500
LA Sparks	\$2,500
SoCalGas	\$2,000

Foundation Grants

Weingart Foundation	\$7,500
California Wellness Foundation	\$5,000

Government Grants

N/A

Donations

Board Support	\$3,500
L. Kenneth Brooks	\$1,500
Thrivent Financial	\$639
Plus Awards/Conference	\$17,140
Dr. Carol Spellen	\$95,600

Total 2015 Revenue

\$174,379

OVERVIEW

Beginning Balance as of January 2015	\$477.36
Savings as of January 2015	\$4,800
Sub-Total (Checking + Savings)	\$179,656.36
Total 2015 Expenses	\$101,644.52
Ending Balance	\$78,011.84



2015 Sponsors

& Supporters (In-Kind Donations)



LAUREN WALTON, MD



2015 Accomplishments

Continued our relationship and growth with Jordan Downs Ambassador Program in Watts, CA

Continued our relationship and growth with The Center for Learning & Unlimited Educational Success, Inc. (CLUES) in San Bernardino, CA

Fostered our community partnership with NBC4

Continued membership with the Center for Non-Profit Management

Hosted 8th Annual PLUS Awards Brunch & Auction at The Beverly Hills Hotel

Hosted the 4th Annual "Healthy, Wealthy & Wise" Conference

Participated in LA Sparks #WeAreStrong Campaign

Looking Ahead

Board Expansion

Financial Target

Expansion of Partnerships in the Greater Los Angeles Area

Foster Relationship with Boys & Girls Club of Carson



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For more information
about our programs,
visit us online at:
www.forgivingforliving.org

Forgiving For Living, Inc.

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