



a 501 (c) 3, non-profit organization



# Annual Report 2019



## MESSAGE FROM FOUNDER & PRESIDENT



We are so excited because 2019 marked the 20th anniversary of Forgiving For Living, Inc. We are grateful for the opportunity to have poured into the lives of young girls and future generations for the past two decades. I am truly thankful to all of our sponsors and supporters who have stayed loyal throughout the years and have helped us keep our doors open as well as continue to provide scholarships to worthy young ladies. Our commitment to them has helped them advance their lives through exposure, opportunity and education. As we embark on a new decade, we know there's still much work to be done. I want to personally thank Forgiving For Living, Inc.'s Board Members, Dr. Lauren Walton, Sabra Marie, Bryan Barnes, Eric Brown and Sarah Harris for their sacrifice and service to make a difference in serving the community.

We had a very full year working with girls in our Ambassador Program in both San Bernardino and Los Angeles Counties. Our main location has been at the Boys & Girls Clubs of Metro Los Angeles - Watts/Willowbrook Center and we are so happy that we are not only closing out the year with them, but also opening up the new decade with them as well. We also had the chance to hold our 8th Annual "Healthy, Wealthy & Wise Conference" in the Fall and our Annual "Plus Awards" honoring six worthy community leaders last Spring. We are committed to making a difference wherever we are planted and we need each of you to continue to help us and be the wind beneath our wings!

Healing Without Hate: It's a Choice, It's a Lifestyle, Pass it On!

Sincerely,

**Wendy**

# 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
- ▶ Annual PLUS Awards

Forgiving For Living, Inc. was incorporated in 1999 by Wendy Gladney 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.





## 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.

**LIVE**   
**GENEROUSLY**





## Board of Directors

### FOUNDER & PRESIDENT

Wendy Gladney

### BOARD CHAIR

Sarah R. Harris  
President/Publisher,  
SuiteEvents

### BOARD VICE CHAIR

Lauren Walton, MD  
Addiction Psychiatrist

### BOARD TREASURER

Bryan O. Barnes  
Regional Director, INROADS

### BOARD SECRETARY

Sabra Marie  
Freelance Photographer, Writer &  
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, Retired  
Senior Vice President,  
U.S. Bank, Greater Los Angeles Region

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

Ms. Shabazz  
Author and Speaker

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

## Community Partners



**BOYS & GIRLS CLUBS**  
OF METRO LOS ANGELES





## 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.



“You took the time to talk to us about things our parents never did.” - Asia







## PROGRAMS

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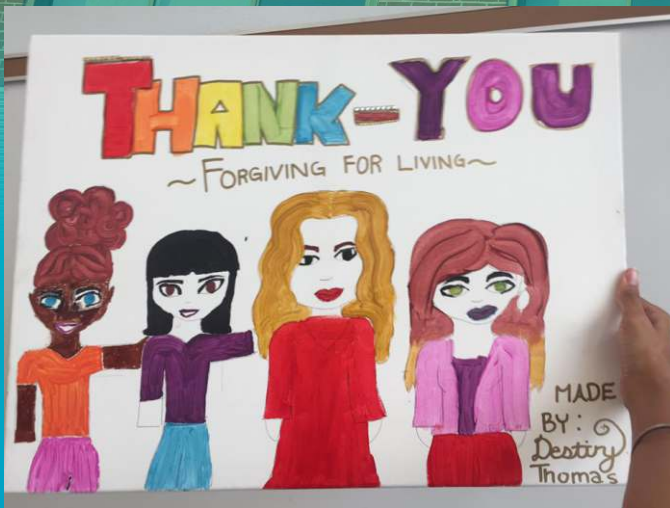
### Watts Willowbrook (Boys & Girls Clubs of Metro Los Angeles)

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.



“Forgiving for Living is a reminder that I'm free to be me. And to be kind to myself and to others.” - Victoria





“You taught us about *life*.  
This program was very *empowering*.  
It gave me *confidence*.”  
- *Destiny*

Words the girls picked  
that remind them of FFL:

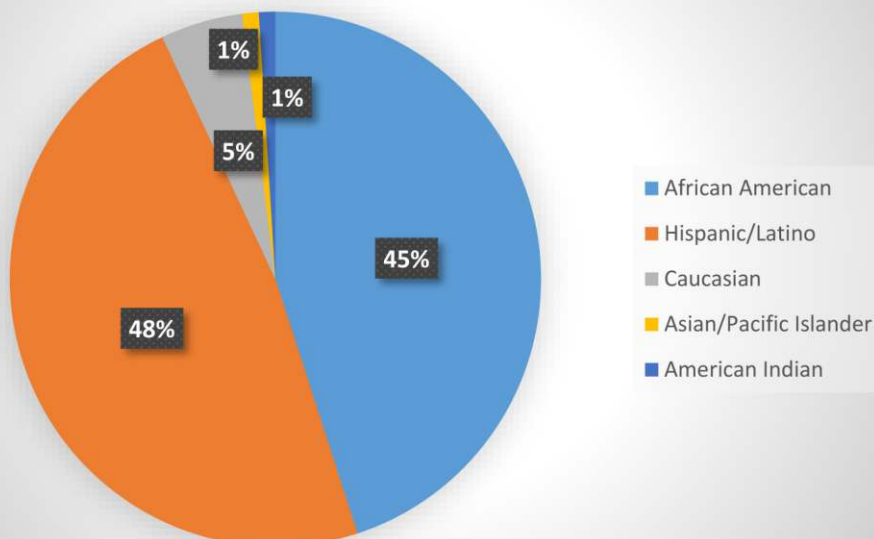
Love  
Warrior  
Hope  
Believe  
Trust



## Programs by the Numbers

(Youth (Girls) between the ages of 10 - 17. Total served in 2017 = 310 Young Ladies)

### Demographics



10%

of the girls  
we serve are  
part of the

**LGBT  
COMMUNITY**



# 12th Annual PLUS Awards Brunch & Auction

Sunday, April 7, 2019  
Four Seasons Hotel Los Angeles  
at Beverly Hills

President's Award  
**Honorable Diane E. Watson**  
U.S. Congresswoman, Retired

## Community Awards

**Lisa Collins**  
Publisher  
L.A. Focus Publication

**Kat Connolly**  
President  
Connolly Consulting

**Richard Fields**  
Battalion Chief  
Los Angeles Fire Department

**Tera Hilliard**  
President & CEO  
Forgotten Children, Inc.

**Kandee Lewis**  
Executive Director  
The Positive Results  
Corporation

## Mistress of Ceremonies

**Gabriela Milian**  
Community Journalist  
ABC7



*Forgiving For Living, Inc.*  
PRESENTS  
**12TH ANNUAL  
Plus Awards  
BRUNCH & AUCTION**

*Honoring:*  
**PRESIDENT'S Awardee**  
**Honorable Diane Watson**  
U.S. Congresswoman,  
Retired

**COMMUNITY Awardees**

 <b>Lisa Collins</b> Publisher, L.A. Focus Publication	 <b>Kat Connolly</b> President, Connolly Consulting	 <b>Richard Fields</b> Battalion Chief, Los Angeles Fire Department	 <b>Tera Hilliard</b> President & CEO, Forgotten Children, Inc.	 <b>Kandee Lewis</b> Executive Director, The Positive Results Corp.
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*Join Us*  
**SUNDAY,  
APRIL 7, 2019  
11:00AM - 2:00PM**

**FOUR SEASONS  
HOTEL LOS ANGELES  
AT BEVERLY HILLS**  
300 SOUTH DOHENY DRIVE  
LOS ANGELES, CA 90048

**MISTRESS OF CEREMONIES**  
**Gabriela Milian**  
Community Journalist,  
ABC7

*Sponsored by*

**REGISTER TODAY! FORGIVINGFORLIVING.ORG INFO: (951) 313-4732**

The PLUS Awards, an annual fundraiser that benefits Forgiven For Living, Inc., 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.

*Forgiving For Living, Inc.*  
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# 8th Annual Healthy, Wealthy & Wise Conference

Saturday, October 26, 2019  
Watts Willowbrook Boys & Girls Club

## PROGRAM PARTICIPANTS

Mother & Daughter Keynote Speakers

**Dr. Zanita Kelly & Brooke Wade**

*"Notes to Butterflies"*

## WORKSHOP SPEAKERS

**Byran O. Barnes**

Chief Leadership Programs Officer (Interim),  
Regional Programs Director, Western Region, INROADS

**Christina D. Ford**

Actress & Founder, Fit 4 LYFE

**Kerry Neal**

Founder & CEO, Urban Birds & Bees

**Dr. Lauren Walton**

Addiction Psychiatrist

**Denise Ovalle**

AVP Corporate CRA  
CIT/OneWest Bank



HOST  
**WENDY GLADNEY**  
President & CEO

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**PRESENTS**  
IN PARTNERSHIP WITH

**BOYS & GIRLS CLUBS**  
OF METRO LOS ANGELES

**The 8TH ANNUAL**  
**HEALTHY, WEALTHY**  
**and WISE Conference**

**SATURDAY, OCTOBER 26, 2019**  
**8:00AM - 2:00PM**  
**BOYS & GIRLS CLUB WATTS/WILLOWBROOK**  
1339 E. 120th Street, Los Angeles, CA 90059

Workshops  
Speakers  
Lunch  
Giveaways!



**MOTHER & DAUGHTER**  
**KEYNOTE SPEAKERS**  
**DR. ZANITA KELLY**  
**& BROOKE WADE**  
*"Notes to Butterflies"*

**WORKSHOP SPEAKERS**

 <b>BRYAN O. BARNES</b> Chief Leadership Programs Officer (Interim) Regional Programs Director, Western Region, INROADS	 <b>CHRISTINA FORD</b> Actress & Founder, Fit 4 LYFE	 <b>DR. LAUREN WALTON</b> Addiction Psychiatrist (Suicide Prevention)	 <b>KERRY NEAL</b> Founder & CEO Urban Birds & Bees	 <b>DENISE OVALLE</b> AVP Corporate CRA - CIT/OneWest Bank
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**THIS CONFERENCE IS Free,**  
**BUT YOU MUST RSVP!**

**FOR GIRLS BETWEEN THE AGES OF 11-18!**  
Come out and learn life lessons around making healthy, wealthy & wise choices for your life.

**RSVP TO: [MARKETING@BGCMLA.ORG](mailto:MARKETING@BGCMLA.ORG) | (213) 628-3673**  
FOR MORE INFO, CONTACT: WENDY GLADNEY AT: (951) 313-4732 OR [WENDY@FORGIVINGFORLIVING.ORG](mailto:WENDY@FORGIVINGFORLIVING.ORG)

**SPONSORED BY**

Comerica Bank | **us bank** | **CIT** | **BANK LIKE YOU** | **THRIVENT FINANCIAL** | *Wendy Gladney* | *Sabrina Marie PHOTOGRAPHY* | **SUITE LIFE**

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.





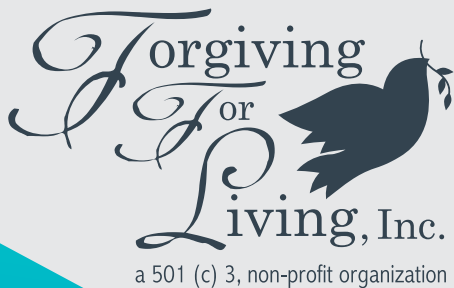




# Financial Review

## OVERVIEW

Beginning Balance	\$20,398
Total Revenue Raised in 2019	\$75,442
Total 2019 Expenses	\$86,884
Ending Checking Balance	\$8,956
Balance in Savings	\$19,227
2019 Ending Grand Total:	\$28,182





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A Division of CIT Bank, N.A.



Iris Smith

Lauren Walton, MD

Ken Brooks &  
Family Charitable Fund



*Personal Services Plus*  
AN EVENT MANAGEMENT COMPANY



Sabra Marie  
PHOTOGRAPHY



# 2019 Sponsors

& Supporters  
(In-Kind Donations)





Forgiving  
or  
Living, Inc.

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(951) 313-4732

For more information  
about our programs,  
visit us online at:

[www.forgivingforliving.org](http://www.forgivingforliving.org)

LOS ANGELES:

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/ForgivingForLiving.Inc



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