



ANNUAL IMPACT REPORT

SERVING THE COMMUNITY

A Seat At The Table helps minority women overcome barriers that limit access to leadership roles within corporations, government entities, entrepreneurship, and the community.

55

Women of color
Graduated from
our cohort

464

Teen girls and women
received a one month
supply of feminine
hygiene products

111

Teen girls were
impacted by our
youth programming

ACKNOWLEDGEMENTS

We are deeply grateful to our supporters and donors whose generosity has made this year's achievements possible. Your belief in our mission has empowered us to create spaces for healing, growth, and transformation, impacting countless lives.

PROJECTS

Women's Cohort

DETAILS

8-week sessions to support mental health, leadership development, and personal development for women of color.

OUTCOME

Impacted 55 black women in the community.

Period Parties

Provide feminine hygiene products and menstrual health education with community partners.

Impacted 464 teen girls and women in the community.

Mental Health Programming

Creating safe spaces lead by therapist, coaches, and staff to support the mental of women.

Impacted the mental health of 116 women of color.

FUNDING SUMMARY

\$53,356

2022

\$78,000

2023

\$184,648

2024

"I love all of it! I have enjoyed everything about this cohort. I have made some amazing sister friends! I enjoyed the sessions, the vulnerability, the safe space, the learning workshops. Everything has helped me grow and tap into a new place within myself."

-Cohort 3 Graduate



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