

2025



IMPACT REPORT

empowerment. well-being. community.



To our valued supporters, friends, and partners,



We are proud to share our 2025 Impact Report and the story of what we built together over the past year. Because of your support, For Her served more women across San Antonio who came through our doors seeking safety, stability, and hope than ever before.

With your partnership, we provided counseling, peer support circles, educational workshops, and one-on-one advocacy to young mothers, migrant women, survivors of intimate partner and sexual violence, families living below the poverty line, and formerly incarcerated women. Each woman's story is different, but all were met with dignity, compassion, and community.

Additionally, we expanded across the hall and acquired space to create a dedicated counseling wing to welcome women who might otherwise be turned away and offer timely, trauma-informed mental health support when it matters the most.

This year was about more than growth. It was about listening, responding, and building trust. Every expanded service and every new space reflects our belief that women deserve care that is accessible, consistent, and rooted in respect.

As we look ahead, we are committed to scaling our programs with intention and deepening our impact. By strengthening the sustainability of our organization, we aim to ensure a flourishing future for the women and families we serve.

Thank you for being part of this journey and for continuing to be FOR HER. We are deeply grateful for the powerful impact you've made.

With gratitude,

A handwritten signature in black ink that reads 'Kayla Carter'. The signature is fluid and cursive, with a large initial 'K'.

Founder & CEO of For Her

FOR HER

Our Mission

For Her builds equity for women by providing a network of support and responsive resources that promote self-sufficiency and holistic well-being.



Why We Exist

Women disproportionately experience barriers such as poverty, marginalization, trauma, and abuse, that continue socioeconomic inequality, diminish health and well-being, and perpetuate cycles of trauma for themselves and their families.

Our Vision

We envision a world where women of all backgrounds come together to cultivate transformational change for themselves and their communities.

At the heart of our work are three core pillars that guide everything we do.



Together, these pillars form a holistic approach that meets women where they are and walks with them as they rise.

Economic Empowerment

Our economic empowerment work equips women with practical tools like resume building, career coaching, and financial literacy while encouraging them to pursue opportunity with confidence. We support women not just in surviving, but in thriving on their own terms.

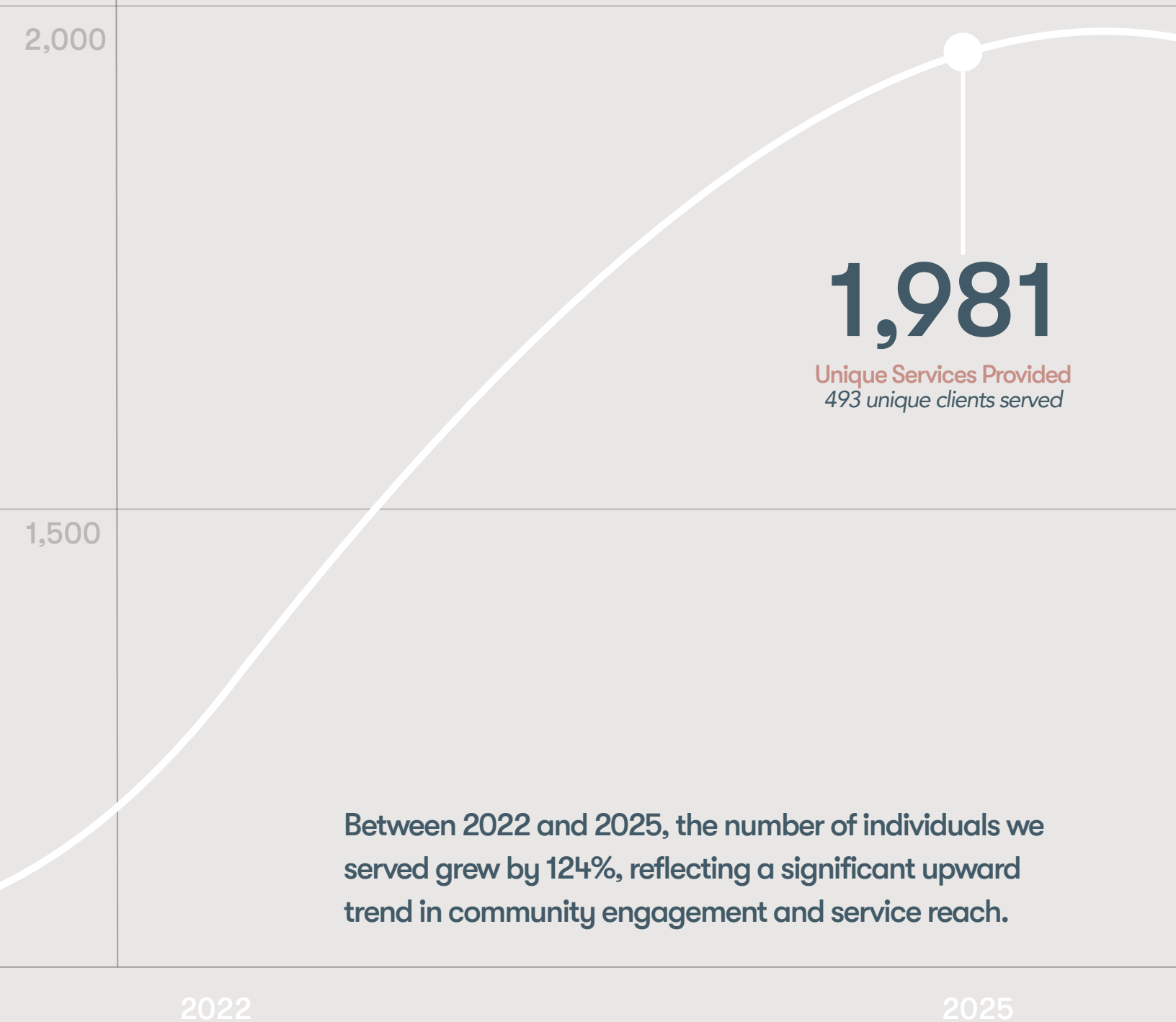
Social & Community Support

In a world that often isolates, we prioritize community because healing happens together. That's why we foster spaces where women can build authentic connections.

Mental Health & Holistic Well-being

We believe healing is not one-size-fits-all. Our approach honors the full person—mind, body, and spirit—empowering women to care for themselves with intention and without shame.

GROWTH



A Year in Review

Every woman's story is unique. In 2025, women from across racial and cultural backgrounds turned to us for support. Our programs continue to be shaped by—and for—the communities we serve, reflecting the richness of our city and the shared commitment to healing and growth.



Over 995 hours of volunteer time donated by individuals helping us create a stronger, more supportive space for women.

Hosted 6 social impact interns, providing hands-on experience while gaining fresh ideas and meaningful contributions to our mission.

Reached over 2,873 individuals through community education and outreach efforts.

493

Unique individuals served

158

Groups and events hosted

425

Counseling sessions provided

994

Hygiene items distributed

264

Childcare hours provided

In 2025, the majority of our community members fell within the ages most impacted by mental health challenges:



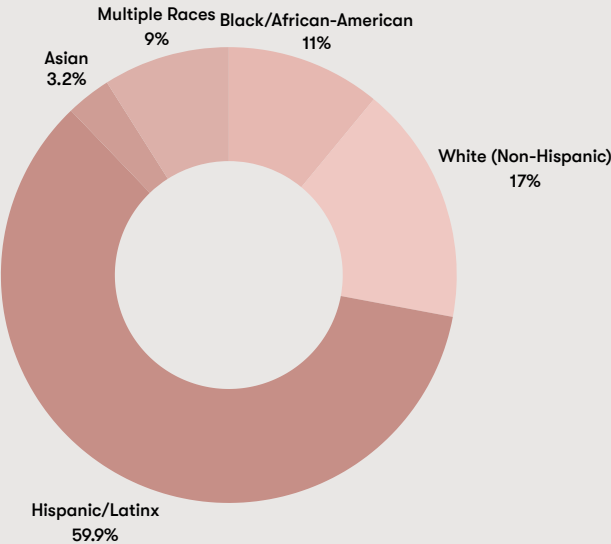
Texas ranks 49th in the nation for women's health, a stark reminder of how much support is still needed. In 2025, For Her served hundreds of women across every stage of life, with a particular focus on those in their 20s to 50s, where the pressure to "hold it all together" is often the greatest. From young adults navigating early adulthood to women managing major life transitions, we meet each woman exactly where she is and offer tools for healing, growth, and lasting wellbeing.



By offering professional, reliable childcare for group programming, we removed the single largest barrier preventing mothers from accessing support.

This enhancement directly contributed to 58% increase in participation in 2025.

Race & Ethnicity



Mental Health & Race

Women of color face additional inequalities and challenges to their mental health, such as racism and stigma, and are at particular risk of experiencing common mental disorders.

Agenda Alliance



Nearly 3 in 5

Women we served in 2025 identified as a victim of crime, including domestic violence, sexual assault, sexual exploitation, trafficking, or sexual harassment.

Women who came to us in 2025 often faced intersecting barriers: 22% identified as single parents, 20% as LGBTQIA+, and 12% experienced homelessness.

Economic hardship remains a core issue in our clients' households. In 2025:

45%

reported earning less than \$25,000/year

66%

earned under \$50,000/year

43%

reported feeling dissatisfied with their economic status



According to the ALICE Household Stability Budget, a single adult in Bexar County, needs an annual income of \$54,324 to maintain a stable household over time.

Empowerment Workshops

Our workshops cover a wide array of topics, including professional development, healthy relationships, and wellness, empowering attendees to thrive in every aspect of their lives.

102 Workshops held

263 Unique Participants

80% reported that groups were helpful to developing their professional and interpersonal skills.

Trauma-Informed Yoga

48 Classes held

143 Unique Participants

"I love For Her. It's one of my favorite discoveries of 2025. I feel so lucky to be part of this wonderful and supportive community."

"I was able to leverage the networking skills I learned to secure a new partner at work. This new connection has been instrumental in helping my team meet our financial year metrics. I regularly recommend For Her to my coworkers and friends."



Support Groups

Our support groups aim to bring women together to share knowledge and build meaningful connections that support their journey to overcome barriers.

91% report that groups were helpful to improving their mental health and overall feelings of well-being.

56 Support group sessions held

114 Unique Participants

Individual Counseling

We offer professional counseling sessions at no cost to our community members.

425 Counseling Hours

58 Clients Served

79%

of clients report feeling satisfied or very satisfied with their mental health since starting counseling services at For Her.



"[Counseling] has helped me significantly with managing stress, depression, ongoing worries, and navigating everything I am dealing with in my life. This support has made a meaningful difference in my emotional well-being."

Individual Support

For Her provides individual support through referrals, our hygiene closet, and personalized assistance focused goal-setting, career planning, and holistic well-being.

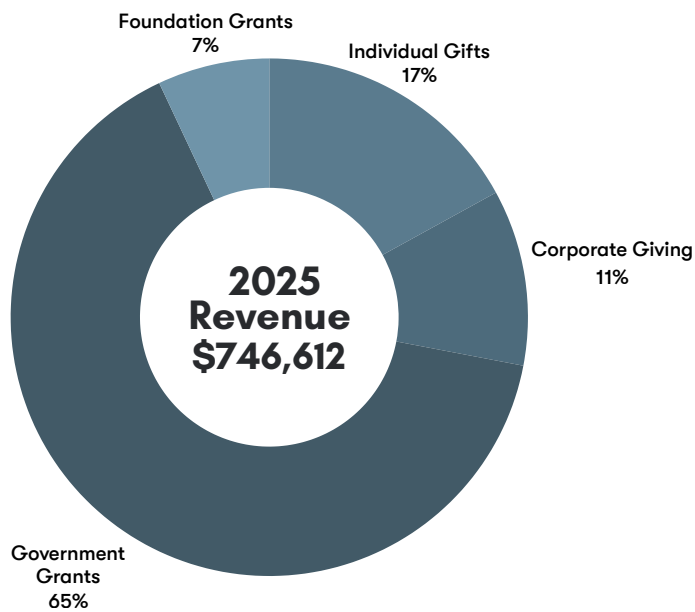
119 Clients Served

100% would recommend For Her to a friend

"[The Forward Program] was truly wonderful. They have helped and supported me so much with my goals and my thoughts about the future. I've learned how to relate to and communicate with friends and family in a different way. "

Financial Highlights

**FOR
HER**



2025 Expenses
\$662,147

80%
Spent on Programs

20%
Spent on Administration & Development

Major Funders & Contributors

Bexar County: Department of Behavioral Health
State of Texas: Office of the Governor
City of San Antonio: Department of Human Services
Bexar County Women's Bar Foundation
Abe Graber Memorial Fund
Capital Group
H-E-B
Mayer LLP
CPS Energy
Valero Energy Corporation

Stronger Together



To our volunteers,
community partners, social
impact interns, donors, and
sponsors:

Thank you for standing with
us, for showing up, and for
helping women in our
community access the support
they deserve.



**We can't do
this work alone.**

Transformation happens in
community, and your
partnership makes it possible.

Thank you.





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