



Women's Giving Circle

Women's Giving Circle Invitation-Only Grant Application

Thank you for accepting our invitation to apply for a grant from the Women's Giving Circle (WGC), an initiative of the Catholic Community Foundation of the Diocese of Cleveland. Please respond clearly and concisely and adhere to the word limits below.

Organization Name: Veranova Health

Address of Organization: 7379 Pearl Rd, Middleburg Heights, OH 44130

Organization Snapshot (75 words max)

Briefly describe your organization's mission, whom you serve, and where you serve.

Fresnel Shores Foundation believes that women imaging our trinitarian God are the wellspring of life, family and community. The foundation fosters four cohesive missions in northeast Ohio focused on women and family fertility health. Through a network of trained volunteers, the foundation provides cycle education for young women, supports fertility and cycle education instructors for couples, provides medical education grants in reproductive medicine, and has built and oversees its flagship medical practice Veranova Health.

Project Summary (100 words max)

Describe the specific project or program for which you are requesting Women's Giving Circle support.

One of the calendar year 2026 projects discerned by our board encompasses expanding provision of healthy cycle education for prepubescent girls and for teen girls. This project utilizes two body literacy programs co-developed by foundation volunteers. We will expand offerings of our Cycle Prep mother and daughter program for prepubescent girls and launch our Cycle Charting for Girls program for teen girls. To accomplish this the foundation will hire a part-time Education Coordinator to recruit additional facilitators, revise Cycle Charting for Girls to facilitate group presentations, and promote the programs at area schools and parishes.

Community Need (100 words max)

What need does this project address, and why is it important at this time?

Many mothers want to equip their daughters with the knowledge needed to navigate distorted beauty trends on social media and to ensure their girls respect and can care for their bodies' unique capacities. Their daughters want to understand the powerful changes of puberty. A common approach in women's medicine is to treat symptoms rather than root causes. As a result, many young women have untreated conditions which diminish their fertility and general health. Young women need to be able to discern what is normal or not normal in their cycles and be empowered to confidently communicate with health care providers.

Impact & Outcomes (100 words max)

What impact do you expect this project to have? Include one or two measurable outcomes

Aided by an Education Coordinator, our cycle educators will double offerings of Cycle Prep classes held in parishes and schools while maintaining our current rate of classes held at Veranova Health. We will offer Cycle Charting for Girls at least quarterly during the 2026-2027 school year. We will recruit and train three additional facilitators, allowing us to offer a total of 14-18 Cycle Prep classes and 4-6 Cycle Charting for Girls classes. With a minimum off-site class size of five students, we will reach a minimum of 100 girls and set the stage for further program growth in 2027.

Use of Women's Giving Circle Funds (75 words max)

How will Women's Giving Circle funds be used?

We will use funds from the Women's Giving Circle to recruit and compensate an Education Coordinator for approximately ten hours per week at \$20-24 per hour, depending on education and skill level. To overcome an obstacle to facilitating, we will also offer stipends to volunteer facilitators of the Cycle Charting for Girls programs to cover their expenses such as travel and childcare when teaching a class, approximately \$75 per session

Alignment with Catholic Values (75 words max)

How does this project align with Catholic values or Catholic Social Teaching?

The Cycle Prep and Cycle Charting for Girls curriculums were co-developed with Christina Valenzuela, a Lay Dominican with a Masters in Theological Studies from Boston College. Her objective is to help girls embrace the goodness of their bodies and their dignity as daughters of God so they are empowered to live the life to which they are called. All program facilitators commit to present the programs in accord with Catholic teaching on marriage and sexuality.

Partnerships (50 words max, if applicable)

Briefly describe any project partnerships.

Since 2024 the Diocese of Cleveland Marriage and Family Office has contracted with Fresnel Shores to offer Cycle Prep classes.

Fresnel Shores is the parent organization of Veranova Health, which provides space along with website and social media promotion for classes, and of NEO-NFP, which supplies the facilitators.

Funding Request:

Amount Requested: \$ 12,250

Total Project Budget: \$ 17,250

Signature: *Mary Ellen Jakubisin*

Name: Mary Ellen Jakubisin

Title: Board Member

Supporting Documents (For Staff Review Only)

The following materials are required for Foundation review and compliance purposes only:

- IRS determination letter confirming 501(c)(3) tax-exempt status
- Most recent IRS Form 990 (or financial statement, if Form 990 is not required)
- Detailed project budget (template provided)
- List of current Board of Directors or governing body
- Letters of support, if another organization is integral to the project or serving as fiscal sponsor