



## A Century of Empowerment: The History of the YWCA

These historical panels feature highlights of the YWCA's first 100 years of service and social justice work in Asheville, North Carolina. The mission of the YWCA is eliminating racism and empowering women.

The panels were made possible by a grant from the North Carolina Humanities Council.

The panels were created by the YWCA of Asheville with support from Special Collections at the D.H. Ramsey Library at UNCA, and the YMI Cultural Center. The text was written by Holly Jones.

Please note that the panels use the following guidelines for ethnicity designation: Designations of culturally appropriate language generally follows a pattern of usage based on either history or contemporary preference. In some cases use of both the historical and the contemporary designation are appropriate. For example, the National Association for the Advancement of Colored People may be described as an African American advocacy organization, using both "Colored" and "African American" in the sentence. Likewise, the use of the cultural descriptors, "colored," or "Negro," when used in an historical context, are appropriate designations when used to describe African Americans.



Phyllis Wheatley Business and Professional Women's Club, 1951. [0684] YWCA Collection, D.H. Ramsey Library, Special Collections, UNC Asheville 28804.



Seniors exercise at the YWCA, 1970s. Photo courtesy of the YMI Cultural Center.



"Foreign Delights" folk dancing at the YWCA, 1967. Photo courtesy of the YMI Cultural Center.

Today, the YWCA offers a wide range of programs including:

- After-School
- Summer Camp
- Swim Lessons
- Health Outreach
- Child Care Center
- Diabetes Wellness
- S.O.S., SPIRIT, and FutureVision for Teens
- Club W: The YWCA Health & Fitness Center
- MotherLove and Adolescent Pregnancy Prevention

For more information, go to  
[www.ywcaofasheville.org](http://www.ywcaofasheville.org).



Participants in Project Aware, 1971. Photo courtesy of James McDowell.

**eliminating racism**  
**empowering women**  
ywca