October is Domestic Violence Awareness Month


Here are some ways to get involved:

• Give a $20 to 22.52.361 for awareness materials like purple ribbons, bracelets, pins, magnets and more to show your support.
• An easy and effective way to get your business, school or church involved, we are happy to put together a kit of materials that will help you take action.
• Stop by in to Tamashiki Ace Hardware (212 S. Summit Dr, Waukesha, 53189) throughout the month to take part in Light the Way to End Domestic Violence Now. By purchasing a purple light bulb and displaying it in your home or business, Purple is the featured color of DVAC, and you can help light up the community. A portion of the proceeds from each bulb will be donated to the Women’s Center.
• Enjoy some great wine at Tam’s Italian Restaurant (935 S. Clement Ave, Milwaukee, 53207) — a percentage of all wine sales during the month of October will be donated to the Women’s Center.
• Attend a screening and discussion on Oct. 9 of “I AM EVIDENCE” at Carroll University’s Shattuck Recital Hall at 7:30 p.m. This moving documentary was produced by Law & Order: Special Victims Unit Mimi Haleyi and her foundation, Joyful Heart, and exposes the alarming number of untested rape kits throughout the United States.
• Visit Mama D’s on Oct. 10 for an open mic night. A portion of the proceeds will be donated to The Women’s Center.
• Join us on Oct. 11 at Hamburger Mary’s (705 S. 5th St, Milwaukee, 53204) for a special night of fun and prizes, raising awareness and funds for The Women’s Center through HAMBINGO.
• Wear purple on Oct. 18 to show your support! Take photos, tag The Women’s Center, and share on your social media networks with the hashtags #purplethursday #DVAC2018.
• Visit our website for more details, call Riley at 262.522.3813.

Celebrate With Us

Amazon Wish List!

While you’re there, check out our Amazon Wish List and purchase directly to us. Amazon will donate 0.5% of your total purchase to The Women’s Center through the AmazonSmile program.

smile.amazon.com/ch/39-1269698

New! Vehicle Donation Program

We have partnered with CARS to accept vehicle donations, including trucks, U.S., motorcycles, and even boats. It’s an easy process, and all the paperwork is free. Visit our website for details, call Ann Marie at 262.522.3812.

Don’t have a car? We’ll take over the hauling and help you light up the community. A portion of the proceeds from each sale will be donated to The Women’s Center.

Light the Way to End Domestic Violence Now! For special support of the Domestic Violence Awareness Month, and our mission.

More DVAC details inside!

Thank you to WaterStone Bank for special support of Domestic Violence Awareness Month and our mission.

Check out all of our Domestic Violence Awareness Month activities inside!
As an adult, he began speaking out about his childhood. He and his wife, Ali, created The Safe at Home Foundation in 2002 to help support kids living with the same traumaTorre had endured.

“We went through a shelter in Brooklyn, and as I was talking about the experience it was pretty much like a block of ice, the idea that a shelter could actually be a developing brain to believe that violence is a normal part of life—and that they are to blame for it.”

According to the Adverse Childhood Experience, or ACE Study, exposure to domestic violence and other trauma can shorten children’s lives and has a lifetime negative impact. “The more adverse childhood experiences a young person has, the higher the risk for health conditions, such as obesity, diabetes, depression—even cancer. There is a higher incidence of smoking, drug and alcoholism. ACES can also have an effect on a child’s future success in school and their career, and can increase the risk of violence, unemployment, not being able to hold a steady job that can actually develop a feeling that the world is against them,” Jimenez says.

When Torre arrived at Safe at Home, he shared how many students who went through counseling reported feeling more confident about themselves and more hopeful about their future. Ninety-four percent said they felt more confident about their future. Ninety-four percent said they felt more confident about their future. Ninety-four percent said they felt more confident about their future. Ninety-four percent said they felt more confident about their future.

Want to support a survivor and their family this holiday season? Sign up to provide gifts or a holiday meal and spread joy this winter. You can provide food for Thanksgiving or the December holidays, gifts for a family, or general holiday wish list items. Invite your office, church or school to join you in preparing the donation!

(To learn more about the program, please contact The Women’s Center, 262.547.4600 or visit our Amazon Wish List to easily donate with one click).

Art therapy is an integral part of our children’s programming, serving as a bridge to healing by encouraging healthy coping skills, emotional stabilization, non-violent communication skills, and providing the empowering feeling of not being alone, but seen, through artistic expression.

Trauma-informed art therapy sessions, taught by a licensed professional, encourage children to look twice through art expression because the impact of abuse is often too difficult for kids to verbalize. For some, art therapy becomes a developmentally appropriate way to “lead without talking” and a first step in processing their experience.

Through these exercises, children are taught how to use healthy outlets to cope with trauma. The sensory aspect is effective in calming the body and mind, especially in children who have experienced trauma. The goal is to equip children with portable strategies to manage their feelings, that they can then take with them throughout their day-to-day activities.

The American Psychiatric Association embraces art therapy as an effective tool in counseling, citing that it leads to reduced post-traumatic stress disorder, decreased anxiety and depression, fewer nightmares, and improved self-esteem. With the many new and returning clients we are seeing, these statistics continue to be needed. Currently, we are very low or out of the following items:

- Diapers, size 4, 5, & 6
- **Items not currently needed**
- Full size shampoo & conditioner
- African American hair care products
- Blue magic, Olive Oil brands
- New underwear (boys & ladies)
- New pajamas (boys, girls)
- Hair products (boys, girls, & gals)
- P. J.s, robes and slippers (women & children)
- New pajamas (ladies, boys, & girls)
- African-American hair care products
- Wipes
- Diapers, size 4, 5, & 6
- Toothbrushes
- Body lotions
- Adult coloring books

A full list of items is available at thewomenca.org/holidaywishes.

For more details, visit playsbig.com/heart.

For more information on our children’s programming and the types of support available, please contact 262.547.4600.