



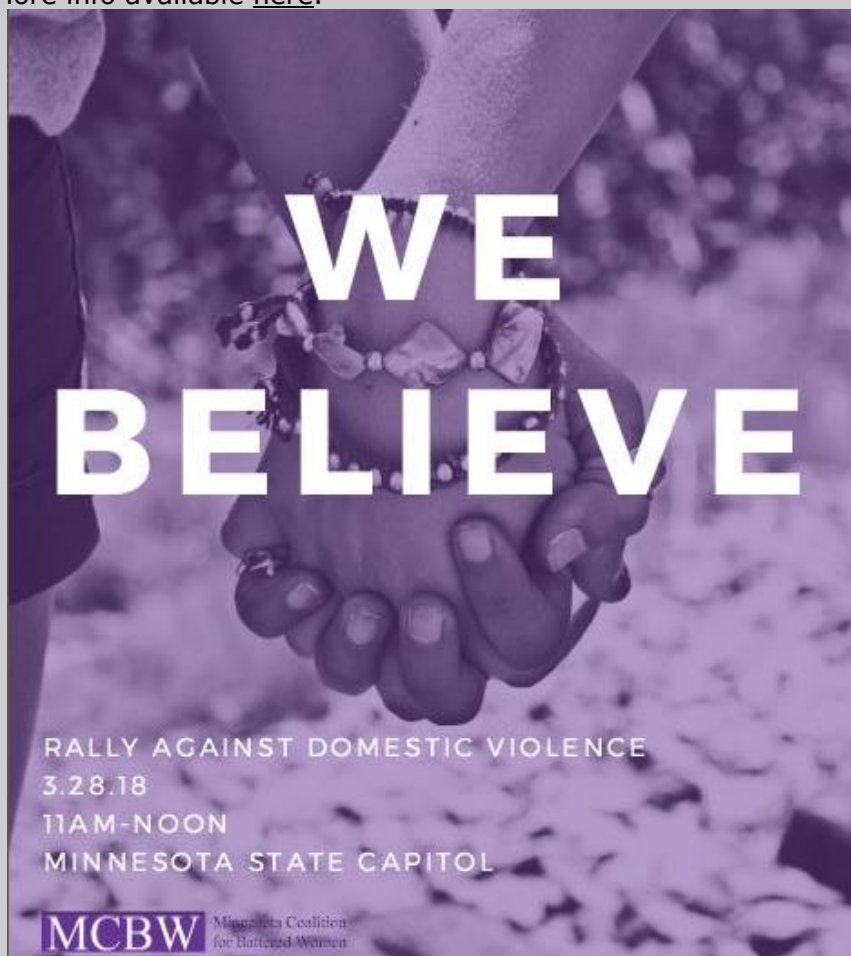
Women's Advocates

Breaking the cycle of domestic violence.

"We Believe" Rally - Join Us March 28

We believe we can take action and end domestic violence! Join us on March 28th in the Rotunda of the Minnesota State Capitol and take a stand against domestic violence in Minnesota.

If you can't make it to Saint Paul, join an event in one of these cities: Bemidji, Marshall, Pine City, Rochester, and St. Cloud. More info available [here](#).



At the Shelter

Women's Advocates program staff and leadership team have begun to explore and practice the concepts of nonviolent communication (NVC) by reading *Nonviolent Communication: A Language of Life*, by Marshall Rosenberg. Staff will take time over the next year to read the book, practice what they are learning in peer groups, and share learnings with others. This process will assist staff to better articulate observations, feelings, needs and requests, and prepare them to incorporate these principles into their work with survivors of domestic violence.

More info on NVC [here](#).



You're Invited! Open House & Shelter Tour

Please join us for our spring open house event on May 1 at 5:30 pm. Learn how you can make a difference and help end domestic violence in our community. This event will feature light refreshments and tours of our historic buildings.

At 6 pm, there will be a brief program. To register for this free event, email tbrinker@wadvocates.org or call 651-726-5212.



How to Help

We seek community support to fulfill shelter and resident needs, including:

Target Gift Cards to help fulfill immediate resident needs year-round.

AmazonSmile: Start your online shopping [HERE](#), designate Women's Advocates as your charity of choice, and the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to us!

Volunteers: We are looking to schedule 1-2 volunteer groups each month to help with shelter-wide cleaning and yardwork projects. Find our volunteer information and application [here](#).

Any questions about volunteering or donating gift cards can be sent to development@wadvocates.org.

In-Kind Donations & Wish List

Questions about specific item donations can be sent to donations@wadvocates.org. When immediate needs arise, we post requests for those items on our [Facebook](#) page.

Our Amazon **Wish List** of new, essential needs is now available: <http://a.co/jkkHfvm>.

Did You Know?

Teen Dating Violence Awareness Month:

February is Teen Dating Violence Awareness Month (TDVAM). In a 2013 study released by the Urban Institute's Justice Policy Center, more than a quarter of 5,647 teenagers surveyed reported that their partners have engaged in digital dating abuse. Forms of abuse reported included digital harassment, pressure for explicit photos, hacking, and more. Using a partner's social media account without their permission was reported as the most common form of digital dating abuse, with girls reporting digital dating abuse more often than boys. Digital abuse rarely occurs alone as 84% of teenagers who reported digital dating abuse from a partner also reported psychological abuse from that partner. Women's Advocates regularly provides presentations on digital dating abuse to middle schools and high schools, featuring interactive activities and real-life case studies of digital dating abuse. [More on teen dating violence here.](#)

Strangulation:

Fifty percent of domestic violence victims are strangled by a partner at some point during the relationship, with men making up the vast majority of the perpetrators. Strangulation can cause traumatic brain injuries (TBIs), many of which are never detected or diagnosed in domestic violence victims. Victims of strangulation are often not aware of the severity of their injuries and may experience memory loss, confusion, and more, without realizing the cause. Women's Advocates always seeks to spread awareness of the impacts of physical abuse during our educational presentations,

For the safety and privacy of our staff, shelter, and residents, *deliveries of donation items must be previously approved and scheduled in advance. Unscheduled deliveries will not be accepted.*

Quick Links

[Our Website](#)

[Donate Now](#)

[Volunteer](#)

[Wish List](#)

[Facebook](#) | [Twitter](#) | [Tumblr](#)

Crisis Line: [651-227-8284](tel:651-227-8284)

including TBIs: [More detail via The New Yorker here.](#)

Victim Misconceptions:

A study of EMS (emergency medical services) responders who underwent a domestic violence training found that many of them still believed in, or were neutral about, negative stereotypes regarding domestic violence victims. For example, the EMS responders surveyed were shown the statement "Battered women secretly want to be abused" - and 21% of them either remained neutral or agreed with the statement. Women's Advocates seeks to clarify and challenge misconceptions about domestic violence in every educational presentation: [Read more here.](#)

Click [here](#) for online educational resources about domestic violence. Our staff also provides resources by order for your workplace or office, as well as educational presentation opportunities. Those can be found at [this link](#).