



# Women's Advocates

Breaking the cycle of domestic violence.

## Volunteer Appreciation

In early June, Women's Advocates hosted our volunteers for a shelter-wide cookout to recognize their efforts to help in every aspect of our organization, from child care, to evening activities, to yard care. It was a celebratory night!

To wrap up the evening, Wally from Leprechaun's Dreamcycle served ice cream for everybody, and we got to see our new logo advertisement on the DreamCycle. He also played some songs and made balloon animals for our residents!



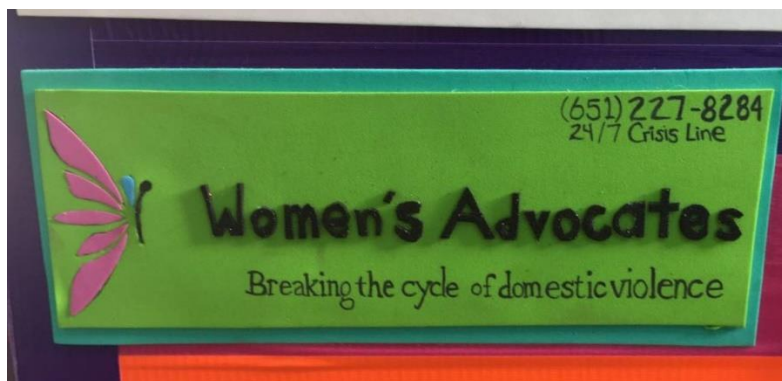
## Did You Know?

### Engaging men in perinatal education:

June is Men's Health Month and includes Father's Day. It is integral for men to feel uplifted and supported as parents, yet a new University of Michigan study found that there are few perinatal parent educational programs for dads, and the majority of the programs actually available were found to be lacking effectiveness. However, those programs which *are* effective are found to benefit co-parenting relationships, increase father involvement, and increase fathers' mental health and supportive behaviors. By building on existing effective programs and increasing their numbers, more men can feel encouraged, respected, and ready to take on parenting responsibilities. Women's Advocates strives to provide education on healthy masculinity in the presentations we offer to men and boys. Learn more about the University of Michigan study [here](#).

### Contraception methods and their pros and cons:

An under-recognized form of domestic violence is reproductive coercion, which involves behaviors intended to influence an individual's reproductive decision-making and often involves birth control sabotage, or tampering with contraceptive methods. Health providers have a significant role to play in educating patients about this form of abuse, such as by providing them with



information about alternative contraception methods beyond solely using condoms or birth control pills. [This handy chart](#) from the Center for Young Women's Health lists various alternative contraceptive options and the pros and cons of each. Women's Advocates recently presented on reproductive coercion at the annual MN Office of Justice Programs' Conference.

### Resources for pet owners escaping domestic violence:

Individuals whose pets are a factor in why they are unable to leave an abusive relationship are beginning to have more options. For example, the National Domestic Violence Hotline and the Animal Welfare Institute have banded together to create the [Safe Havens Mapping Project](#), which provides a map of all the US shelters that allow residents to bring pets. In addition, a new domestic violence shelter in New York City is being custom-built to house 100 residents and their pets. The shelter will include several animal-friendly features, such as a secluded dog park, a pet grooming room, shelves for cats to sit on, and flooring that won't be too slippery or sticky for paws. Learn more about the shelter [here](#).

## You're Invited

### Pryes for a Purpose supporting Women's Advocates



\$1 per pint & \$5 per growler from the select beer style sold will benefit  
Women's Advocates



Thursday, July 19th • 3:00-7:00 pm • 1401 West River Rd N, Minneapolis

[More info here.](#)

## We Need Volunteers!

We are in need of extra volunteer support in the following ways:

### Groups:

- Shelter clean-up (weekday afternoons, 3 hours)
- Yard work (weekday afternoons, 3 hours)
- Room redecoration, sponsored by the volunteer group
- Evening or weekend activities for women & children

### Individuals:

- Child care (T/Th mornings or T/W evenings, experience required with consistent weekly schedule)
- Facilities support (mostly cleaning, regular weekday schedule preferred)
- Research (various topic areas, 2-4+ hours a week, can be remote or on-site)

## At the Shelter - Butterflies!



Last month, we received some caterpillars, and they been the talk of Children's Program. The residents at our shelter were able to watch them as they transformed into butterflies, and we had a release party when it was time to let them go free. Additionally, our herbs planted last month were moved to our outdoor garden and are making progress! The children have been active in helping staff with watering and maintenance.



If you are interested in volunteering as an individual or with a group, connect with [development@wadvocates.org](mailto:development@wadvocates.org).



## How to Help

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

**Facebook Fundraiser:** You can easily raise awareness and encourage your network to support our cause with just a few clicks. No fees are deducted for donations made on facebook. Start at [our page here](#) and click "Create Fundraiser."

**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!

*Any questions about volunteering, fundraising, or donating gift cards can be sent to [development@wadvocates.org](mailto:development@wadvocates.org).*

## In-Kind Donations & Wish List

**We are currently not accepting clothing or toy donations.**

Questions about specific item donations can be sent to [donations@wadvocates.org](mailto: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 items is now available: <http://a.co/jkkHfvm>.

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](#)



## In the News

More than a year after winning the 4th annual #BuildingCommunity award hosted by the Opus Foundation, we discussed the impacts of this award in a new article posted recently [here](#).

"The Building Community Award from Opus has allowed us to make our spaces safer and more comfortable for residents and has also helped us upgrade technology for staff and residents," said Tom Brinker, development and volunteer coordinator for Women's Advocates. "With these basic resources in place or updated to the most recent standards, we can even more effectively focus on helping families heal after experiencing trauma."



[Volunteer](#)

[Wish List](#)

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