



# Women's Advocates

Breaking the cycle of domestic violence.

## Give to the Max Day 2017 - Thursday, November 16th

Give to the Max Day is TOMORROW and Women's Advocates is taking part!

We ask YOU and your families, groups, and workplaces to make a gift to Women's Advocates. Several grand prizes are on the line for participating organizations, up to \$5,000! Link to our #GTMD17 page: <http://bit.ly/WAGTMD17>



## Quick Links

[Our Website](#)

[Donate Now](#)

[Volunteer](#)

[Wish List](#)

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

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

## Did you know?

### Domestic Violence & History of Alcoholism

New research indicates that teenagers who grow up with fathers struggling with alcoholism may be more likely to engage in abusive dating behaviors with their partners. To learn about the research outcomes, including the impact on the teen's mothers, [read more here.](#)

Women's Advocates provides education on dating violence to teens in high school. Learn more about our education opportunities [here.](#)

### Sexual Assault & Treatment for Sex Addiction

Both Kevin Spacey and Harvey Weinstein, who are accused of sexually assaulting and sexually harassing numerous men and women, have

## At The Shelter

### Support Groups

Women's Advocates works to ensure women have as many resources as possible to set and work toward goals during their stay. This includes morning support groups, which focus on important themes each week relative to the journey to safety for a survivor of domestic violence and her children. Some of these group meeting themes are:

- Domestic Violence and Its Impact
- Grief and Loss
- My Life, My Dreams, My Future
- Spirituality and Healing
- Life After Shelter and My Relationships

Visit our [programs page](#) to learn more.



### How to Help this Holiday Season!

If you are interested in supporting Women's Advocates this holiday season, contact [development@wadvocates.org](mailto:development@wadvocates.org) to coordinate. For the safety of our staff, shelter, and residents, *donated holiday items must be approved in advance, and deliveries must be scheduled.*

Each holiday season, we seek community support to fulfill shelter and resident needs, including:

**Gifts:** Our priorities for our residents this holiday season include:

entered or will be entering "treatment for sex addiction." This article explains why connecting sex addiction to sexual assault is problematic and can create an excuse for horrible and abusive behavior. Several experts and researchers on sex addiction, including a neuroscientist, provide their viewpoints. [Read more here.](#)

### Domestic Violence & Perspecticide

This article defines and discusses what is known as "perspecticide." Perspecticide is an abusive technique in which abusers force their own viewpoints and opinions on their victims, to the point that victims often end up believing that they don't have a right to have their own perspectives. It is a form of emotional abuse. Women's Advocates always discusses emotional abuse in our presentations in the community and in our work with victims. [Read more here.](#)

Women's Advocates provides educational presentations to workplace groups, schools, faith communities, and others as well as free materials to promote our crisis line and safety resources. More information about how to order resources or schedule a presentation is [HERE](#).

### Volunteer Spotlight: Opus Group & Opus Foundation!

Twice in the past few months, staff from Opus Group and Opus Foundation put in several dozen hours collectively to support Women's Advocates' needs. This has included yard clean-up work and most recently, a huge volunteer event at their headquarters. As part of a week-long staff giving and volunteer effort, staff were invited to help assemble care packs for the women and children Women's Advocates serves.

Opus also helped us in a huge way by delivering all 100+ kits directly to our shelter. These kits will be shared with

- **New lounge-wear** (robes, slippers, flip flops, women's and children's pajamas sets)
- **Target Gift Cards** to help residents shop for personal holiday gifts for their families and fulfill immediate resident needs year-round.
- **New children's toys.** For storage purposes, we ask that donated toys be smaller in size.

### AmazonSmile

With [#BlackFriday](#) and [#CyberMonday](#) on the horizon, we want to remind you that YOUR shopping sprees for yourself and loved ones can create REAL impact for your favorite organization(s), including Women's Advocates!

All you have to do is start your shopping at <http://bit.ly/smileWA>, and the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to us!

Please bookmark the link and use it over the holidays!

### In-Kind Donation Update

We are not accepting individual in-kind donations at this time. When immediate needs arise, we post requests for those items on our [Facebook](#) page.

If you would like to host a group or workplace donation drive, please contact [development@wadvocates.org](mailto:development@wadvocates.org) for a list of our most immediate needs. For the safety of our staff, shelter, and residents, *deliveries of donation drive items must be previously approved and scheduled in advance. Unscheduled deliveries will not be accepted.*

residents as birthday gifts and as going-away gifts when they leave the shelter. The kits will provide essential needs and encouragement to families as they continue their journey to safety, independence, and healing. Thank you Opus!



### Thank you Lynx and FastBreak Foundation!



FastBreak Foundation and the Minnesota Lynx hosted Women's Advocates at the Lynx final regular season game on Sunday, Sept 3. Just before tip-off, Tom from our staff and Tanya from Women's Advocates' Board of Directors were invited on court and presented with a grant award from FastBreak Foundation to support our Sheila Wellstone Children's Program!

To top it all off, the Lynx won, headed into playoffs as the #1 seed, and won their 4th WNBA championship! Go Lynx!