



# Women's Advocates

Breaking the cycle of domestic violence.

## Happy #GivingTuesday!

Today is [#GivingTuesday](#), a global day of giving fueled by the power of social media and community collaboration. We hope you'll consider a gift [on Facebook](#) or at the donate page on [our website](#). Please share information about our shelter and services to encourage your friends & family to support the cause you care about.

What your gift could mean...

- ▶ \$100 funds a health & well-being support group for 17 women
- ▶ \$50 provides a family with the replacement of vital records & documents upon arriving at the shelter
- ▶ \$25 means more than one full day of shelter for a resident



## Halloween Fun at the Shelter

On the night before Halloween, Women's Advocates staff and volunteers hosted a shelter-wide Halloween party for residents. At this event, there were themed games in every common room, a photo booth, costumes, and treats for participating in each game. To wrap up the night, we all sat down for an interactive story time.

Thank you to our staff and volunteers for putting on a wonderful night of fun!



## Updated Welcome Space

Our friends at International Interior Designers Association (IIDA) Northland spent two weekends in late September redesigning one of our basements. This space was created to give new residents to Women's Advocates a quiet, comfortable space to decompress upon arrival as well as give our staff additional meeting space. Thank you IIDA!



## Join Us: Pints for a Purpose at Tin Whiskers

Come to Tin Whiskers Brewing Company, located at 125 9th Street E in St. Paul, on December 6th from 4 pm to 10 pm and have a beverage. One dollar from every bottle, growler, and pint sale will go directly to Women's Advocates shelter and services. RSVP to the Facebook event [here](#).



## Domestic Violence Awareness Month Impacts

Every October, Domestic Violence Awareness Month is a busy month for Women's Advocates.

In October 2018, 80 women and children found safety from abuse at our shelter, 58 women and children received aftercare support in the community, and we received 195 crisis calls and requests for shelter. Additionally, more than 1,900 people learned about domestic violence at our 39 violence prevention trainings, and over 7,000 individuals across the world accessed Women's Advocates' online safety education webpages.

Our "Courage to Fly" benefit event hosted 440 community leaders who learned about our services and heard from several survivors of domestic violence. Later in the month, our educational panel event "Six Degrees of Connection" welcomed 80 guests to take part in an informative discussion and Q&A with local organizations. Finally, 16 volunteer groups comprising 123 individual supporters visited our shelter in October, committing nearly 450 volunteer hours to ensuring our spaces are clean and welcoming for our residents.

If you were part of any of these impacts, we are so grateful. Thank you!

## Women's Advocates' Blog Update

Check out our blog post "'I Failed Her': When Friends and Family Blame Themselves for Not Saving a Domestic Violence Victim."

"After Wendy Malonyay's daughter Kate was killed in a domestic violence homicide in Australia in April 2013, Malonyay underwent hours of trauma counseling. The primary question she struggled with in counseling was how she could have prevented Kate's death, after months of pleading with Kate to leave her abuser, whose erratic and controlling behavior had terrorized Kate during and after the relationship. Now, Malonyay has made it her mission to save another woman's life, playing a pivotal role in

## How to Help for the Holidays!

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

**Target Gift Cards** to help shelter residents shop for personal holiday gifts for their families and fulfill immediate resident needs year-round.

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

- New lounge-wear for women and children (robes, slippers, flip flops, women's and children's pajamas sets)
- New children's toys (contact us for a suggested list)

If you are interested in supporting Women's Advocates this holiday season, contact Tom at [development@wadvocates.org](mailto:development@wadvocates.org) or 651-726-5212 to coordinate.

**Other needed items** include twin XL bed sheets & blankets, towels of all sizes, pre-lit Christmas trees, and diverse holiday décor with varied representation of backgrounds and ethnicities. Additionally, as the temperature drops, we are in need of new and gently used outerwear and warm clothing for women and children.

If you are interested in supporting these extra needs, inquire with our team at [donations@wadvocates.org](mailto:donations@wadvocates.org) or call 651-726-5211.

Our Amazon **Wish List** of new, essential needs items is available: <http://a.co/jkkHfvm>. For the safety and privacy of our staff, shelter, and residents, *deliveries of donation items must be approved and scheduled in advance. Unscheduled deliveries will not be accepted.*



Australia's White Ribbon Campaign aimed at helping men to end violence against women and girls." [Full blog post here.](#)



-Art by Shelby McQuilkin

## Did You Know?

### **Economic empowerment for victims of financial abuse:**

Financial abuse is a common tool of control used by abusers to restrict domestic violence victims' access to money, making it very difficult for them to leave the relationship. Because of this, many women who have managed to escape abuse are left with poor credit history, a lack of sustainable income, and very little savings, among many other economic impacts. Services that focus on economic empowerment and financial literacy for survivors are crucial. Conflict Women is one such example, an organization designed to empower domestic and sexual violence survivors through their Butterfly Project, in which survivors are given free classes on jewelry making and are able to sell their jewelry through the organization for a monthly income. You can view their shop [here](#).

## How to Help Year-Round

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."

**Gift Cards:** Gift cards to Target, Walmart, gas stations, coffee shops, & local restaurants are useful to help Women's Advocates fill immediate needs for our residents and aftercare participants year-round.

**AmazonSmile:** Your online shopping can create REAL impact for Women's Advocates. All you have to do is 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.

Please bookmark the link and use it over the holidays!

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

## Quick Links

[Our Website](#)

[Donate Now](#)

[Volunteer](#)

[Wish List](#)

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

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

## Domestic violence trainings as a community health asset:

All 9,500 city employees in Metro Nashville, Tennessee will now be mandated to complete training on domestic violence, as per an executive order signed in the past several weeks by the mayor. The trainings will cover the dynamics of power and control, resources, and the forms of domestic violence, similar to the trainings Women's Advocates provides to our community members. In addition, several months ago the Chicago Tribune profiled a crisis organization in Illinois that leads free domestic violence trainings for the community, including for students, board members, volunteers, and journalists to help them recognize warning signs and learn about ways to prevent and intervene in violence. It is heartening that education on domestic violence is increasingly being recognized as a critical and lifesaving opportunity. If you are interested in scheduling a free DV training for your organization in Minnesota, please sign up here.

## Programming for abusers who are women:

Domestic violence can affect anyone, regardless of gender identity, sexual orientation, race, religion, ethnicity, or economic status. Although domestic violence is more commonly perpetrated by men than women, it is important to recognize and spread awareness of abuse by women. Thankfully, there are several programs in Minnesota that provide intervention services and programming to women who have used violence in their relationships as the primary aggressors. Advocates for Family Peace of Itasca County, Alpha Human Services in Minneapolis, and the Domestic Abuse Intervention Project in Duluth are a few of these programs. Women's Advocates strives to spread awareness of the many contexts of domestic violence at every training we offer so that participants recognize that anyone can engage in abusive behaviors.