



# Women's Advocates

Breaking the cycle of domestic violence.

## Join us on Oct 22 for our educational panel: "Six Degrees of Connection"

October is Domestic Violence Awareness Month, dedicated to remembering those who have died and honoring those who have survived. It's time for us to gather together and raise awareness of a pervasive, deadly, and devastating epidemic of abuse that often thrives in silence. This awareness must include a recognition of domestic violence as more than a solely physical problem - it can be financial, emotional, sexual, reproductive, and/or digital as well. It is a deeply isolating pattern for victims, many of whom experience several forms of abuse at once and may be ashamed or afraid to reach out for help. It impacts all of us, not just women, and we have a chance to end it - it's never too late to begin.

On October 22nd from 6:00 pm - 8:00 pm CST, you'll hear from panelists in law enforcement, advocacy, midwifery care, sexual health, and therapy about domestic abuse and its far-reaching impacts on the Minnesota community and beyond. By hearing their stories and learning from their experiences, we can make a difference.

More event details and registration link [HERE](#).

# SIX DEGREES OF ~~SEPARATION~~ CONNECTION

An educational panel on domestic abuse

October 22, 2018

6-8pm

Wilder Center

451 Lexington Pkwy N, St Paul

+ Broadcast on Facebook



- 1 Financial control
- 2 Reproductive coercion
- 3 Emotional abuse
- 4 Sexual abuse
- 5 Digital abuse
- 6 Physical violence

Register: [wadvocates.org/event/panel](http://wadvocates.org/event/panel)

## Women's Advocates All Staff Retreat

In early September, Women's Advocates staff had an afternoon-long retreat, where we received some updates and plans from our leadership, spent time getting to know each other better, and took part in a training on vicarious trauma and self-care from Suzanne Koeplinger, Catalyst Initiative Director at The Minneapolis Foundation

Bad Weather Brewing Company in St. Paul generously lent us their meeting space for this meaningful event.



## Did You Know?

### Why victims may stay in touch with abusers:

Sexual violence can be very painful and traumatic for those who experience it, and can occur between anyone, not just between strangers. For those individuals who were victimized by an acquaintance, friend, or loved one, the impacts can be especially complicated. Some victims, especially if they were victimized by someone they know and care about, may choose to stay in touch with their perpetrator or may feel like they have to stay in touch with that person. While this can be confusing for their peers, it's important to understand the intense emotions and effects of sexual assault. The *New York Times* recently published an essay on how many sexual violence victims stay in touch with their abusers, and why. Read more [here](#). Women's Advocates strives to provide information on the complexities of domestic and sexual violence at every [training](#) we offer.

### Domestic violence warning signs for veterinarians:

Many domestic violence victims may have pets, which can be a source of comfort for victims, and can also be a tool leveraged by abusers to threaten or harm their victims. Veterinarians may see domestic violence victims come through their clinic doors with their pets, although these vets may be completely unaware of the abuse experienced by their clients. There are many warning signs of domestic violence that vets can look for in clients and their pets, from injuries and isolation to anxiety, financial troubles, and more. Some pets may also exhibit fearful interactions with humans and inadequate grooming and medical care. To learn more about how vets can play a positive role in domestic violence intervention, and how pets may be impacted by

## #PurplePurseChallenge 2018 - You Can Help

We're part of a friendly fundraising campaign launched by the Allstate Foundation, where domestic violence organizations compete to raise the most money with the help of their community supporters. The top organizations win bonus donations from Allstate Foundation.

The challenge runs from October 2nd at 11am through October 31 at 1pm.

**How you can help** - Please take five minutes to create a fundraiser team page before the challenge starts by heading to <http://bit.ly/WAPP2018> and clicking 'Join the Team.'

To inspire and thank you for helping out, Women's Advocates has prizes for our teams, from sporting event tickets to gift cards to flight vouchers (and more). Full challenge details and information about our bonus prizes at [www.wadvocates.org/purplepurse](http://www.wadvocates.org/purplepurse).

## Your support matters!

Women's Advocates is part of the #PurplePurseChallenge, an online fundraising competition in October, where supporters create team pages and connect their networks with our cause.

Our most dedicated teams can win bonus prizes all month long!

Learn more and get started at [wadvocates.org/purplepurse](http://wadvocates.org/purplepurse)



**Purple Purse**  
Allstate Foundation

Early Bird Prize:  
Purple Purse charms for each  
team page created by 10/2



## There's Still Time to RSVP: 10/10 Luncheon & Benefit

Women's Advocates invites you to join us on October 10th to recognize domestic violence awareness month and raise critical dollars to help survivors of domestic violence and their children. Donations received at this event will foster hope and open doors to safety.

To read all details and register for this event, click [here](#).

WOMEN'S ADVOCATES  
**COURAGE TO FLY**  
ANNUAL LUNCHEON & BENEFIT

October 10, 2018 | 11:30am - 1:00pm  
484 Inwood Ave. N., Oakdale, MN  
(Formerly Prom Event Center, now Inwood Oaks)

HOST: Lynne Warfel, Classical Host at Minnesota Public Radio

FEATURED GUEST: Anne Barry, Int. Deputy County Manager,  
Health and Wellness, Ramsey County

SPECIAL MUSIC: Unity Singers

EVENT SPONSORS

   

 

Lunch Provided · Free To Attend · Parking Available · For more information call Tom at 651.726.5212



domestic violence, take a look at the *Journal of the American Veterinary Medical Association's* [newest publication](#) on vets and abuse. Women's Advocates provides free [educational trainings](#) on domestic violence to vets and other animal care professionals.

### The role of religion in supporting victims of violence:

While some domestic violence victims may have their spiritual beliefs used against them by their abusers, for other victims, faith and spirituality can be an important part of the safety and healing process. A female rabbi and a reverend wrote in essay on violence against women and the role of religion for the National Online Resource Center on Violence Against Women, and reviewed how certain religious practices or beliefs may serve "either as a resource or a roadblock" for abused women. The essay outlines how various faith communities can come together to build collaborative relationships and teachings that support domestic violence victims rather than shaming them. [Read more here](#). Women's Advocates is beginning to incorporate materials on spiritual abuse into its [educational trainings](#) for the community.

## 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."

**Gift Cards:** Gift cards to Target, Walmart, Super America, coffee shops, & local restaurants are useful to help Women's Advocates fill immediate needs for our residents 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).

## Women's Advocates' Blog Update

Check out our blog post "The Proof is in the Pudding: When Domestic Violence Victims Are Forced to Substantiate Their Experiences"

[Full blog post here](#)



-The VCU Silent Witness Exhibit

## In-Kind Donations & Wish List

New items we are in need of:

- Pre-lit Christmas trees
- Holiday decorations
- Twin XL bed sheets & blankets
- Towels

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](#)

[Volunteer](#)

[Wish List](#)

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

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

## We Need Volunteers!

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

### Groups:

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

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

