



Women's Advocates

Breaking the cycle of domestic violence

Survivors Face Challenges After Leaving Shelter

Women's Advocates' Housing and Aftercare Program is finding new ways to help participants sustain safety in the midst of the pandemic-related changes. Leaving shelter is a vital time in one's journey toward safety and requires building many new connections and keeping pace with the daunting to-do list facing survivors who are rebuilding their lives. Sadly, some of the families most impacted by stay-at-home and social distancing measures are those with limited access to technology, who have fewer options to stay connected. Some victim/survivors who were starting to thrive before the pandemic are now facing discouraging circumstances. Some have expressed uncertainty for their futures and worry they may feel forced to seek support from their former partners and abusers should it become more difficult to connect to supportive services.

Meanwhile, staff have been working nonstop to keep up with increased systems advocacy, home deliveries of resources, and even parking-lot safe distance check-ins. Our mental health therapist is at the ready for phone-based counseling, and the Violence Free Minnesota Survivors Fund remains an important resource for those still in shelter seeking new housing. Fortunately, Bridging, a Twin

Minnesota Public Radio Highlights Women's Advocates' Crisis Resources

Two Minnesota Public Radio stories have been posted during May that feature Women's Advocates and our work during the COVID-19 pandemic. You can click below to read both articles.

"...since the coronavirus pandemic hit, things have been different: The crisis line has been much less busy than usual. Advocates have a grim theory as to why things have gotten quiet." [Read more here.](#)

"Stay-at-home orders allow people to leave abusive situations. But advocates say some victims feel the pandemic has given them fewer options." [Read more here.](#)



Cities nonprofit organization that provides donated furniture and household goods to people transitioning out of homelessness and poverty, has recently been deemed an essential business and has resumed regular operations. We regularly connect individuals in need, including crisis lines callers and Aftercare Program families, to this resource. We encourage you to connect with Bridging, Inc. if you are able to donate furniture to families in need.

Our community can directly support survivors through a financial donation to our Aftercare Program or via gift cards to local retailers (Walmart and Target) and local grocery providers (Cub Foods, Aldi, etc). Women's Advocates will make these cards available for families as needed and for emergencies. Please reach out to development@wadvocates.org if you'd like to support the Aftercare Program.



How You Can Support Victim/Survivors

At this time, our abilities to share our violence prevention education, resources, and presentations in-person are limited. We need community support to continue reaching people in need in these ways:

- Share our social media pages and posts
 - [@womensadvocates](https://www.instagram.com/womensadvocates) on Instagram
 - [facebook.com/wadvocates](https://www.facebook.com/wadvocates)

We're Educating Online



Women's Advocates has numerous online educational videos and webinar recordings [at this page](#). This June, we are hosting twice-weekly Zoom webinars on various domestic violence related topics, free of charge. See below for more information and to register.

- Wednesday, June 3rd, 10:00 am - 11:00 am CDT: **Women's Advocates 101**. Register [here](#)
- Friday, June 5th, 1:00 pm - 2:30 pm CDT: **Intimate Partner Violence 101**. Register [here](#)
- Monday June 8th, 10:00 am - 11:30 am CDT: **Children and Domestic Violence**. Register [here](#)
- Friday, June 12th, 1:00 pm - 2:00 pm CDT: **Digital Violence**. Register [here](#)
- Monday, June 15th, 10:00 am - 11:30 am CDT: **Family Violence 101**. Register [here](#)
- Wednesday, June 17th, 1:00 pm - 2:30 pm CDT: **Breaking the Cycle**. Register [here](#)
- Monday, June 22nd, 10:00 am - 11:30 am CDT: **Engaging Youth**. Register [here](#)
- Thursday, June 25th, 1:00 pm - 2:30 pm CDT: **Domestic Violence and Post-Traumatic Stress Disorder**. Register [here](#)

Receive bi-weekly email updates from Women's Advocates' Education and Outreach Program including upcoming webinars/events, new resources, and other information related to domestic violence education and prevention. Click [here](#) to sign up.

- Read through our [crisis resources](#), [safety resource hub](#), and much more throughout our website
 - Share our information online and print off resources to have available at home or work
- Looking to learn more or provide educational opportunities related to dating violence and family violence? Participate and share our [online digital learning](#) opportunities!

DISTANCE EDUCATION

New online curriculum on our website

- Dating violence
- Family violence
- More topics coming soon!



Women's Advocates' Urgent Needs

We are so grateful for the support we are receiving from businesses and individuals to help Women's Advocates with immediate supply needs.

Urgent Supply Needs

For the time being, we are not allowing in-kind donation deliveries, *except* for the items below, which we are in great need of. Needed items (all new):

- Kleenex
- Latex or rubber gloves
- Face masks, including home-made
- Oral thermometers

New Blog Post: "Loss of Agency: How Domestic Violence Impacts Mental Health"

In recognition of Mental Health Awareness Month in May, Women's Advocates' Education and Outreach Coordinator shares a blog post about the links between mental health and domestic violence.

Here's a lead-in to our most recent post: "Over the past few decades, there has been an increased public awareness and consciousness of mental health wellness. When many people think about their health, they often think about their physical health and are drawn to pay more attention to it when they are experiencing various symptoms."

[Click here](#) to read this and any of our other posts.



COVID-19 Specific Safety Resources

Staying home isn't a safe option for everyone. [This document](#) is continually updated with safety resources, crisis lines, interactive tools, press coverage of COVID-19's impact for survivors, and more. Follow the link above to learn about

- Bleach
- All purpose cleaners
- Disinfectant wipes

If you can support us with these items, please reach out to donations@wadvocates.org to coordinate. Unapproved donations will not be accepted.

Other Ways You Can Help

- Head to our [donate page](#) to review the various ways you can support Women’s Advocates
- Start a Facebook or GoFundMe fundraising page and select Women’s Advocates as the beneficiary OR donate directly to us [here](#)
- Ask your employer to match your donations (email development@wadvocates.org to coordinate)
- Shop our Amazon wish list (<http://a.co/jkkHfvm>) for cleaning items, clothing basics, and personal care/hygiene products to be directly shipped to us



the resources and helplines available for you or someone in need.



Quick Links

[Our Website](#)
[Donate Now](#)
[Volunteer](#)
[Wish List](#)
[Facebook](#) | [Twitter](#) | [Instagram](#) | [YouTube](#)
 Crisis Line: [651-227-8284](tel:651-227-8284)