



Women's Advocates

Breaking the cycle of domestic violence

Women's Advocates now offers crisis resources online and via phone

Women's Advocates has recently introduced a live chat feature to our website for individuals who may need another option when reaching out for crisis support or for friends, family, and colleagues seeking advice on how to best support a loved one.

1) Live Chat: Follow [this link](#) to our website and click the "Live Chat Now" or "Leave Us A Message" button at the top of the page to start a chat (7:00 am - 3:00 pm Monday through Friday and some overnight hours) or leave a message (any time) for our Crisis Resource Advocates.



2) Crisis Line: If you are in a domestic abuse situation and seeking support, referrals, and resources, please call our **24/7 crisis line: 651-227-8284**

3) Web-based Crisis Resources: Our online resources [here](#) are a helpful way to navigate the process of finding help and staying safe.

Domestic violence prevention education highlights from the 2019-2020 school year

Women's Advocates offers presentations and educational opportunities for schools, educators, and students on domestic violence, healthy relationships, and more. This year, our expanded team reached more students and teachers and increased our capacity to prevent violence throughout the community.

Some of the ways our team grew their impact include adding new curriculum options for in-school education, establishing meaningful partnerships with local educators, expanding Women's Advocates' online resources, starting a prevention education volunteer program, and creating more youth-specific self-care resources to have available during our visits to schools.

In response to the COVID-19 pandemic, our outreach team created a YouTube mini-series for educators and students to utilize as part of their distance education. Click the following links to view the Family Violence Mini Series and Dating Violence Mini Series.

Resources include safety planning, definitions, tips, a safety questionnaire, and more.

4) Email: Our non-emergency crisis email is resources@wadvocates.org

Please note, our crisis email is answered Monday-Friday from 9am-3pm.

5) Day One: A statewide network of domestic violence, sexual assault, human trafficking, youth-and community-advocacy programs in Minnesota, which hosts the Minnesota Day One Crisis Line **(866-223-1111)** and connects individuals seeking safety and resources to service agencies statewide. Text and chat are also available. [Day One website here.](#)

How to Support Survivors in the Community

As we highlighted in our [last newsletter](#), Women's Advocates' Housing and [Aftercare Program](#) is finding new ways to help participants sustain safety in the midst of the pandemic. We continue to encourage our community to directly support survivors through a [financial donation to our Aftercare Program](#) or via donations of gift cards to local retailers (Walmart and Target), Cub Foods, and local gas stations. Women's Advocates will make these cards available for families as needed and for emergencies.

Additionally, we are actively connecting with compassionate community members to fulfill Aftercare family wishlists of new essential goods for their upcoming move in to their first independent living situation, free from abuse. As families prepare to leave Women's Advocates and move-in to their new apartment or house, we reach out to supporters with a list of home goods the family needs. We collaborate to assign shopping lists, coordinate delivery to Women's Advocates, and quickly put together the items the family needs.

If you can support with the donation of a gift card or if you'd like to be part of this regular list of donors who help us fulfill wishlists, please reach out to development@wadvocates.org.

Our 2019-2020 In School Violence Prevention Educator, Alexis, penned a blog post highlighting the importance of school-based prevention education, her experiences in schools this past year, and the impact on students titled ["School-Based Prevention for Breaking the Cycle of Relationship Abuse."](#)



-Alexis, Women's Advocates' 2019-2020 In School Violence Prevention Educator

July Webinar Series



The popularity of our June webinar series has led us to create a new series for July. The series will include topics such as [emotional abuse](#), [trauma and PTSD](#) (a repeat from June based on demand), [healing from trauma: centering the survivor](#), and [healthy relationships](#).

You can quickly register for free for any of these webinars [here](#). Please share these educational opportunities with your networks. If you'd like to be included in regular 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.

June Webinar Series Recap

Our June webinar series was a huge success! We hosted more than 75 attendees at each of our eight webinars - advocates, mental health professionals, lawyers, landlords, and others from throughout the United States. Additional participants came from around the world, including the United Kingdom, Ireland, India, Philippines, Malawi, Kenya, and more.

You can view video recordings or download PDFs and PowerPoint slides from these webinars at [this webpage](#).

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. For the time being, we are not allowing in-kind donation deliveries, *except* for the items below:

Gift Cards: Gift cards to Target, Walmart, Cub Foods, and local gas stations are useful to help Women's Advocates fill immediate needs for our residents and aftercare participants.

Children's Items (preferred new)

- Hot Wheels cars
- Dolls, action figures (inclusive representation)
- Baby and toddler toys (blocks, rattles, musical toys, sensory)
- Activity books
- Amazon Fire kids tablets

Supply Needs (all new):

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

"Inside Scoop" Blog Series: Getting to Know Women's Advocates

Community members often have questions about what a shelter really is, who works there, and what work is being done. Women's Advocates' team of family advocates, housing advocates, facilities and kitchen associates, administrative staff, and more have shared varied perspectives on their work. We are sharing this information in hopes that it will be helpful to individuals who need safety but may be hesitant to stay at a shelter, and to those who work in fields related to ours.

Follow the links below to view the first four blog entries from the series:

- [An Introduction to "Inside Scoop"](#)
- [A Typical Day at Women's Advocates](#)
- [Rewarding Aspects of Working at Women's Advocates](#)

- Oral thermometers
- 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



Quick Links

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

- [Sources of Energy & Motivation at Women's Advocates](#)



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

