



# Women's Advocates

Breaking the cycle of domestic violence



MONTHS OF  
**GIVING**



# MONTHS OF GIVING



## Introduction

12 Months of Giving was created as a guide for those who want to give to residents in-shelter at Women's Advocates throughout the year. We are asking for **new** items based on seasonal needs and storage availability each month. Help support our mission of walking with victim/survivors and our community to break the cycle of domestic violence by participating in any or all of our 12 Months of Giving!



## Interested in making a donation?

Email [development@wadvocates.org](mailto:development@wadvocates.org) to coordinate a drop off today!

## Stay Connected



1 January

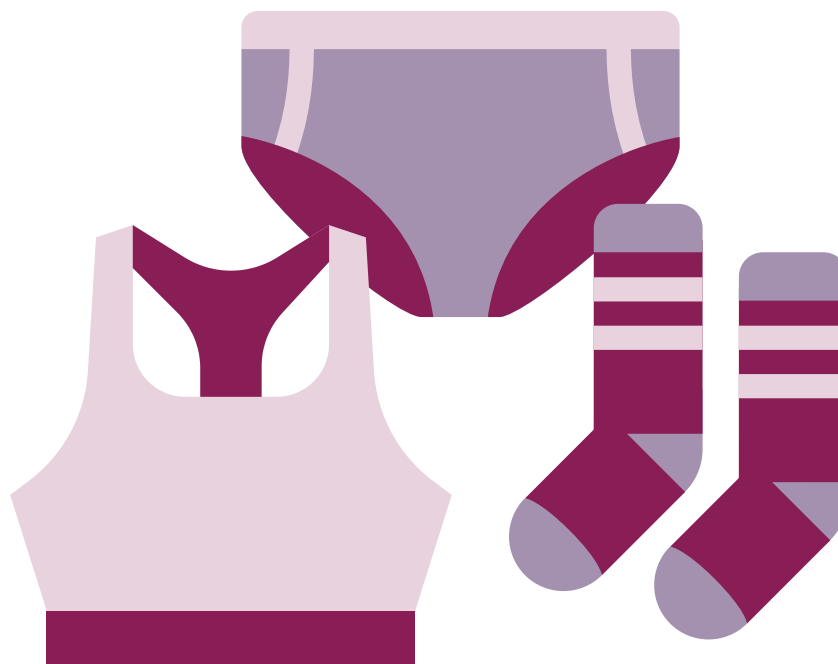


## UNDER GARMENTS

Underwear

Socks

Sports Bras



*Sizes: Children to XXXL*

DID YOU  
KNOW?

January is  
National Stalking  
Awareness Month.

Every year, **14 out of every 1,000 adults** are victims of stalking.

**1 in 7 stalking victims** report they have moved housing due to this crime

Source: U.S.  
Department of  
Justice Office of  
Justice Programs



# 2 February



## ART SUPPLIES

Paint Markers  
(Regular and fine point)

Metallic Paint Markers

Light Up Mason Jars

Scrap Board Fairies

Canvases

String Art Kits

Foam Boards

Mod Podge

Dragonfly Pattern Drawing

Diamond Painting Kits

Paint Your Own Ceramics

Tile with Cork Board for Coasters

Paint by Number  
(Any kind)

Cork Board for Tiles

Paper Mache Mask For Decorating



## DID YOU KNOW?

**February is Teen Dating Violence Awareness Month**

**52% of teens** who experience digital abuse are also physically abused.

**1 in 10 high school students** have been purposefully hit, slapped, or physically hurt by a boyfriend or girlfriend.

**Only 9% of abused teens** seek help and rarely from parents or teachers.

Source:  
That's Not Cool





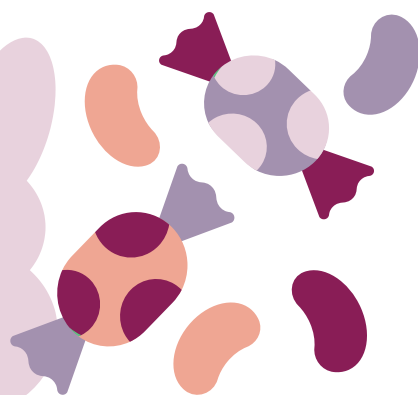
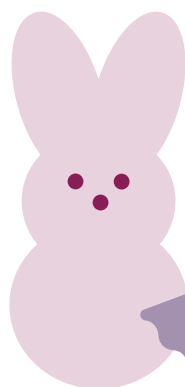
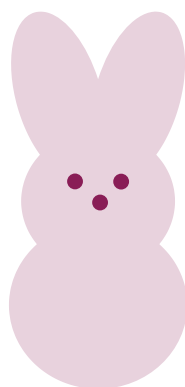
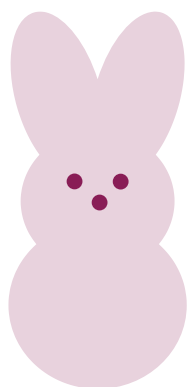
# March



## SPRING BASKETS

Spring Decorations

Candy



## DID YOU KNOW?

### March is Women's History Month!

Dr. Ellen Pence was a Minnesotan psychologist who developed the widely utilized Power and Control Wheel in the 1970s to further explain the tactics that are used in abusive relationships including using isolation, emotional abuse, intimidation, denying, minimizing, blaming, using children, using privilege, economic abuse, coercion, or threats.





April



# SPRING CLEANING

Clorox Wipes

Rags

Mr. Clean  
Products

Brooms

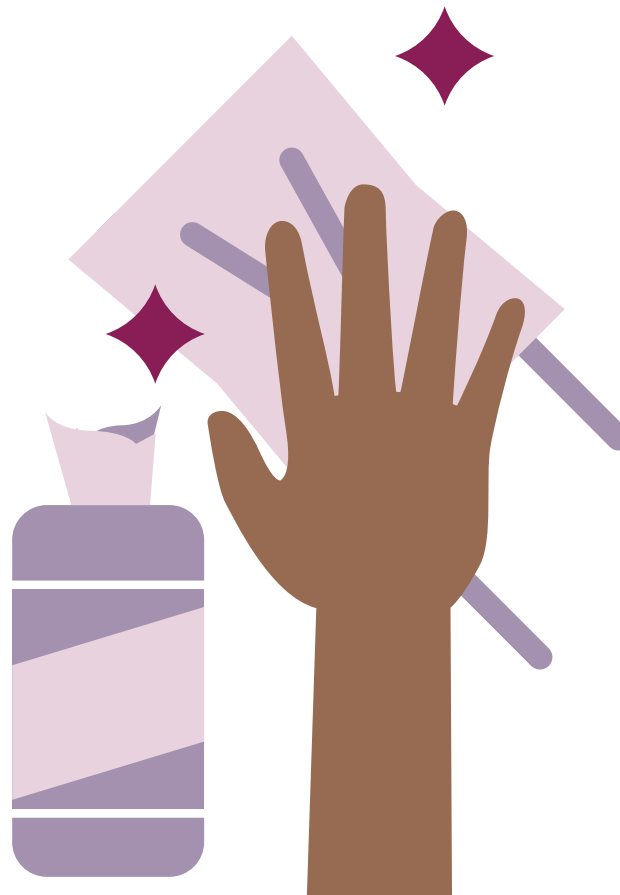
Lysol Spray

Mops

Fabuloso

Small  
Buckets

Clorox Products



DID YOU  
KNOW?

**April is  
Sexual Assault  
Awareness Month**

**Between 14 and  
25% of women** are  
sexually assaulted by  
intimate partners during  
their relationship.

Source: National  
Coalition Against  
Domestic Violence





May



# MOTHER'S DAY

Spa Supplies

Lotions

Manicure Kits

Hair Products

*For all ethnicities*

Face Masks



DID YOU  
KNOW?

## May is Mental Health Awareness Month

Women who experience relationship abuse also experience **high rates of post-traumatic stress disorder (PTSD), anxiety, depression, and suicidal thoughts.**

Source: National  
Center on Domestic  
Violence, Trauma &  
Mental Health





June



# HEAT SAFETY

Water Bottles

Sunscreens

*Reef safe,  
suitable for all skin tones*

Drinks

*Other than water!  
ex: individual drink  
mix powders*



## DID YOU KNOW?

### June is LGBTQ Pride Month

Domestic violence does not only happen in heterosexual relationships. Here are just a few groups of the LGBTQ community that experience domestic violence:

**61%** of bisexual women

**37%** of bisexual men

**44%** of lesbian women

**26%** of gay men

Source: Racial & Economic Equity for Survivors Project (REEP)





 **July**



## SUMMER FUN

Gift Cards to Local  
Ice Cream Shops

*ex: Nellie's, Nelson's, Grand Ole  
Creamery, Cold Front*

Como Town  
Wristbands

Jamba Juice  
Gift Cards



## DID YOU KNOW?

Trauma informed  
parenting involves  
doing our **BEST**?

**B**elieving  
**E**ducating  
**S**upporting  
**T**ruth-telling

Are all important  
when it comes to  
our interactions with  
our kiddos.

Source: National  
Sexual Violence  
Resource Center





# August



## BACK TO SCHOOL

Calculator

Backpack

Markers

Pencils



## DID YOU KNOW?

**The 5 pillars of supporting children who have experienced abuse**

- 1) Safe environment
- 2) Support services
- 3) Normalcy
- 4) Conflict resolution
- 5) Adult help

Source: Domestic Abuse Project





# September



## CLOTHES

Sweatpants

T-shirts

Leggings

Jackets

Hoodies



*Sizes: Children to XXXL*

## DID YOU KNOW?

**Leaving is the most dangerous time for survivors of domestic violence.**

Survivors often only get the opportunity to seek safety at a shelter with only the clothes they are wearing that day.

Diminishing a survivor's self-esteem is a common tactic that abusive people use. Taking back control of what a survivor chooses to wear to feel good in their own bodies can be a powerful experience.

Source: Domestic Abuse Project



10 October

# HALLOWEEN

## Halloween Decorations

*CUTE, not scary!*

Candy

Fruit roll ups

Fruit snacks

Animal crackers



## DID YOU KNOW?

October is Domestic Violence Awareness Month (DVAM)

**63% of women** at Women's Advocates increased their income during their stay which helps them to build autonomy from abusive people.

On a typical day, there are more than **20,000 phone calls** placed to domestic violence hotlines nationwide.

Source: Domestic Abuse Project



**11** November



## COZY CLOTHES

Robes

Pajamas

Sweatshirts

Socks

*Sizes: Children to XXXL*



## DID YOU KNOW?

November is  
Native American  
Heritage Month

**More than 4 in 5**  
American Indian and  
Alaskan Native women  
have experienced  
violence in their lifetime.

**Connection is  
the antidote to  
isolation.** Reaching  
out to a survivor to  
share how grateful you  
are that they're in your  
life makes a difference.

Source: Domestic  
Abuse Project



**12** December



# GIFT CARDS & CASH DONATIONS

Walgreen's

Walmart

CVS

Gas Stations  
*ex: Speedway, Holiday,  
Super America*

Cub Foods

Target



Please email [development@wadvocates.org](mailto:development@wadvocates.org)  
for more information on gift cards and cash donations.

## DID YOU KNOW?

The keys to supporting someone who has experienced abuse involve believing, listening, affirming, supporting, empowering, and referring them to resources!

Learn more at  
[wadvocates.org](http://wadvocates.org)

