Women’s Advocates
Breaking the cycle of domestic violence

12 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 to coordinate a drop off today!

Stay Connected
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

DID YOU KNOW?

January

UNDER GARMENTS

Underwear

Socks

Sports Bras

Sizes: Children to XXXL
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

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?

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Source: That’s Not Cool
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.

DID YOU KNOW?

March 3

SPRING BASKETS

Spring Decorations

Candy
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

DID YOU KNOW?

SPRING CLEANING

Clorox Wipes  Rags
Mr. Clean Products  Brooms
Lysol Spray  Mops
Fabuloso  Small Buckets
Clorox Products
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.

Spa Supplies
Lotions
Manicure Kits
Hair Products  
For all ethnicities
Face Masks

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

HEAT SAFETY

Water Bottles

Sunscreens
Reef safe, suitable for all skin tones

Drinks
Other than water! ex: individual drink mix powders
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?

Believing
Educating
Supporting
Truth-telling

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

Source: National Sexual Violence Resource Center
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
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

CLOTHES

Sweatpants
T-shirts
Leggings
Jackets
Hoodies

Sizes: Children to XXXL
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

HALLOWEEN

Halloween Decorations
*CUTE, not scary!

Candy

Fruit roll ups

Fruit snacks

Animal crackers

DID YOU KNOW?

October 10

HALLOWEEN
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.

Sizes: Children to XXXL
December

**GIFT CARDS & CASH DONATIONS**

Walgreen’s

Walmart

CVS

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

Cub Foods

Target

*Please email development@wadvocates.org for more information on gift cards and cash donations.*

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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