

Winter 2013

WOMANSPACE NEWS

A publication of Womanspace, Inc., a non-profit organization serving women and children in crisis.

IT STARTS HERE

Womanspace To Honor Lee Woodruff

SAVE THE DATE:

**Barbara Boggs Sigmund Award
Hyatt Regency Princeton,
Tuesday, May 21, 2013 at 5:30 PM**

Each year, Womanspace honors a woman of distinction who exemplifies the qualities of the event's namesake, Barbara Boggs Sigmund. We're delighted to announce that



2013 BBS Honoree Lee Woodruff

this year's event honors Lee Woodruff, best-selling author, journalist, and advocate for injured veterans. Together with her husband Bob Woodruff, the ABC correspondent seriously injured in Iraq, she recounted their journey to recovery in the book, *In An Instant*, and later established the Bob Woodruff Foundation, ReMIND.org, which helps wounded veterans and their families heal from the psychological and physical wounds of war. Her contributions in her professional career and her personal life are inspiring and show others that it is indeed possible to embrace and overcome tragedy in their personal lives.

Barbara Boggs Sigmund, Mayor of Princeton Borough and the first woman Freeholder in Mercer County, New Jersey was the driving force in founding Womanspace in 1977. She came from a distinguished political family -- the daughter of the late Congressman Hale Boggs, and Congresswoman and Ambassador Lindy Boggs, and the sister of journalist Cokie Roberts, who was our first honoree and a consistent supporter of our mission and wise adviser to our agency.

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Womanspace Communities of Light™ Launch a Success Despite Hurricane Sandy



Womanspace launched the 11th Annual Communities of Light™ campaign on Tuesday, November 13th, 2012 at the West Windsor Senior Center. Originally scheduled for Tuesday, October 30th in honor of National Domestic Violence Awareness Month, the launch event was postponed due to Hurricane Sandy. Despite the hurricane wreaking havoc across the Eastern coast, Womanspace and our supporters along with West Windsor township were able to join together to make the launch happen with great success.

The launch event marks the beginning of a three month long campaign designed to increase awareness about the serious issues of domestic violence and sexual assault and send the message that "Peace Begins at Home." Community members, students, elected officials, volunteers, Womanspace Board members and staff gathered together to increase local awareness of domestic violence and sexual abuse in the community and to show support for family, friends, neighbors or co-workers who may be suffering in silence.

On that evening, the West Windsor Senior Center was aglow from the light of many luminaries set up by student volunteers from

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Zonta Rave Walk



**Mercer County 24-Hour Domestic
Violence & Sexual Assault Hotline
609 394-9000**

TTY 1-888-252-SAFE (7233)

**NJ Statewide Domestic Violence
Hotline 1-800-572-SAFE**

**Counseling & Support Services
(609) 394-2532**

Womanspace, Inc.
1530 Brunswick Avenue.
Lawrenceville, NJ 08648
(609) 394-0136

Address Service Requested

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Organization
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A Very Happy New Year to Everyone...

Once again Womanspace supporters made it possible for our families to enjoy a very special holiday season with food baskets, wonderful holiday gifts for moms and for children. With enormous gratitude for a community that shares their generosity with our families, we say thank you so very much.

2013 is upon us and it brings us hopefulness for a year of successful advocacy and creative programming that will provide options for our clients as they work hard to secure a future safe from fear and violence for themselves and their children. We face some new challenges this year but are poised to meet them and with a little help from our friends become stronger for the effort.

The United States 112th Congress has failed to reauthorize the Violence Against Women Act (VAWA). It was a strictly partisan vote that results in a failure to ensure safe homes for all families. There is no monetary component to VAWA thus no budgetary concerns. So we ask all our friends to contact their legislators and encourage them to right this wrong. It is good common sense that our government should support the elimination of family violence. For more information, please go to <http://nnedv.org/news/national/2710-failure-congress-pass-vawa.html>.

This year also saw funding reductions and a significant funding cut of \$105,000 from the United Way of Greater Mercer County as they shifted their priorities and no longer fund Womanspace. For many years the economic environment has prepared us to work as efficiently as possible to ensure that no survivor is without the support they need. We simply do not have the option to do "less" work...every victim and survivor who calls our hotline or walks through our door requires our immediate response and will continue to receive that. We work with collaborative partners in the community that assist us with available options and we look for ways to enhance funding from new and different sources. The community rallies and helps us in so many ways and we will ask that you continue to do that in whatever way is possible for you. There are so many ways to support us.

- If you normally donate to Womanspace through your United Way workplace campaign we ask that you consider donating directly this year.

- If you have not sent your annual fund gift, please consider sending it today - your support is vital!

- By simply completing the email contact form below and returning it to us as soon as possible you will help us save on printing and mailing costs.

For 35 years Womanspace has offered quality, life sustaining services to so many and our presence has only grown and become stronger...one thing is for certain... we could never do it without our community friends and supporters. Thank you for standing with us and for your consistent belief in the mission of Womanspace.



Patricia M. Hart

M.S.W., LCSW, Executive Director

Recent Grant Awards (July-December)

Womanspace was the recipient of a \$20,000 **Mary Kay Ash Foundation** grant. Proceeds from the grant are for the Emergency Shelter which served 244 women and children last year. Emergency Services assists victims of domestic violence and sexual assault immediately following the initial crisis.

Novo Nordisk awarded Womanspace \$25,000 in operating funds. Operating support enables Womanspace to cover costs that are not covered by program restricted grants. It allows us to place the funding where it is needed the most in the agency enabling us to better serve our clients.

Janssen Pharmaceutical gave \$2,500 for the Womanspace Emergency Shelter and Hotline Support Services. Womanspace operates three 24-hour hotlines: the Statewide Domestic Violence Hotline, the Mercer County Domestic Violence Hotline and the Mercer County Sexual Assault Support Services Hotline. Last year, our hotlines responded to 7,051 callers.

Johnson & Johnson Consumer Products supports the Children's Services Program with a \$5,000 grant. This funding helps Womanspace provide direct therapeutic care to youths coping with family violence for the first time in Mercer County.

The Verizon Foundation granted Womanspace \$15,000 for domestic violence education and prevention. This covers a wide range of services within Womanspace including the Domestic Violence and Sexual Assault Response Teams, Counseling and Support Services, Emergency Services, and volunteer and community outreach

The Hopewell Harvest Fair awarded Womanspace \$1,000 to purchase a new laptop computer for the Domestic Violence Victim Response Team (DVRT) and Sexual Assault Support Services (SASS) trainings and other community presentations. Two 80-hour Response Team trainings are conducted per year to train numerous Response Team Members to go into their community and provide vital support to victims of domestic violence and sexual assault.

Trenton Thunder Community Charities has awarded Womanspace \$1,500 to purchase therapeutic games, books, art and music supplies for the Children's Therapy Program. This is the first time that Womanspace has received a grant from Trenton Thunder Community Charities and we appreciate their dedication to helping children affected by family violence.

Womanspace received \$25,000 in operating funds from the **Princeton Area Community Foundation** Greater Mercer Grants. Womanspace received this grant for serving those in need and building community throughout greater Mercer County.

Womanspace is the recipient of a \$600,000 endowment from the **Charles E. Galbraith Charitable Trust**. In 2012, Womanspace completed the relocation of the Counseling and Administrative offices into a newly renovated, ADA compliant, space in Lawrenceville. This new facility enabled Womanspace to grow our existing child advocacy program into a comprehensive therapeutic program that will help children heal from the devastating effects of family violence. This generous gift will help sustain our new children's program with confidence, and help support critical annual funding over the long-term.

EMAIL CONTACT FORM

Please help Womanspace go GREEN!

Name: _____

Company Name (if applicable): _____

Address: _____

Email: _____

Phone Number: _____

Please mail the form to Womanspace located at 1530 Brunswick Ave, Lawrenceville, NJ 08648. You can also scan or email the form to INFO@womanspace.org or fax to 609-396-1093. Thank you for helping us go green.

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Sadly, Barbara died of cancer in 1990, but her astute leadership, her political skills and her dedication as a public servant, particularly in her crusade against domestic violence, has made a life-saving difference to thousands of victims who have been served by Womanspace. Barbara was an inspiration with her "we can do anything" attitude. The Barbara Boggs Sigmund award proudly represents that spirit; and honoring Lee Woodruff is a true representation of that spirit.

A freelance writer, Woodruff has penned numerous personal articles about her family and parenting that have run in such high-profile magazines as *Health*, *Redbook*, *Country Living*, *Parade* and *Family Fun*. In addition to freelance writing, Woodruff ran her own public relations and marketing consulting business for 16 years. Before

that, she was senior vice president of public relations firm Porter Novelli. Lee Woodruff now works at CBS's *This Morning* with hosts Charlie Rose, Gayle King, and Norah O'Donnell, after being a contributing editor at ABC's *Good Morning America*. Her second book was a collection of essays, *Perfectly Imperfect - A Life in Progress*. *Those We Love Most* is her first novel.

Lee Woodruff's public efforts and her writing, both non-fiction and fiction, are an inspiration to many others who face tragedy in their own lives whether from the violence of war or of domestic violence. Lee Woodruff's contributions, like those of Barbara Sigmund, our founder and award namesake, are focused on bringing hope and the capacity for change to countless individuals in our society. See page 10 for event information.

Womanspace Gives Thanks for Generous Donors During the Holidays



Christine's Hope for Kids donated 150 holiday stockings to Womanspace. Each stocking was filled with a coloring book, crayons, shower gel, tooth brush, tooth paste, note pad, pencils, gloves, deck of cards, granola bars, and candy canes. Pictured from left to right: Jean Gianacaci from CHFK and Womanspace Office Manager Angela Lipira.



Volunteers at the Womanspace table during the Barnes & Noble Holiday Book Fair. Many books were generously donated by Barnes & Noble for the Children's Program library.



Volunteers and staff of the USDA Office Federal Women's Program stand in front of the facility's van full of donations for Womanspace clients.



Holiday gift baskets at the Womanspace Emergency Shelter assembled and donated by Princeton University.

Many Thanks to these Holiday In-Kind Donors!

Abbott's Frozen Custard
 Allentown High School
 All That Jazz Dance Academy
 American Red Cross
 BJ's Wholesale Club
 Bloomberg
 Bordentown Regional Middle School
 Christine's Hope for Kids
 Compass Healthcare Marketers
 Corporation Service Company
 Daughters of Penelope Altes
 First Presbyterian Church of Plainsboro

Harvest Chapel
 Higher Education Student Assistance Authority
 Hopewell Library
 Kingdom Church
 Little Kids College, Inc.
 NJ Department of Environmental Protection
 NJ Department of Transportation
 Oral & Maxillofacial Surgery of Central NJ
 Pennington Presbyterian Nursery School
 Philanthropic Education Organization
 Princeton United Methodist Church
 Princeton University

Rider University
 ShopRite
 SRI International
 St. David's Episcopal Church
 TCNJ School of Business
 Thomas Edison State College
 Trenton Board of Education
 Turtle Creek Quilters
 United Presbyterian Church
 USDA Office – Federal Women's Program

DEDICATED VOLUNTEERS WANTED:

Response Team Training Begins in March 2013

If you are a dedicated individual interested in making a difference in your community then Womanspace has the perfect opportunity. Join Womanspace as a volunteer for the Domestic Violence Victim Response Team (DVVRT) and Sexual Assault Support Services (SASS) Advocate Team. DVVRT and SASS team members provide vital support to victims of domestic violence and sexual assault during the most critical time.

Team members respond to local police stations or hospitals and meet with victims—providing them with support, information, and referrals. In the past twelve years the teams have served over 5,700 residents of Mercer County. Last year alone, team members provided services to 732 domestic violence victims and 73 sexual assault victims.

Volunteers will receive 80+ hours of extensive, specialized training on topics including the law, sensitivity to the needs of victims and their children, and how to provide appropriate responses at a very critical time. Ongoing training will also be provided. Trained volunteers must be “on call” (available to respond to call-outs at police departments or hospitals) two to four shifts per month. Volunteers must be 18 years of age or older and have a valid driver’s license and access to a vehicle.

Additionally, volunteers must be able to communicate effectively, relate sensitively to victims and maintain confidentiality. The application process includes a background check, fingerprinting and interview.

Bi-lingual individuals, especially those fluent in Spanish, Polish and American Sign Language are strongly encouraged to apply!

The next class begins March 2013, visit www.WOMANSPACE.org to print a copy of the Response Team application. Please submit your completed application before February 15, 2013.

For more information about volunteering on the teams, please contact Heidi Mueller at dvvrt@womanspace.org, Alison Daks at sass@womanspace.org, or call (609) 394-0136.



Requested Donations from the DVVRT and SASS Response Teams:

- Bottled Water
- Tissues
- Individually packed snacks
- Flip flops
- Long & short sleeve shirts
- Leggings
- Sweat pants
- Movies for children

These items are needed to stock the team rooms in police stations and hospitals. For more information, contact Heidi Mueller, dvvrt@womanspace.org or Alison Daks, sass@womanspace.org.

How to talk to your kids about healthy relationships

Our goal is to help adults create an environment in which they can give their pre-teen and teen boys and girls the skills with which to have positive, healthy relationships with peers and in dating situations. We expect that implementation of those skills will help to prevent relationship violence and break the cycle of abuse. We hope that with the help of this presentation parents will be better able to support their, pre-teens and teens to grow up to become strong men and women who engage in balanced, rewarding and loving relationships. In addition, parents will have laid a strong and lasting foundation for effective communication between themselves and their children

Presentations are scheduled for these Mercer County Library locations:

Twin Rivers

Saturday, April 6th from 1:30pm to 3:30pm

Hopewell

Saturday, April 13th from 10:00am to noon

Lawrence*

Saturday, April 20th from 10:00am to noon

West Windsor

Saturday, April 27th from 10:00am to noon

Robbinsville

Saturday, April 27th from 10:00am to noon

Please RSVP to Womanspace at 609-394-0136

*Registration is required, online through the library’s website at www.mcl.org



APRIL
24th
2013

SEXUAL VIOLENCE PREVENTION and EDUCATION CAMPAIGN

Denim Day History

In 1998 the Italian Supreme Court overturned a rape conviction because the victim was wearing tight jeans at the time of the assault. The justices stated that the victim must have helped her attacker remove her jeans, from which they inferred consent. People all around the world were outraged. Wearing jeans on this anniversary became an international symbol of protest against erroneous and destructive attitudes about sexual violence.

WEAR JEANS TO
MAKE A STATEMENT:
THERE IS NO
EXCUSE
AND NEVER
AN INVITATION
TO RAPE

PLEASE SUPPORT US!

**WEAR DENIM ON
APRIL 24th, 2013**

For more info. call: 609-394-0136

Or visit us online:

www.WOMANSPACE.org

24 HOUR MERCER COUNTY
DOMESTIC and SEXUAL VIOLENCE

HOTLINE: 609-394-9000



Womanspace Communities of Light™ Launch a Success Despite Hurricane Sandy

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The College of New Jersey. This symbolic display of luminaries sends survivors of domestic violence the message that they are not alone.

This year, Mid Jersey Chamber of Commerce President and CEO Robert Prunetti served as Honorary Chair of Communities of Light™. This is Mr. Prunetti's second time serving as Chair of this event; he served as the first Honorary Chair of Communities of Light in 2001.

On the evening of the launch, West Windsor Township Mayor Shing-Fu Hsueh warmly welcomed guests to the West Windsor Senior Center. Womanspace Executive Director, Patricia Hart, introduced Westminster Choir College student, Ebony Queen who performed Wind Beneath My Wings. The evening's guest speakers included Mr. Prunetti and Assistant Mercer County Prosecutor Stacey Geurds.

The Communities of Light™ Event Chair and Board Member, Shauwea Hamilton also shared remarks at this very successful launch which was well attended, in spite of the Hurricane. The night's agenda ended with a standing ovation for Ebony Queen's second performance. Afterwards, guests enjoyed appetizers and desserts that were generously provided by McCaffrey's Supermarket.

With the help of all those present at the launch, Womanspace began the journey to raise

awareness about the presence of domestic violence in our community. The Communities of Light™ launch was only the beginning of a campaign that, despite setbacks caused by a hurricane, was successful in spreading our message across Mercer County and beyond that Peace Begins at Home.



Westminster Choir College student Ebony Queen performs A Capella for the guests of the 2012 COL Launch.



Event Chair Shauwea Hamilton, Honorary Chair Robert Prunetti and Executive Director Patricia Hart shared remarks about COL and its impact on our community.



West Windsor Township Mayor Shing-Fu Hsueh warmly welcomed guests to the West Windsor Township Senior Center.



From left to right: Board Members Dana Fraytak Troiano and Ingrid Reed, Ebony Queen, Event Chair Shauwea Hamilton, Freeholder Ann Cannon, Mayor Janice Mironov, Executive Director Patricia Hart, Freeholder Pasquale Colavita Jr., Freeholder Anthony Carabelli, Honorary Chair Robert Prunetti, Freeholder Andrew Koontz, Board Members Jigna Rao, Linda Cooper and Assistant Mercer County Prosecutor Stacey Geurds.

2012 Communities of Light™ Retail Sponsors

Please support these dedicated retail sponsors who helped make the 2012 Communities of Light™ Campaign a success!

Callaway Henderson Sotheby's
4 Nassau St., Princeton

Cedar Gardens*
661 Rt. 33, Hamilton

Doctors Express Urgent Care Center*
2222 Route 33, Hamilton

Fulton Bank of NJ
304 Princeton Hightstown Rd., East Windsor

The Front Porch
24 South Main St., Pennington

Gloria Nilson Realtors
2346 Route 33, Robbinsville

Gloria Nilson Realtors
33 Witherspoon St., Princeton

Gold's Gym
761 Route 33 West, East Windsor

Great Looks 4 Less
3371 US Highway 1, Lawrenceville

Hopewell Community Bank*
3800 Quakerbridge Rd., Hamilton

McCaffrey's
301 North Harrison St., Princeton

McCaffrey's
335 Princeton Hightstown Rd., West Windsor

Pennington Quality Market
25 Route 31 South, Pennington

Terhune Orchards
330 Cold Soil Rd., Princeton

Weidel Realtors
190 Nassau St., Princeton

*New sponsor in 2012

BEACON SPONSORS	STARLIGHT SPONSORS	ILLUMINATE SPONSORS

Candlelight Sponsor: Mason, Griffin & Pierson, P.c.

Communities of Light™ ~ December 10, 2012

First Lighting for Peddie School

For the first time, a Communities of Light™ event was held at Peddie School, a boarding school in Hightstown, N.J. Students and faculty purchased 50 luminary kits that lit up the campus on the night of Dec. 10. As part of her Girl Scout Gold Award Project, Emily Herman, a senior at Peddie, organized an awareness campaign and led a committee of student volunteers. Herman and her committee organized orders for Communities of Light luminary kits and made posters with information about Womanspace and domestic violence that were hung in several dormitories. Herman also led discussions about healthy relationships at nine dorm meetings and gave a speech at an all-school gathering in the campus chapel about her experiences volunteering at Womanspace.

Peddie students and faculty used Instagram, an iPhone and Android app, to share photos from Communities of Light. The photos posted can be found under the hashtag “#PeddieCOL”.



Peddie Campus



Emily Herman (3rd from right) and her volunteers holding a poster created by one of the committee volunteers. From left: Grace Gu, Amy Qian, Alexandra Seymour, Emily Herman, Vanessa Gao, Leslie McMann.



Princeton Illuminated

Princeton was illuminated with the glow of over 1,000 luminaries on the evening of December 10. Volunteers lit various locations throughout Princeton including Princeton Public Library and Veteran Memorial. Princeton University student volunteers also participated by placing luminaries throughout the campus.



Borough Hall, Princeton



Monument at Borough Hall, Princeton

Womanspace would like to thank the 2012 Coordinators and Volunteers for their efforts

Andrea Ambs
Susan Anderson
Maryann Baykal
Megan Brittingham
Barbara Carolan
Fleur Chandler
Linda Cooper
Sue DeHaven
Landy Eaton
Erick Felipe
Dana Fraytak Troiano
Angel Fruscione
Joanne Hageman
Emily Herman
Susan Juliano
Michele Kelly
Debra Loupos
Anne Marie Maman
Carolyn & Mary Beth McDonough
Amanda Parks
Ashante Taylorcox
Susan Victor
Lorraine & Richard Waldron
Benita Wittenborn

Communities of Light™ ~ December 10, 2012

Luminaries Sparkle at Trenton City Hall



Councilwomen Phyllis Holly Ward and Marge Caldwell Wilson, with Mercer County Clerk Paula Sollami Covello and Womanspace Executive Director Pat Hart stand on the steps of Trenton City Hall.

The women of Trenton City Council hosted the Communities of Light ceremony on the steps of City Hall on December 10. Mercer County Clerk Paula Sollami Covello started off the night with opening remarks followed by Councilwomen Phyllis Holly-Ward and Marge Caldwell-Wilson who warmly welcomed guests to the Trenton lighting. Longtime Womanspace supporter, Stacey Geurds of the Mercer County Prosecutor's Office and Womanspace Executive Director Patricia Hart shared remarks about domestic violence and the work Womanspace does in the community. Sarah Dash of Labelle performed This Light of Mine. Volunteers from The College of New Jersey, Trenton Central High School and St. Matthews Episcopal Church in Pennington lit candles that lined the City Hall steps.



Councilwomen Phyllis Holly Ward, Marge Caldwell Wilson and Womanspace Executive Director Pat Hart listen as Mercer County Clerk Paula Sollami Covello welcomes the crowd to the 2012 City of Trenton lighting.

Hamilton Township Stands with Womanspace Against Domestic Violence



From left to right: Hamilton Township Police Sergeant Robert Miktus, Hamilton Mayor Kelly Yaede, Womanspace Board Member Dana Fraytak Troiano, Mercer County Clerk Paula Sollami Covello and Assemblyman Dan Benson.

Hamilton Township Mayor Kelly Yaede presents Womanspace Board Member Dana Fraytak Troiano, with a proclamation to declare December 10th Community of Light Day in Hamilton Township. Students from the Steinert High School Key Club, Assemblyman Dan Benson, Mercer County Clerk Paula Sollami-Covello, Detective Sergeant Robert T. Miktus of the Hamilton Township Police Division and Heidi Mueller of Womanspace gathered in front of the Hamilton Township Municipal Building to help raise awareness of domestic violence in their local community.



From left to right: Heidi Mueller of Womanspace, Board Member Dana Fraytak Troiano and Mayor Kelly Yaede hold the Hamilton Proclamation. Members of Steinert High School Key Club stand volunteered at the Hamilton Lighting.

January is Stalking Awareness Month

WHAT IS STALKING?

Stalking is a series of actions that make you feel afraid or in danger. Stalking is serious, often violent and can escalate over time.

A stalker can be someone you know well or not at all. Most have dated or been involved with the people they stalk. Most stalking cases involve men stalking women, but men do stalk men, women do stalk women and women do stalk men.

- 6.6 million people are stalked in one year in the United States.
- 1 in 6 women and 1 in 19 men have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed. Using a less conservative definition of stalking, which considers any amount of fear (i.e., a little fearful, somewhat fearful, or very fearful), 1 in 4 women and 1 in 13 men reported being a victim of stalking in their lifetime.
- The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner.
- More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.
- About 1 in 5 female victims and 1 in 14 male victims experienced stalking between the ages of 11 and 17. [Michele C. Black et al., "The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report," (Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011).]
- 46% of stalking victims experience at least one unwanted contact per week.
- 11% of stalking victims have been stalked for 5 years or more.

SOME THINGS STALKERS DO:

- Repeatedly call you, including hang ups
- Follow you and show up wherever you are
- Send unwanted gifts, letters, cards, or emails
- Damage your home, car, or other property
- Monitor your phone calls or computer use
- Use technology, like hidden cameras or GPS to track where you go

- Drive by or hang out at your home, school or work
- Threaten to hurt you, your family, friends, or pets
- Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers
- Other actions that control, track or frighten you

THINGS YOU CAN DO:

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees that what works for one person will work for another, yet you can take steps to increase your safety.

- If you are in immediate danger, call 911.
 - Trust your instincts. Don't downplay the danger. If you feel you are unsafe, you probably are.
 - Take threats seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tires to leave or end the relationship.
 - Develop a safety plan, including things like changing your routine, arranging a place to stay and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school or somewhere else. Tell people how they can help you.
 - Don't communicate with the stalker or respond to attempts to contact you.
 - Keep evidence of the stalking. When the stalker follows you or contacts you, write down the time, date and place. Keep emails, phone messages, letters or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.
 - Contact the police. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.
 - Consider getting a court order that tells the stalker to stay away from you.
 - Tell family, friends, roommates, and co-workers about the stalking and seek their support.
 - Tell security staff at your job or school. Ask them to help watch out for your safety.
- Reprinted from the Stalking Resource Center at www.src@ncvc.org.*

Dating Violence Research



identify and 58% say they don't know how to help someone who's experiencing it.

- One in three (36%) dating college students has given a dating partner their computer, email or social network passwords and these students are more likely to experience digital dating abuse.
- One in six (16%) college women has been sexually abused in a dating relationship.

Long-lasting Effects

- Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.
- Being physically or sexually abused makes teen girls six times more likely to become pregnant and twice as likely to get a STD.
- Half of youth who have been victims of both dating violence and rape attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.

Dating Violence and the Law

- Eight states currently do not include dating relationships in their definition of domestic violence. As a result, youth victims of dating violence cannot apply for restraining orders.
- New Hampshire is the only state where the law specifically allows a minor of any age to apply for a protection order; more than half of states do not specify the minimum age of a petitioner.
- Currently only one juvenile domestic violence court in the country focuses exclusively on teen dating violence.

Lack of Awareness

- Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.
- Eighty one percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

Reprinted from the Teen Dating Violence Awareness Month website: <http://www.teendvmonth.org/dating-violence-101>.

Too Common

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- One in three teens in the US is a victim of physical, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.
- One quarter of high school girls have been victims of physical or sexual abuse.

Why Focus on Teens?

- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence, almost triple the national average.
- Violent behavior often begins between the ages of 12 and 18.
- The severity of intimate partner violence is often greater in cases where the pattern of abuse was established in adolescence.
- About 72% of eighth and ninth graders are 'dating.'

Don't Forget About College Students

- Nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors.
- College students are not equipped to deal with dating abuse – 57% say it is difficult to

February is Teen Dating Violence Awareness Month

Ten Warning Signs of Abuse

While there are many warning signs of abuse, here are ten of the most common abusive behaviors:

- 1- Checking your cell phone or email without permission
- 2- Constantly putting you down
- 3- Extreme jealousy or insecurity
- 4- Explosive temper
- 5- Isolating you from family or friends
- 6- Making false accusations
- 7- Mood swings
- 8- Physically hurting you in any way
- 9- Possessiveness
- 10- Telling you what to do



Reprinted from the Teen Dating Violence Awareness Month website: <http://www.teendvmonth.org/dating-violence-101>.



About One Billion Rising

One in three women on the planet is raped or beaten in her lifetime. That is ONE BILLION WOMEN violated. One billion daughters, mothers, grandmothers, sisters, lovers and friends. On 14th February 2013, V-Day's 15th Anniversary, we are inviting ONE BILLION women and those who love them to WALK OUT, DANCE, RISE UP, and DEMAND an end to this violence. ONE BILLION RISING will move the earth, activating women and men to dance across every country. V-Day wants the world to see our collective strength, our numbers and our solidarity across borders. Join V-Day and ONE BILLION RISING today and SAY NO to violence against women and girls. To sign up and learn more, visit www.onebillionrising.org.

About V-Day

V-Day is a global activist movement to end violence against women and girls that raises funds and awareness through benefit productions of Playwright/Founder Eve Ensler's award winning play *The Vagina Monologues* and other artistic works. In 2012, over 5,800 V-Day benefit events took place produced by volunteer activists in the U.S. and around the world, educating millions of people about the reality of violence against women and girls. To date, the V-Day movement has raised over \$90 million and educated millions about the issue of violence against women and the efforts to end it, crafted international educational, media and PSA campaigns, reopened shelters, and funded over 14,000 community-based anti-violence programs and safe houses in Democratic Republic of Congo, Haiti, Kenya, South Dakota, Egypt and Iraq. Over 300 million people have seen a V-Day benefit event in their community. V-Day's newest campaign is ONE BILLION RISING which will culminate on 2/14/2013 with global action worldwide. Please visit www.vday.org for more information on how YOU can participate.

Reprinted from the One Billion Rising website: <http://onebillionrising.org/>.

Help Your Child

Knowing that your son or daughter is in an unhealthy relationship can be both frustrating and frightening. But as a parent, you're critical in helping your child develop healthy relationships and can provide life-saving support if they're in an abusive relationship. Remember, dating violence occurs in both same-sex and opposite-sex couples and either gender can be abusive.

What Do I Need to Know?

You can look for some early warning signs of abuse that can help you identify if your child is in an abusive relationship before it's too late. Some of these signs include:

- Your child's partner is extremely jealous or possessive.
- You notice unexplained marks or bruises.
- Your child's partner emails or texts excessively.
- You notice that your son or daughter is depressed or anxious.
- Your son or daughter stops participating in extracurricular activities or other interests.
- Your child stops spending time with other friends and family.
- Your child's partner abuses other people or animals.
- Your child begins to dress differently.

What Can I Do?

• Tell your child you're concerned for their safety. Point out that what's happening isn't "normal." Everyone deserves a safe and healthy relationship. Offer to connect your son or daughter with a professional, like a counselor or attorney, who they can talk to confidentially.

• Be supportive and understanding. Stress that you're on their side. Provide information and non-judgmental support. Let your son or daughter know that it's not their fault and no one "deserves" to be abused. Make it clear that you don't blame them and you respect their choices.

• Believe them and take them seriously. Your child may be reluctant to share their experiences in fear of no one believing what they say. As you validate their feelings and show your support, they can become more comfortable and trust you with more information. Be careful not to minimize your child's situation due to age, inexperience or the length of their relationship.

• Help develop a safety plan. One of the most dangerous times in an abusive relationship is when the victim decides to leave. Be especially supportive during this time and try to connect your child to support groups or professionals that can help keep them safe.

• Remember that ultimately your child must be the one who decides to leave the relationship. There are many complex reasons why victims stay in unhealthy relationships. Your support can make a critical difference in helping your son or daughter find their own way to end their unhealthy relationship.

But My Child Isn't in an Unhealthy Relationship

It's never too early to talk to your child about healthy relationships and dating violence. Starting conversations -- even if you don't think your child is dating -- is one of the most important steps you can take to help prevent dating violence. Here are some sample questions to start the conversation:

- Are any of your friends dating? What are their relationships like? What would you want in a partner?
- Have you witnessed unhealthy relationships or dating abuse at school? How does it make you feel? Were you scared?
- Do you know what you would do if you witnessed or experienced abuse?
- Has anyone you know posted anything bad about a friend online? What happened afterwards?
- Would it be weird if someone you were dating texted you all day to ask you what you're doing?

Need more tips to get started? Here are some other ways you can prepare to talk to your child about healthy and unhealthy relationships:

- Do your own research on dating abuse to get the facts before talking to your teen or 20-something. Start with the information and resources on loveisrespect.org.
- Provide your child with examples of healthy relationships, pointing out unhealthy behavior. Use examples from your own life, television, movies or music.
- Ask questions and encourage open discussion. Make sure you listen to your son or daughter, giving them a chance to speak. Avoid analyzing, interrupting, lecturing or accusing.
- Keep it low key. Don't push it if your child is not ready to talk. Try again another time.
- Be supportive and nonjudgmental so they know they can come to you for help if their relationship becomes unhealthy in the future.
- Admit to not knowing the answer to a particular question. This response builds trust.
- Reinforce that dating should be fun! Stress that violence is never acceptable.
- Discuss the options your child has if they witness dating abuse or experience it themselves.
- Remind your son or daughter they have the right to say no to anything they're not comfortable with or ready for. They also must respect the rights of others.
- If your child is in a relationship that feels uncomfortable, awkward or frightening, assure them they can come to you. And remember -- any decisions they make about the relationship should be their own.

Reprinted from the Love is Respect website: loveisrespect.org.

19th Annual Barbara Boggs Sigmund Award



Womanspace Founder,
the late Barbara Boggs
Sigmund

Honoring Lee Woodruff, Best-selling author,
journalist and advocate for injured veterans

May 21, 2013 – Hyatt Regency Princeton - 5:30 - 9:00 PM
Presenting Sponsor: Janssen Research & Development, LLC



Lee Woodruff
2013 BBS Honoree

Ad Journal deadline: April 26, 2013

Platinum Sponsor: \$10,000

- Premier seating for 12 people with table signage
- B/W Full page ad in program journal with Gold border
- Exclusive introduction to the honoree
- Formal Recognition during program at event
- Inclusion in event publicity and advertising
- Option to display corporate banner within guidelines
- Name featured on materials and media, including posters, newspaper ads, website, Facebook and Newsletter
- Name Included in Invitation*

Gold Sponsor: \$7,500

- Prime reserved seating for 10 people with table signage
- B/W Full page ad in program journal with Gold border
- Exclusive introduction to the honoree
- Recognition during program at event
- Name featured on materials and media, including posters, newspaper ads, website, Facebook and Newsletter
- Name Included in Invitation*

Silver Sponsor: \$5,000

- Reserved seating for 10 people with table signage
- B/W Full page ad in program journal with Silver border
- Exclusive introduction to the honoree
- Recognition during program at event
- Name featured on materials and media, including posters, newspaper ads, website, Facebook and Newsletter
- Name Included in Invitation*

Bronze Sponsor: \$3,500

- Reserved seating for 8 people with table signage
- B/W Full page ad in program journal
- Exclusive introduction to the honoree
- Recognition during program at event
- Name featured on materials and media, including posters, newspaper ads, website, Facebook and Newsletter
- Name Included in Invitation*

Benefactor Sponsor: \$1000

- Seating for four people
- Acknowledgement in journal, event signage and newsletter
- Name Included in Invitation*

Patron Sponsor: \$500

- Seating for two people
- Acknowledgement in journal, event signage and newsletter
- Name Included in Invitation*

Individual Tickets

Individual Ticket - \$150

Table of Ten - \$1,500

Ad Journal Sponsor:

- Inside-Back or Inside-Front Cover -Premium Full Color: \$3,500
- Seating for four people
- Exclusive introduction to the honoree
- Name featured on materials and media, including posters, newspaper ads, website, Facebook and Newsletter
- Name Included in Invitation*

Ad Journal Gold Border

- Full-Page B/W Ad: \$1,500
- Seating for two people
- Acknowledgement in journal, event signage and newsletter

Ad Journal Silver Border Full-Page - B/W Ad: \$1,000

Ad Journal Full-Page - B/W Ad: \$500

Ad Journal Half-Page - B/W Ad: \$300

Ad Journal Business Card – B/W Ad: \$150

*Name included on Invitation if registration received by March 1, 2013

Please note that sponsorships will be recognized in the Program Journal provided we receive your registration and art (high res PDF or EPS) by the Journal deadline of April 26, 2013.

Donation Opportunity

I/We cannot attend the event but would like to make a tax-deductible donation in the amount of \$_____

Payment Information

Please return your Womanspace sponsorship form along with your check (payable to Womanspace, Inc.) or credit card payment information to: **Susan D. Klejst, Director of Development, Womanspace, Inc., 1530 Brunswick Avenue, Lawrenceville, NJ 08648.** Credit card payments can also be faxed to (609) 396-1093.

Name for recognition purposes: _____ Business Name: _____

Contact Name: _____ Title: _____

Phone: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Total Amount of Sponsorship: \$_____ Check Enclosed Credit Card Payment

Type of Credit Card (circle one): Master Card / Visa / Amex / Discover

Credit Card Number: _____ Exp. Date: _____ Today's Date: _____

Name on Credit Card: _____ Signature: _____

Womanspace is a licensed charitable non-profit 501(c)(3) tax-exempt organization. Thank you for your generous support and commitment to Womanspace and the thousands of women, children, and men served each year.

Send ad/copy submissions and any questions to:
Susan D. Klejst: sdk@womanspace.org (609)394-0136

- Digital File Formats: Adobe pdf or eps
 - No true type fonts
 - Embedded images at least 240dpi
- Full Page: 8.5 x 11 inches
- Half Page: 4.25 x 5.5 inches
- Business Card: 3.5 x 2 inches

Special Requests EMERGENCY SHELTER 2013 FACILITY WISH LIST

**Cultural sensitivity is greatly appreciated
when purchasing clothing items as we serve a diverse population.**

- New mocha color decorative window shades: (3) size 35 x 64, (12) size 30 x 64
- New twin size bed in a bag comforter sets (6 kids sets, 19 adult sets)
- New zippered twin size mattress covers (25)
- 32" Flat Screen TV
- Lamps (5)
- 3 drawers storage cart (25)—Large to store clothes
- Plexiglas hanging mirrors (8)
- 23 cu feet Black Top Freezer Refrigerator
- Commercial stove- 30"
- New single and double stroller
- New toddler & infant rear facing car seats
- New clothes for boys and girls, sizes 7-16
- New undergarments for children, sizes 2t-16
- New undergarment for women, sizes Small to 2X
- Sensitive skin soap or body wash
- Deodorant (full size)
- Iron (heavy duty)
- Toothbrushes
- Large Hair Combs
- Lotion (full size)
- Razors

Contact Althea at 609-394-9000 for more information or to schedule an in-kind donation drop-off. If you'd like to make a monetary donation or a corporate in-kind donation, please contact Susan D. Klejst, Director of Development, at (609) 394-0136 ext. 205 or via email: [sdk@womanspace.org](mailto: sdk@womanspace.org).

Counseling and Support Services Drop-In Groups

1530 Brunswick Avenue, Lawrenceville, NJ 08648

Women's Drop-In Support Group

Monday evenings 6-7 PM, Thursdays 1-2 PM

This confidential group offers support and information on coping with the effects of unhealthy relationships.

Your relationship is NOT healthy if:

- You are frightened by your partner's temper
- You are afraid to disagree with your partner
- You have to justify every place you go and everything you do
- Your partner puts you down or humiliates you
- You are being hit, kicked, shoved and pushed by your partner
- Your partner forces you to have sex
- You don't see family/friends because of your partner's jealousy
- Your partner has threatened to hurt you, himself or herself if you leave

No commitment or pre-registration required. Call 609-394-2532 for more information.

Mi Hermana, Mi Amiga

Martes 5:30-6:30 PM

Unete a un grupo de mujeres como tú para compartir tus experiencias y ser apoyada por gente que comprende como te sientes.

¿Se siente aislada y sola?

¿Su esposo o cónyuge ...

La crítica o la acusa de ser infiel constantemente?

Siempre intenta controlar donde va y a quién ve?

La golpea, le da bofetadas, o empuja a usted o sus niños?

Servicios confidenciales. Llame al 609-394-2532 para más información

Drop-In Parents Support Group

Please check www.womanspace.org soon for upcoming dates and times

Each week a new topic will be discussed. You are welcome to attend the topics you feel will be most helpful.

Weekly topics include:

- Learn how DV impacts children
- Explore how the trauma you have experienced may impact you as a parent
- Gain support around co-parenting with an abuser
- Learn tips and tools to help your child cope and heal from witnessing abuse

No commitment or pre-registration required. For more information call Megan or Donna at 609-394-2532.

WOMANSPACE MEMBERSHIP CAMPAIGN IT STARTS HERE™

I am committed to the mission of Womanspace
and want to support it by becoming a member.

ENCLOSED IS MY:

- LIFE MEMBERSHIP \$300
- ANNIVERSARY MEMBERSHIP ... \$150
- ANNUAL MEMBERSHIP..... \$25
- STUDENT MEMBERSHIP..... \$10
- DONATION

Also included are gift memberships for:

- LIFE MEMBERSHIP..... \$300
- ANNIVERSARY MEMBERSHIP \$150
- ANNUAL MEMBERSHIP \$25
- STUDENT MEMBERSHIP \$10
- DONATION

MY NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

HOME PHONE: _____

WORK PHONE: _____

E-MAIL: _____

Enclosed is my (or my spouse) employer matching gift form.

NAME: _____

NAME: _____

COMPANY: _____

COMPANY: _____

ADDRESS: _____

ADDRESS: _____

CITY: _____

CITY: _____

STATE: _____ ZIP: _____

STATE: _____ ZIP: _____

Make checks payable to: Womanspace, Inc., 1530 Brunswick Avenue, Lawrenceville, NJ 08648
Tel. 609-394-0136 (All contributions are tax deductible as provided for by law.)

Come in and Support WOMANSPACE

May 3, 2013

2:00 PM – 6:00 PM



Ten Thousand Villages: a fair trade retailer
at Princeton Shopping Center
301 North Harrison Street, Princeton, NJ 08540

Ten Thousand Villages will donate 10% of sales to
Womanspace for this event.

STOP
DOMESTIC VIOLENCE
Get Involved. Save a Life.

UPCOMING EVENTS

- February 14-16 - Vagina Monologues at Princeton University, 8 PM & 2 PM
- April – Sexual Assault Awareness Month
- April – Zonta Club of Trenton/Mercer 12th Annual Rave Walk
- April 20 – Run Over Violence 5K at Rider University, 8 AM
- May 3 – Ten Thousand Villages Fundraiser, 2-6 PM

For more details visit:
www.womanspace.org



SATURDAY APRIL 20, 2012
Rider University Campus Mall
2083 Lawrenceville Rd, Lawrenceville, NJ 08648

Race Day Registration 8AM – 12PM

Scoring and Timing by RacingNJ.com
T-shirts to first 100 registrants
Proceeds go to Womanspace
Hosted by Rider Runners
Directions @ www.rider.edu

www.riderrunners.webs.com



Zonta Club
of Trenton/Mercer

Look out for more details on the upcoming
RAVE Walk hosted by Zonta Club
of Trenton/Mercer

FOR MORE DETAILS
LINDA ORDINI 609-947-1614/
MARLENE LYNCH 609-902-4885

Womanspace salutes our
event sponsors



**If you are in immediate danger,
call 911.**

**If you are being hurt by your
partner, it is NOT your fault. You
deserve to be safe and healthy.
For help and information any-
time, contact:**

Womanspace 24-Hour Hotline

www.womanspace.org

1-609-394-9000

TTY 1-888-252-SAFE (7233)

**National Domestic Violence
Hotline**

www.ndvh.org

1-800-799-SAFE (7233)

TTY 1-800-787-3224

**New Jersey 24-Hour
Sexual Assault Hotline
1-800-572-SAFE (7233)**

National Sexual Assault Hotline

www.rainn.org

1-800-656-HOPE (4673)

**National Teen Dating Abuse
Helpline**

www.endabuse.org

www.loveisrespect.org

www.thatsnotcool.com

1-866-331-9474

TTY 1-866-331-8453

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Womanspace affirms its commitment to cultural competency. We recognize and value the ethnic, religious and racial richness of our communities, and encourage mutual respect and understanding among all people. True excellence in our organization and communities results from identifying, serving and enlisting the participation of all people who represent this rich diversity.

Womanspace News is published quarterly by the Development Office.
Correspondence and News may be sent to:
Development Office, Womanspace News,
1530 Brunswick Avenue, Lawrenceville, NJ 08648

