

Mercer County Education Association Named as 21st Annual Communities of Light Honorary Chair

By Kaitlynn Ely (*she/her*),
Development & PR Associate

Mercer County Education Association (MCEA) has been named the 21st Annual *Communities of Light* Honorary Chair. MCEA generously donates monthly meals to our housing clients and their families. Their commitment and passion for our clients shines brightly through their volunteer work.



people living at the Womanspace residences, one Friday a month. We know how nice it is to have a night off from cooking and enjoy a meal prepared by a professional. It has been our sincere pleasure to provide these monthly meals. We do hope it brings some light to a dark time in their lives and brings some joy for their future.

- Iris Tonti, Spokesperson for MCEA.

Womanspace and MCEA encourage local businesses and organizations to join us in making 2022 the most successful lighting yet. **We invite you to our Communities of Light Launch Event at the D&R Greenway on Tuesday, October 25th at 5:30pm to mingle with representatives from MCEA, Womanspace, and key community stakeholders.** RSVP to

Lauren Nazarian, Chief Development Officer, at lan@womanspace.org by October 11th.

21st Annual Communities of Light Engagement Opportunities

Every first Monday in December, thousands of flickering lights line the streets of Mercer County. The warm glow of candlelight sends a powerful message of support and solidarity to our community's survivors of domestic violence, sexual assault, and human trafficking. Last year, over 2,200 candles were sold by volunteers and participating retailers across the county, with twenty generous local companies joining as sponsors.

Womanspace Inc. invites you to join our 21st Annual Communities of Light as a sponsor or coordinator! Funds raised through this powerful event are used to support survivors from the moment of crisis, through their journey of healing, and ultimately to self-sufficiency. Your business will be listed on the Communities of Light (COL) event webpage, highlighted on Womanspace social media pages and in the quarterly newsletter. Sponsors are also invited to attend and network with notable community stakeholders at our COL Launch Event at the D&R Greenway on October 25th.

Your support ensures that no victim of domestic violence or sexual assault will ever be turned away. We thank you for your consideration and hope you support our 21st Annual Communities of Light.

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

Text Message Hotline available 24/7 for the
deaf and hard of hearing at (609)-619-1888

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

Counseling & Support Services
(609)-394-2532

Non-Profit
Organization
U.S. POSTAGE
PAID
TRENTON, NJ
PERMIT #1060

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

Volunteer Opportunities

Neighborhood Coordinators: Organize 1 or more streets in your immediate neighborhood. Distribute forms and collect orders. Return orders & money directly to Womanspace. Pick up & distribute kits for your area.

Organization Coordinators: Work with members of your neighborhood association, service organization, congregation, school or workplace to identify a specific area to display luminaries. Distribute forms and collect orders/payments. Return orders and money to the to the Womanspace Administration Office. Pick up and distribute kits for your program. Pick up kits and deliver to neighborhoods and retail outlets as needed.

Please call or email Kaitlynn Ely at 609-394-0136 or email kre@womanspace.org for more information about participating in Communities of Light.

WOMANSPACE Communities of Light 1530 Brunswick Avenue, Lawrenceville, NJ, 08648
Phone: 609-394-0136 Fax: 609-396-1093

I would like to...

_____ Be a street/area coordinator _____ Coordinate my workplace/church/school: _____
_____ Help with distribution _____ Help with other tasks this fall

...At the following location(s):

_____ East Windsor _____ Hightstown _____ Pennington _____ Trenton
_____ Ewing _____ Hopewell _____ Princeton _____ West Windsor
_____ Hamilton _____ Lawrence _____ Robbinsville

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

In Social Media News...



41 reactions, 44 comment

Congratulations to our September Employee Spotlight, Martina "The Backbone of CSS"! She is the Bilingual Executive Assistant at Counseling and Support. This past February was Martina's 25th Anniversary at Womanspace! She is meticulous in everything she does - which is a wonderful asset to CSS staff and clients. As the rest of the team works from hour to hour in appointments, Martina makes sure all the other tasks that keep them on track gets done. If she knows it needs to get done, she does it. So let's give a cheer for Martina!



35 likes

It's officially summer! With school out and summer travel underway, now is the perfect time to start a new book. Check out some of our favorite anti-racism books here.



ANTIRACISM SUMMER READING

Recommended by Womanspace Staff

- 01** *How to be an Anti-Racist* by Ibram X. Kendi
- 02** *Born a Crime* by Trevor Noah
- 03** *Such a Fun Age* by Kiley Reid
- 04** *Caste* by Isabel Wilkerson
- 05** *Between the World & Me* by Ta-Nehisi Coates
- 06** *The Hate You Give* by Angie Thomas
- 07** *The Vanishing Half* by Brit Bennett

Questioning What We Know: Our Anti-Oppression Work

By Krystal Aguayo (she/her),
Bilingual Counselor Advocate

The **Anti-Oppression Committee (AOC)** was born from the desire to create an inclusive and safe space for everyone that interacts and is part of Womanspace's community. We strive to create spaces to question our beliefs and perceptions by evaluating how our own thinking patterns have created barriers for clients and coworkers. Member of the AOC will be trained on how to prepare, facilitate and process racial justice and anti-oppression discussions at Womanspace.

The two main tasks for the AOC are to bravely hold space for meaningful and important conversations around anti-

oppression, and to organize activities around Domestic Violence Awareness Month in October, Sexual Assault Awareness Month in April and Stand Against Racism Day in April. These activities are spaces for the AOC to educate the community on how survivors experience trauma through the lenses of their culture, religion, sexual orientation and identity. We want to eliminate the "one size fits all" mentality and truly challenge our problem-solving skills in every aspect of our work.

Working with Hispanic/Latine clients has taught me that many of them have their first ever-counseling experience at Womanspace and do not know how

counseling works. Some find it strange that healing takes place during one on one counseling rather than in a community setting, which is how some are accustomed to. If I do not open myself to learn how clients understand healing and how our views can find a common ground, I would be doing a disservice. The work of Womanspace is to empower clients to discover that they have the ability, wisdom and power to heal. We do not want to light "the right path" (tell them what to do), but to show them that they have their own light and power.

Many of us do not naturally have the habit of questioning what we perceive to be true. We all like to stay in our comfort zone; however, it is our responsibility to challenge

our beliefs and the ways we have perpetrated harmful narratives. Often times these narratives seem harmless in our eyes, but it is not until we actively hear others' experiences do we understand why it is hurtful.

What needs to change to open up a safe space for new voices to be heard? It is through the act of letting go that we make space to receive something new. "New" comes in many forms: **knowledge, perspective, feelings, awareness.**

The AOC goal is to strive towards being an agent of change and social justice. We want to work more on *becoming*, instead of *doing*. We are all a part of Womanspace because something is motivating us to do better for all.

Communities of Light™ Support Opportunities

COL Advocate: \$250

- Mention in agency newsletter

Twilight: \$500

- Mention in agency newsletters
- 2 Luminary Kits included for Sponsor use/distribution
- Contribution in social media (Facebook, Instagram & Twitter)

Candlelight: \$1,000

Same package as Twilight but includes:

- Name featured on all materials produced to promote the event, including retail posters and newspaper ads

Illuminate: \$2,500

Same package as Candlelight but includes:

- 10 Luminary Kits for Sponsor distribution
- Inclusion in our live stream event on December 5 in partnership with New Jersey Buzz. (Exposure to over 6,000 social media followers and over 35,000 website views)

Starlight: \$5,000

- Logo featured on all materials produced to promote the event, including retail posters and newspaper ads
- Contribution highlighted in press releases, agency newsletters, email blasts, agency website and social media (Facebook, Instagram & Twitter)
- Recognition at launch event with media/honorary chair photo opportunity
- 15 Luminary Kits included for Sponsor use/distribution
- Inclusion in our live stream event on December 5 in partnership with New Jersey Buzz. (Exposure to over 6,000 social media followers and over 35,000 website views)

Beacon: \$7,500

Same package as Starlight but includes:

- Link to your website from www.womanspace.org
- Contribution highlighted in press releases, agency newsletters, email blasts, agency website and social media (Facebook, Instagram & Twitter)
- 20 Luminary Kits included for Sponsor use/distribution
- Inclusion in our live stream event on December 5 in partnership with New Jersey Buzz. (Exposure to over 6,000 social media followers and over 35,000 website views)

Registration Form

Please choose an Event Sponsorship:

Beacon: \$7,500 _____

Starlight: \$5,000 _____

Illuminate: \$2,500 _____

Candlelight: \$1,000 _____

Twilight: \$500 _____

COL Advocate: \$250 _____

Name for recognition purposes: _____

Business Name (if different): _____

Contact Name: _____ Title: _____

Phone: _____ Fax: _____

Email: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Total amount enclosed: _____

Check enclosed: _____ Credit Card payment: _____

Type of credit card: Master Card Visa Amex Discover

Credit card number: _____

Name on credit card: _____ Exp. Date: _____

SC _____ (Security Code)

Signature: _____

Today's date: _____

Contact with any questions or send form to:

Lauren Nazarian, Chief Development Officer
Womanspace, Inc.
1530 Brunswick Avenue
Lawrenceville, NJ 08648

EMAIL: lan@womanspace.org

Registration is also available online at www.womanspace.org

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 we serve each year.

Recent Events and Donations



Rebecca Leoni with Theresa Smith from Fox Rothschild who collected children's book for Juneteenth.



Kaitlynn Ely, Development & Public Relations Associate, with Kathy Herzog from St. David's Church with donations from the Christmas in July event.



Provident Bank donated \$10,000 to Womanspace! Pictured left from right: Nathalie Nelson, CEO & President; Samantha Plotino, Executive Director of the Provident Bank Foundation; Lauren Nazarian, Chief Development Officer. Associate, with Kathy Herzog from St. David's Church with donations from the Christmas in July event.



Kaitlynn Ely with Doan Tucker from Christ Church in Bordentown who donated baby supplies.

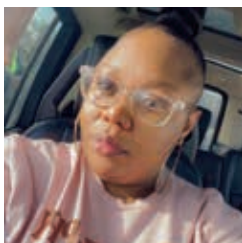


Holy Apostles Episcopal Church donated new clothes and personal hygiene products.



Shalom Missionary Baptist Church in Mt. Holly donated flip flops, baby supplies, and personal hygiene products.

Welcome to Our New Employees!



Alisha Bryant - Resident Assistant



Marie Dossous - Counselor Advocate



Grace Flagler - Prevention & Edu. Coordinator



Tyffani Hicks - Resident Assistant



Sheilagh Mescal Gunstensen - Coordinator of Sexual Assault Support Services

National Night Out 2022



Kaitlynn Ely, Development & PR Associate, in Hightstown.



Nathalie Nelson, CEO, with Paula Sollami-Covello in Hopewell.



Nathalie Nelson, CEO & President, with Officer Maria Gavdanovich in Hopewell.



Trenton Community members at the Womanspace table.



Maralee Poulson in West Windsor.

Womanspace, Inc. Board of Directors

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Natasha Johnson	Lorene Williams
Jyungin (Jenny) Lee	Frances Zeitler
Rose Nini	



SAVE THE DATE! COMMUNITIES OF LIGHT LAUNCH EVENT

Mingle with community leaders and the Womanspace team at our launch event!

Tuesday, October 25th at 5:30pm

D&R Greenway

1 Preservation Pl, Princeton, NJ 08540

Light dinner will be graciously donated by Pennington Quality Market.

Please RSVP to info@womanspace.org by October 17th

Recent Grants

We are delighted to welcome the support of several new corporate donors. **AXA XL**, a global commercial insurance firm, has donated \$7,500 through its regional grants program, and **TJX**, parent company of TJ Maxx, Marshalls, and HomeSense, has donated \$1,500. Both grants are in support of our Safe House, which serves over 150 survivors and their children in a typical year, providing a safe, secure, and confidential temporary home along with supportive social services.

Provident Bank Foundation has awarded Womanspace \$10,000 through its Major Grants Program in support of services for survivors of domestic violence in East Windsor, West Windsor, Hightstown, and Robbinsville.

The NextGen Giving Circle at Princeton Area Community Foundation has granted \$10,000 in support of our new initiative *Pathways to Security Match Savings Program*. This program will enable survivors of domestic violence to double their savings while they are a client in one of Womanspace's Transitional Housing programs. Along with saving their own money which will be matched through this grant, participants attend financial education classes in partnership with Isles, Inc.

“The Social Change Ecosystem”: Deepa Iyer Illustrates Our Roles as Advocates at Womanspace Virtual Event

By *Kaitlynn Ely (she/her), Development & Public Relations Associate*

On August 23rd, Womanspace community members joined AAPI Activist Deepa Iyer for a 90-minute interactive presentation. Iyer is a South Asian American writer, strategist, lawyer, and racial justice advocate. Currently, she is a Strategic Advisor at the Building Movement Project and Director of Solidarity Is, a project that provides trainings, narratives, and resources on building deep and lasting multiracial solidarity. Deepa's areas of expertise include the post 9/11 America experiences of South Asian, Muslim, Arab and Sikh immigrants, immigration and civil rights policies, and racial equity and solidarity practices.

The virtual event began with a warm welcome by CEO & President, Nathalie Nelson, followed by an introduction of Deepa Iyer by Womanspace

Board President, Michelle Bajwa. Iyer's presentation focused on solidarity and sustainable impact, but her main theme centered on the unique roles we play as activists in our community. She opened the floor and invited the audience to discuss how the current environment affects individual's commitment to social change. Key words from participants thoughts included “burnt out”, “sidelined”, “lack of intention”; this conversation showed how so many activists feel discouraged by external factors beyond our control.

In light of this collective sentiment, Deepa introduced The Social Change Ecosystem Map: a framework she developed that can help individuals, networks, and organizations align with social change values, individual roles, and the broader ecosystem. “In the middle of the map are social justice values, then there are ten roles that this map imagines and I welcome you to reflect on which role you identify most with. The entire map illustrates that we are in community with each other,” said Deepa. See the graphic provided by Deepa Iyer below for reference.

Deepa closed her presentation with a profound summary of transformative solidarity: “We can transform from an organization that just makes a statement into actually implementing practices that align with what we believe,” said Deepa in connection with our work at Womanspace.

Michelle Bajwa rejoined Deepa for a moderated Q&A. They discussed how activists can become overwhelmed, especially new activists who want to act but don't know where to begin. The discussion also focused on accountability, and showing grace to others. “Part of understanding that we are part of an ecosystem is that we are interdependent, we need each other. It's more important to listen than to condemn and indict people.”

The Q&A moved towards a conversation around the importance of Womanspace's antiracism position statement. Deepa gave a brief elevator pitch for Womanspace community members to use when asked why we do our work through an antiracist lens: “We can't just focus on one experience. We have to recognize that our community members hold multiple, complex experiences. Womanspace is focused on understanding the dynamics that lead to the conditions that our community members are living in.”

The Q&A ended with a profound discussion around the concept of the racial bribe

defined by Deepa's illustrative description: “In the US, we have a racial hierarchy. At the top is whiteness, and at the bottom is anti-Black racism. Asian Americans fall in the middle. Often times we are given the “racial bribe”, which is this invitation to climb the ladder up to whiteness. Sometimes if we accept the racial bribe, we turn away from our own community's experience of racism. The only way that racial ladder will be deconstructed is when we all start to address anti-Black racism. When Black communities are free, all communities will be free.”

The virtual event ended with a debrief between Michelle and Womanspace COO of Client & Community Services, Rev. Susan Victor. Michelle and Susan described how they view the future of community activism, and how to avoid self-doubt. “We need to come from a place of abundance,” replied Susan. “Because when we come from a place of scarcity, there is fear – we are unable to act open-heartedly, freely, and generously.”

Susan closed the night with an inspiring poem by Nobel Prize winning Bengali poet Rabindranath Tagore titled *When The Mind Is Without Fear*. We invite you to read it below, and to continue the conversation! For more on the social change ecosystem framework, check out Deepa's new book, *Social Change Now: A Guide for Reflection and Connection*, available for pre-order at www.thickpress.com.

Where The Mind Is Without Fear

By *Rabindranath Tagore*

Where the mind is without fear and the head is held high
Where knowledge is free
Where the world has not been broken up into fragments
By narrow domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection
Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake.

The Social Change Ecosystem Map



@deepaviyer
@BuildingMovementProject

Attribution: Deepa Iyer, Building Movement Project.
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@dviyer
@BldingMovement

THANKSGIVING 2022 WISH LIST



We are asking for donations of Gift Cards to local grocery stores and non-perishable food items. Please consider donating gift cards from the following stores:

- SHOP RITE
- FOOD BAZAAR
- SAVE – A – LOT
- ALDI
- LIDL

Thank you for your generosity. We are very grateful for all your support!



Womanspace Donation Needs for December Holidays 2022

Gift cards allow clients to get exactly what they need for themselves and their children. We appreciate gift cards from the following stores: Target, Wal-Mart, Gas Cards, Dicks Sporting Goods, Michaels, A.C. Moore, Kohl's, JC Penney, Bath & Body Works, Old Navy, Aeropostale, Foot Locker, Forever 21, Amazon, Barnes & Noble, Five Below, Uber Eats, etc.

NEW Items for Women

Sleepwear, Two Piece Sets, Tee Shirts, Stretch Jeans, Leggings, Underwear, Bras, Hat & Gloves Sets, Plus Sizes, Jeggings, Sneakers, Flats, Boots (no heels), Coats, Jackets, Watches, Jewelry, Perfumes, Purses, Wallets, Make-Up Kits, Journals, Umbrella

NEW Items for Boys & Girls Ages 6-Months to 12 years old

Sneakers, Slippers, Boots, Clothes, Sleepwear, Underwear, Jeans, Sweatpants, Coats

NEW Items for Boys and Girls age 13-18

Sleepwear, Underwear, Jeans, Tops, T-Shirts, Hat & Gloves Sets, Winter Coats, Sweatpants, Sneakers, Boots

NEW Unwrapped Holiday Item for All Ages

Tablets, I-Pod, Laptops, Play Station, X-Box, Switch Game, Electronic Games, Skate Boards, American Girl Dolls, Helmets, Ice Skates, Rip Sticks, Scooters, Trucks, Remote Cars

Cultural sensitivity is greatly appreciated when purchasing toys, personal care & hair products, and clothing items.

PLEASE NO BOARD GAMES, NO PUZZLES, NO PLAYDOH

Wrapping paper, scotch tape, gift bags, ribbon and gift tags are also appreciated. Please drop off new holiday donations starting the week of Thanksgiving.

Please contact the Administrative Office at (609) 394-0136 or go to <https://womanspace.org/donation-scheduling/> to schedule a drop-off time. Drop off location is 1530 Brunswick Ave in Lawrenceville. We are accepting large donations Monday, Tuesday, and Friday between 10:00 a.m. and 4:00 p.m.

If you'd like to make a monetary donation or a corporate in-kind donation, please contact Kaitlynn Ely, Development & Public Relations Associate, at (609) 394-0136 or via email kre@womanspace.org.



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

UPCOMING EVENTS

October 18, 2022
Annual Meeting

October 25, 2022
Communities of Light
Launch Event

November 29, 2022
Giving Tuesday

December 5, 2022
Communities of Light

May 4, 2023
Barbara Boggs
Sigmund Gala



SAVE THE DATE!

27th Annual Barbara Boggs
Sigmund Award Event



Honoring Troy Vincent, Sr.

EVP of Football Operations at
the National Football League,
former Eagles Cornerback, and
Trenton native.

THURSDAY MAY 4TH, 2023

LEARN MORE AT
[HTTPS://WOMANSPACE.ORG/TROY-
VINCENT-BBS-2023/](https://womanspace.org/troy-vincent-bbs-2023/)

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 anytime, contact:

**Womanspace
24-Hour Hotline**
www.womanspace.org
1-609-394-9000

Text Message Hotline
for Deaf and
Hard of Hearing
609-619-1888

**National Domestic
Violence Hotline**
www.ndvh.org
1-800-799-SAFE (7233)

**National Sexual
Assault Hotline**
www.rainn.org
1-800-656-HOPE (4673)

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

**National Teen Dating
Abuse Helpline**
www.endabuse.org
www.loveisrespect.org
www.thatsnotcool.com
1-866-331-9474
TTY 1-866-331-8453

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.

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Correspondence and News may be sent to:
Development Office, Womanspace News,
1530 Brunswick Avenue, Lawrenceville, NJ 08648



Fall 2022