

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

The Womanspace Leadership Team



Nathalie S. Nelson
CEO & President



Lauren Nazarian
Chief Development Officer



Rev. Susan Victor
Chief Operating Officer of
Client & Community Services



Cassius Lawson
Vice-President of Finance



Reyna Carothers
Vice-President of
Emergency Housing

Womanspace's Board of Directors has appointed Nathalie Nelson, former Director of HR & Operations as the new CEO & President of Womanspace. Nelson has been with Womanspace nine years and has been transitioning into this role since November 2021. The staff and board are thrilled with this change and Nathalie has seamlessly moved into this position with grace, ease and an abundance of experience. She has made herself readily available to the board, staff and donors of Womanspace. In Nathalie's previous position, she worked closely with Pat Hart and therefore has been preparing for this advancement for years.

Patricia Hart, former Executive Director of 28 years has made the decision to retire. Pat said, "I have been grateful every day for the opportunity to work with the most talented and committed staff and to intersect with families whose incredible strength inspired me every day. With each new project, I marveled at the good fortune of a strong partnership with Womanspace board and the talent of the staff. I would ask that you consider a donation to Womanspace in recognition of my contributions over the last 28 years."

Nelson is pleased about the promotion and has adjusted to her new position with a very little learning curve. Nelson said;

"As the first CEO of Womanspace, I'm excited to be working with such a dedicated staff, volunteers, donors, and Board of Directors. Together we will enhance Womanspace's capabilities to help empower survivors of Domestic and Sexual Violence. I am excited what the future holds for us."

The board has formed a new leadership team to assist Nelson with her role of CEO and the daily running of Womanspace. Lauren Nazarian, Director of Development will be promoted to Chief Development Officer. Susan Victor, Director of Counseling will be promoted to Chief Operations Officer of Client & Community Services. Cassius Lawson, Director of Finance will be promoted to Vice President of Finance and Reyna Carothers, Director of Emergency Services will be promoted to Vice President of Emergency Services. The leadership team is fully integrated with each of Womanspace's programs and will therefore will address all of the needs of each program to it's fullest.

Michelle Bajwa, President of the Board of Directors at Womanspace is elated with the future of Womanspace and said; "The Womanspace Board of Directors expresses great appreciation for the 28 years of

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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

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Lawrenceville, NJ 08648
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Thank you, Pat, for 28 years of dedication & service to Womanspace.

We will miss you and wish you much luck in your retirement!

In Social Media News...



15 reactions, 2 shares

This week Womanspace celebrates 44 years of operating the Safe House and providing women and their children with short-term emergency housing after a traumatic experience. In this confidential location, victims of domestic and sexual violence may begin to recover and plan for a life free of violence.

Our shelter staff provide individual and group advocacy for clients and their children, as well as information and social service referral services. Last year, Womanspace served over 151 clients in our Safe House.

We applaud our Safe House staff for their commitment in serving survivors of abuse, especially in the midst of the ongoing COVID-19 pandemic.



6 retweets, 6 likes



#Teendatingviolence #teachyourteen Call @ WomanspaceInc for help and know the signs.



50 likes, 1 comment



The Womanspace team got into the holiday spirit with Ugly Sweater Day! Which one was your favorite?

The Womanspace Leadership Team continued from page 1

significant work and commitment of Patricia Hart. Womanspace has emerged as an innovator of service for our community thanks to Ms. Hart's contribution. We wish her much happiness and success as she enters into retirement. As we acknowledge Ms. Hart's tenure, we are honored and proud to announce Nathalie Nelson as Womanspace's CEO. A visionary rooted in Womanspace's mission to support and protect

victims and families affected by domestic and sexual violence, Ms. Nelson's leadership shines with an ideal alchemy of compassion, inclusion, resolve, strength and resourcefulness. I have every confidence Womanspace's ability to help victims and families recover and heal from domestic and sexual violence will further be cultivated and strengthened under Ms. Nelson's leadership."



IT STARTS HERE

The 26th Annual Barbara Boggs Sigmund Award

May 12th, 2022 at 6pm via Zoom



Honoring Elizabeth Smart, Child Abduction Prevention Advocate

Register for the event and make your donation at <https://womanspace.org/barbara-boggs-sigmund-awards-2022/>

Suggested Donation: \$100*

*Donations over \$1000 include gift basket with local wine from Hopewell Valley Winery and desserts from The Gingered Peach and Lillipies

Join Us for the 26th Annual Barbara Boggs Sigmund Virtual Award Event Honoring Elizabeth Smart

Womanspace is proud to announce our 26th Annual Barbara Boggs Sigmund Awards Honoree, Elizabeth Smart, Child Abduction Prevention Advocate will be honored at our virtual event **via zoom on Thursday May 12th, 2022 at 6:00pm**. The abduction of Elizabeth Smart was one of the most followed child abduction cases of our time. Elizabeth was abducted on June 5, 2002, and her captors controlled her by threatening to kill her and her family if she tried to escape. Fortunately, the police safely returned Elizabeth back to her family on March 12, 2003, after being held a prisoner for 9 grueling months.

Through this traumatic experience, Elizabeth has become an advocate for change related to child abduction, recovery programs, and National legislation. The Founder of the

“Elizabeth Smart Foundation”, Elizabeth has also helped promote The National AMBER Alert, The Adam Walsh Child Protection & Safety Act and other safety legislation to help prevent abductions.

Elizabeth has chronicled her experiences in the New York Times best-selling book, "My Story." In addition, she and other abduction survivors worked with the Department of Justice to create a survivor's guide, entitled, "You're Not Alone: The Journey from Abduction to Empowerment." This guide is meant to encourage children who have gone through similar experiences not to give up but to know that there is hope for a rewarding life.

Ms. Smart is looking forward to being honored by Womanspace; "I am so honored to be receiving the Barbara Boggs Sigmund Award that

celebrates people who inspire us to greatness. I look forward to speaking about healing and moving past traumatic events as Womanspace clients are in the process of doing on a daily basis. Healing is a long journey and one that can reap great rewards."

Lauren Nazarian, Chief Development Officer of Womanspace is thrilled that Elizabeth Smart has accepted Womanspace's honor. "Not only has Elizabeth been through a horrifying trauma but she is using her experience to help other children and parents stay safe and learn how to focus on healing and move on to a rewarding life. This is strength personified in my eyes."

We kindly request a suggested donation of \$100 in lieu of ticket sales, which can be made at <https://womanspace.org/barbara-boggs-sigmund-awards-2022/>. All donations over \$1000 will receive a



gift basket with local wine and desserts to enjoy during the livestream.

Additionally, our Silent Auction held alongside the virtual event offers advertising opportunities for local businesses and corporations. Email Kaitlynn Ely at kre@womanspace.org for more information.

Please join us for an empowering evening honoring Elizabeth Smart speaking about her journey of healing and recovering from severe trauma.

Benefactors

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Dr. Brian Zack
Pam & Ed Schmierer
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Nathalie & Jason Nelson
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Dede Nini
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Thank you to our BBS Sponsors!



ROBINS.NEST



Penn Medicine
Princeton Health



capitahealth

Recent Donations



Northfield Bank donated \$10,000 to our Emergency & Transitional Housing Programs. Pictured is CEO & President Nathalie Nelson; CDO, Lauren Nazarian; Northfield Bank Vice-President Carolyn Sepkowski; and Director of Grants and Contracts Erin Hartshorn. Thank you for your generous donation!



North American Taiwanese Women's Association New Jersey Chapter donated gift bags with makeup and personal care items. Pictured with Office Manager Rebecca and Development Associate Kaitlynn.



Kaitlynn Ely, Development Associate with local essential workers delivering toys.

Womanspace, Inc. Board of Directors

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President

Joanne Barlow,
Vice President

Ruby Suresh,
Secretary

Charles Walker,
Treasurer

The Rev. Matthew Rhodes,
Immediate Past President

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Meaghan Cannon

Natasha Johnson

Jyungin (Jenny) Lee

Rose Nini

Ed Schmierer, Esq.

Sonal V. Shah

Chief William Spain, Ret.

Lorene Williams

Frances Zeitler

Thank you to Chris Bukosky and Danielle Coppola for their dedication & commitment to the Womanspace Board of Directors. You both will be missed!



Danielle Coppola served 9 years on the Board.



Chris Bukosky served 15 years on the Board.



GIVING TUESDAY

Womanspace raised over \$59,000 with the Board Match!



International Women's Day: #BreaktheBias

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

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people in Austria, Denmark, Germany and Switzerland. Prior to this the Socialist Party of America, United Kingdom's Suffragists and Suffragettes, and

other groups campaigned for women's equality. Today, IWD belongs to all groups collectively everywhere.

Movements like #MeToo and #Time'sUp, along with increased global observance of International Women's Day and other female-focused days and initiatives, mean that gender equity is firmly on the agenda. As expectations rise and information spreads faster and wider than ever before, organizations face unprecedented scrutiny from candidates, consumers, communities, investors,

governments, and the media in terms of their support for and treatment of women. We are moving to a very exciting time in history where the world now "expects" diversity, equity and inclusion. The world notices its absence and celebrates its presence.

Now in 2022, we must step up and be aware of the significant impact that bias has on women's equality - both conscious and unconscious bias. We need to recognize it, and call it out. We need to #BreakTheBias.

Collective action and shared

ownership for driving gender parity is what makes International Women's Day impactful. Gloria Steinem, world-renowned feminist, journalist and activist once explained "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights." So, make every day International Women's Day and do what you can to truly make a positive difference for ALL women.

BreaktheBias: International Women's Day



Erin Hartshorn, Nathalie Nelson, and Lauren Nazarian



Liseth Dzurcok, Krystal Aguayo, and Martina Hernandez



Volunteer Lorna with her coworker



Board President Michelle Bajwa with her daughter Ava.



Cassius Lawson and Alana Goebel



Crystal Perry



Board Members Natasha Johnson and Joanne Barlow.

March is Women's History Month!

April is Sexual Assault Awareness Month

By Rebecca Leoni, Executive Assistant
(she/her)

April is Sexual Assault Awareness Month (SAAM), a movement across the US that aims to teach prevention and create awareness of sexual violence. The goals of SAAM are to end sexual assault by creating an awareness of the causes of sexual violence and opening dialogues among survivors and advocates.

Each year the National Sexual Violence Resource Center (NSVRC) organizes tools and resources based on a theme and this year, the theme is **Building Safe Online Spaces Together**. Organizations like Womanspace work year-round to advocate for survivors and help educate communities on the realities of sexual assault. Additionally, the Womanspace TEACH committee is incorporating training and awareness opportunities

for staff during SAAM.

Womanspace has provided copies of *Know My Name*, a memoir by Chanel Miller, to each staff member. Chanel is a talented author, artist and the survivor of a very highly publicized sexual assault at Stanford University. Her memoir provides a poignant firsthand account of the survivor experience. As members of the Womanspace community, we invite you to also read the book (*Trigger Warning: Graphic Details of Sexual Assault and Rape*).

Prevention begins with awareness and Womanspace joins the "NSVRC" in the call to "build ... online communities centered on respect, inclusion, and safety — where harassment, assault, and abuse are taken seriously." In addition to our April Book Club, our TEACH committee is also organizing a county-wide "Turn the Town Teal" scavenger hunt to bring

awareness into the community. We will be placing teal ribbons in public places to mark educational stops. This scavenger hunt will incorporate digital spaces as well as small, local businesses in participating municipalities. Keep your eyes out for more information regarding this month-long campaign via Instagram (@Womanspace.Inc), Facebook (@WomanspaceInc), Twitter (WomanspaceInc) and email. We hope that this awareness event will create conversations on how we can be more supportive to survivors in reality and online.

It is our collective responsibility to create safe spaces in our communities and homes where respect and non-violence are the norm. During the month of April, we invite you to join us on our mission to prevent abuse, protect families and change lives by empowering yourself.

Working together, we can all make the following commitments:

- **Use your voice** to act when you encounter inappropriate humor, attitudes or victim blaming.
- **Educate yourself** on the resources for prevention and education in your community.
- **Believe survivors** directly or indirectly through listening and educating yourself
- **Respect boundaries** in all your relationships and through positive community norms.

If you or a loved one need support, please call our hotline at (609) 394-9000. For more education on sexual assault, visit:

- www.womanspace.org
- www.rainn.org
- www.nsvrc.org

What Is Safe?: DVVRT and SASS Reimagined

Reflection by Joshua Duncan
(he/him), DVVRT Coordinator

In January 2022 I joined a "Liberating Communities Collective", hosted by NJCASA (the New Jersey Coalition Against Sexual Assault). The purpose of the collective is to "build the tools and core competencies for understanding racial equity and anti-oppression". Being that oppression is a root cause of domestic and sexual violence, it's incredibly important that we always take a look at what we can do to become vocal against all forms of oppression, both in our work and in our everyday lives. Since all oppression intersects, we cannot hope to live in a world free from one form and not all others.

One thing that was brought up in our collective was the idea of safety; we specifically spoke about the "safe space"

and whether or not that was truly attainable. Someone in the group said, "**just because you help someone who is in the street make their way to the sidewalk, it does not mean that they are in a 'safe space'. They may be 'safer', but no space is truly safe.**" These words have stuck with me since they were spoken, and I have been trying to figure out ways to reframe spaces we call "safe". A Black, transgender woman lives a far different reality than a white, cisgender woman - not only do transgender people experience sexual violence at an alarming rate (47% of transgender people are sexually assaulted at some point in their lifetime), but they are also living within a system that has devalued both transgender folks and Black women for an incredibly long time - not just in individual cases, but systemically as well. Without addressing the intersectionality

of people's experiences, we miss out on opportunities to truly help.

When we reimagine a world without violence, we must also reimagine a world without systemic oppression and do our part to dismantle the system that provides a platform for it to exist in the first place. Before we do this, we cannot begin to deem anything as "safe" but rather "safer". As Coordinator of the Domestic Violence Victim Response Teams (DVVRT), I, along with our Director of Victim Support & Prevention Services, oversee the over 70 volunteers who have received approximately 80 hours of training to become advocates for those affected by both domestic violence and sexual assault throughout Mercer County. The DVVRT & Sexual Assault Support Services Team (SASS) provide twenty-four hours a day, seven day a week service by responding

to designated police departments in Mercer County to provide advocacy, support, and referrals to resources. Often times, we are the first-person survivors see who is not searching for more information, but rather providing a space to process and be heard. Starting this year, our [new and existing] response team advocates will be trained on how to recognize the inequities that exist all around us. We will be diving deeper into LGBTQ+ competency training, as well as anti-racism and anti-bias training, focusing heavily on intersectionality.

Oppression is a root cause of domestic and sexual violence - if we are to stand against one form of oppression, we are to stand against all forms of oppression. Until this world is free of systems of oppression, no space is "safe" ... but we **can** [and will] do our part to make them "safer".

#BELIEVESURVIVORS

WWW.WOMANSPACE.ORG

Poem by Anonymous (Trigger Warning: Sexual Assault)

Rape is slow & gentle like a devil's caress
 It's a soft kiss from an unfamiliar mouth
 It's a trick you don't know is being played and you wake up in duress
 How should you feel, what do you know, it's your fault
 Nothing happened, I participated, it's my fault
 I wake up lost, but I was found on the floor by a man
 I can't move, I can't speak where's my voice, he has my tongue
 No one cares, everyone stares, time is frozen
 It doesn't sound like a rape
 Oh come on, she was sleeping on the floor
 His hand in places I don't remember
 Gentle, Gentle, it's ok, it's ok
 There are no words, I lost my voice
 It didn't sound like a rape
 Life is over, everything destroyed
 Get over it, why are you so upset? Nothing happened
 It didn't sound like a rape
 No fighting, no hitting, no scratching
 No believing
 An unwanted cuddle, a dead body
 It didn't sound like a rape
 No one cares, vacant stares
 It didn't sound like a rape
 Lost rage, lost voice, broken pieces
 It didn't sound like a rape
 No violence, no dark corners, no fighting no screaming
 It didn't sound like a rape
 Quiet, no fight, no screams, light darkness
 No sirens, going through the motions just shut them up
 He's a guy, she's a girl, he returned her underwear
 Silent, silently screaming, silenced
 ERASED. Angry birds, no overtime protest & video games
 It didn't sound like a rape.

#DenimDay: There is No Excuse and Never an Invitation to Rape

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

For over 20 years, Peace Over Violence has run its Denim Day campaign on a Wednesday in April in honor of Sexual Assault Awareness Month. The campaign was originally triggered by a ruling by the Italian Supreme Court where a rape conviction was over-turned because the Justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim.

Since then, what started as a local cam-

paign to bring awareness to victim blaming and destructive myths that surround sexual violence has grown into an international movement. Womanspace hopes that our community members, local students, elected officials and businesses will join us in making a statement! No matter what the person is wearing, it is never an excuse nor an invitation to assault or rape.

On April 27, 2022, millions of people across the world will wear jeans with a purpose, support survivors, and educate themselves and others about all forms of sexual violence. Post your denim outfit on social media and tag @Womanspaceinc with #DenimDay.

SAVE THE DATE

DENIM DAY

WEDNESDAY APRIL 27TH, 2022



WOMANSPACE 2022

BBS AUCTION

BEGINNING APRIL 18TH

All proceeds go towards our life-saving programs & services

MAKE BIDS ON THESE ITEMS AND MORE!



FRIENDS SALON



UPCOMING EVENTS

April

Sexual Assault Awareness Month

April 27, 2022

Denim Day 2022

May 12, 2022

26th Annual Barbara Boggs Sigmund Award Virtual Event

June

PRIDE Month

June 17, 2022

Juneteenth

August 2, 2022

National Night Out

For more details visit:
www.womanspace.org

Welcome to Our New Staff Members!



Crystal Perry,
Client Advocate



Johnny Tarkpah,
Grants Accountant



Anne-Marie Foley,
Resident Assistant

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)

NJ Statewide Domestic Violence Hotline

1-800-572-SAFE (7233)

National Teen Dating Abuse Hotline

www.endabuse.org

www.loveisrespect.org

www.thatiscnotcool.com

1-866-331-9474

1-866-331-8453

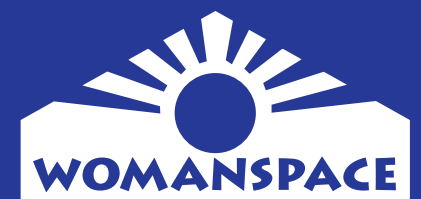
Womanspace affirms its commitment to cultural competency. We recognize and value the ethnic, religious, and racial richness of our communities, and encourage mutual respect and understanding among all people. True excellence in our organization and communities results from identifying, serving, and enlisting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

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Development Office, Womanspace News,

1530 Brunswick Avenue, Lawrenceville, NJ 08648



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