



Annual Report 2022

***preventing abuse, protecting
families and changing lives***



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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
- Maya Angelou

Dear friends,

2022 marked Womanspace's 45th year in helping the survivors of domestic and sexual violence. Over the past 45 years, we've seen many survivors find their strength, reclaim control over their lives, and bravely face the arduous and often long road to healing.

There is no single answer to meeting the complex needs of victims and survivors and to cultivating effective prevention efforts. This is why Womanspace meets each person where they are when providing lifesaving and life-changing services.

Serving our clients and meeting organizational objectives is possible only through the dedication of our staff and volunteers, our Board of Directors who work to ensure the continued growth of the agency, and the generous support we receive from our donors and partners.

This Annual Report provides a snapshot of the more than 11,000 survivors that Womanspace reached during fiscal year 2022. Some additional highlights in this Annual Report include:

- A financial recap of FY 2022
- The increase in Counseling and Support services provided
- Efforts to educate our community about Domestic Violence and Sexual Assault
- Court advocacy services
- Updates on our transitional housing and safe house programs
- Details about our response teams and volunteer efforts

This year our organization has seen the retirement of great women who were instrumental in building the foundation we stand on today. To these women, we extend our sincerest gratitude. As we move forward into a new era of Womanspace leadership, we are grateful to those who have come before us and seek to embrace the constant nature of change as we grow together.

Thank you for standing with Womanspace for the past 45 years, now and in the future.

In Solidarity,

Nathalie and Michelle



Nathalie Nelson, CEO & President
Michelle Bajwa, Board President

2022 Highlights

11,348 Individuals Served

- **10,261** Women
- **505** Men
- **582** Children

241 Total Safe House Clients

- **8,643** Hotline Calls
- **126** Unhoused Outreach
- **56** COVID-19 Housing Assistance
- **771** Received Advocacy

346 Total Counseling Clients

- **3,393** 1:1 Counseling Sessions
- **268** Youth Counseling Sessions
- **79** Group Counseling Attendees
- **318** Received Advocacy

1,506 Community Members Educated

- Professional Training
- Community Outreach
- Volunteer Training



THE CLIENT JOURNEY

Through an interconnected safety net of supportive services and community partnerships, clients may enter or exit most of our programs through any number of avenues.

on average it
takes a survivor
7 - 10 attempts
to successfully
escape their
abuser

a survivor may receive a referral from a community member, crisis response team volunteer or agency staff such as a response team member, liaison or court advocate.



WOMANSPACE

Through Womanspace, survivors are connected with a safety net of supportive services based on their needs- both within the agency and in the community.



The survivor begins the screening process so that we can best identify their needs. Screenings are performed by counselors and trained hotline advocates to offer compassionate support while the survivor plans their next steps.

Sometimes, that's just a hopeful, reassuring voice on the other end of the phone line.

Sometimes, that means a safe house stay and long term counseling for themselves and their children.



Sometimes, it's connecting them to supportive community partners or providing court preparation.



Regardless of where the survivor's journey begins, our goal is to help them feel empowered and supported as they navigate toward self sufficiency *because* **IT STARTS HERE.**

“I appreciate the help and services given even after the abuse stopped. I thought once that ended, it was over but I have learned tools to help through processing and future interactions.”



“I feel that I survived this horrible 3 months of leaving... my abuser because of all the support my therapist gave me. She helped me and Womanspace helped me with getting my new apartment.”

“This experience has been life changing for me. I am deeply grateful for this opportunity to grow as a human being. I have become a great model for my own child. I am stronger.”

“I finally have somewhere safe to talk about my abuse.”

“The amount of support I received greatly impacted my recovery. **I no longer feel alone.**”

“This program truly helped me survive and change my perception. It helped me understand abuse and the effects of abuse on me. I will be eternally grateful.”

A TRUE STORY OF SUCCESS & EMPOWERMENT

Last year, Sofia* came to our Safe House needing a safe and secure place to stay. She was fleeing her partner who was verbally, mentally, and financially abusive towards her. As a Spanish speaker and immigrant to the United States, Sofia's abuser held a unique measure of control over her.

Once safe in our Safe House, Sofia completed case management with our bilingual client advocate. With the help of staff, she set goals to secure housing, obtain permanent employment, take English classes and become self-sufficient.

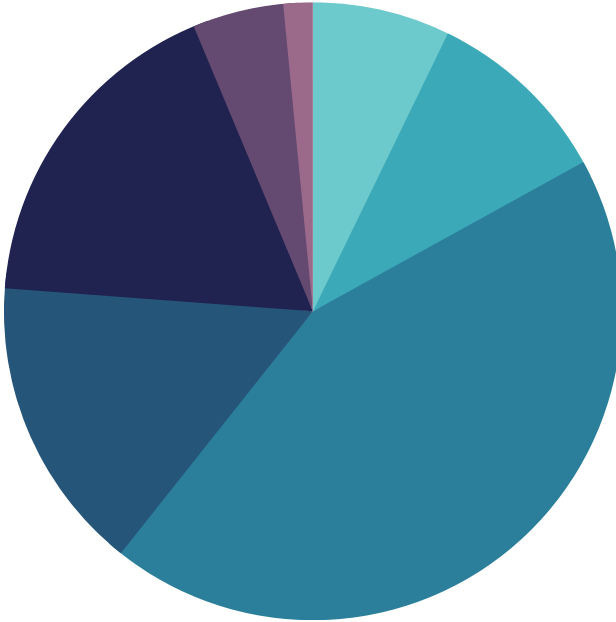
Through Womanspace's partnership with the U.S. Department of Housing and Urban Development, Sofia completed on-going case management then graduated from HUD's safe housing program in 2021. A year and a half later, Sofia was able to make a down payment on her very own home, which she moved into in November of 2022.

*not her real name



“I would not have known how to do any of this without the help I received from Womanspace. I am grateful.”

FISCAL YEAR 2022 FINANCIAL RECAP



EXPENSES BY PROGRAM

Emergency Services - \$ 951,850.00	
Counseling and Support - \$ 695,652.00	
Next Step and Barbara's House - \$ 347,282.00	
Statewide Hotline - \$ 217,325.00	
Sexual Assault Services - \$ 778,449.00	
Outreach - \$ 44,036.00	
General and Administrative - \$ 825,409.00	
TOTAL EXPENSES	\$ 3,860,003.00

Counseling & Support Services

Our counseling services saw a 29% increase in enrollments in 2022. With the successful re-opening of our in-person counseling services, Womanspace was able to increase the accessibility of our counseling services to accommodate more adults in both English and Spanish group sessions.

The counseling team grew to include a new bilingual counselor and additional bilingual support staff.

Additional supportive services include:

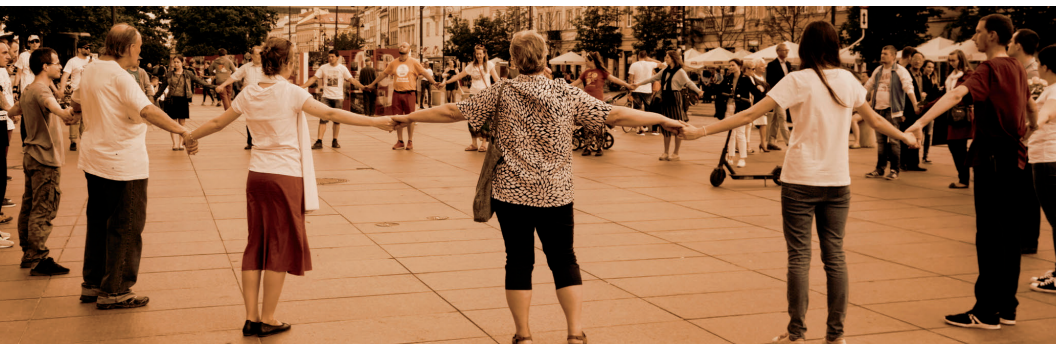
- Family, parenting and sibling sessions
- Trauma support group
- Community led self care workshops

346
Clients Served

3,393
1:1 Counseling Sessions

79
Group Counseling Participants

318
Advocacy Services Provided



Children's Counseling Program

Womanspace Children's services use play, talk & art therapy as well as breathing and grounding techniques. These therapeutic practices help children learn:

- **How to identify feelings**
- **How to regulate emotions**
- **How to build healthy relationships**

268
Individual Therapy Sessions

Community Education & Peer Educators

Womanspace is committed to preventing abuse by interrupting the cycle of violence in our community. Through professional training, community outreach, prevention education and public events, community members are taught to recognize patterns of violence, how to safely intervene & ways to support survivors.

In 2022, Womanspace educated 1,506 Members of the Mercer County community.



1 IN 4 WOMEN & 1 IN 10 MEN

experience sexual violence, physical violence and/or stalking by an intimate partner.

Empowering the Next Generation

With the launch of our Peer Educators group in 2023, Womanspace will equip the next generation of anti-violence leaders with the tools they need to engage and educate their peers on issues

surrounding intimate partner violence and sexual assault.

Through partnerships with local high schools and universities, the Peer Educators will partner with Womanspace staff to develop educational materials and outreach strategies to connect with their own classmates and social groups on this critical, yet often overlooked issue.



Court Advocacy Services

FAMILY COURT

- **863** Adult Victims
 - **701** Women
 - **162** Men
- **763** total services provided

MUNICIPAL COURT

- 117** volunteer hours providing information & referrals for:
- **83** Adult Victims
 - **61** Women
 - **22** Men

Womanspace Court Advocates serve survivors and their families in both Mercer County Family and Municipal Courts. Any case involving domestic violence or sexual assault is referred by the Court to our advocates who provide supportive services & information including:

- A survivor's legal rights & options
- Court preparation & what to expect
- Accompaniment in the court room
- Safety planning in the court & beyond
- Support while deciding how or if to proceed with restraining orders
- Translation services

in 2022, our housing & court services served **1,213 women, men & children**

SAFE
HOUSING

EMPOWERED
CHOICES

LEGAL
ADVOCACY

At the core of our mission is the empowerment of survivors. We do this by providing the information, education, and support needed to build lives free of violence and abuse. Our Court Advocacy, Housing, and Counseling programs empower our clients to make their own choices. We strive to build confidence through supportive and informational case management partnerships.

Womanspace partners with Mercer County social services agencies to help determine if domestic violence is a co-occurring factor in child abuse cases. Through this partnership, Womanspace offers referrals, resources and education to support children and families on the path to recovery from family violence.

SAFE MOTHERS GROUP

a 12 week educational support group to help mothers learn to safely care for and regain or maintain custody of their children.

in 2022 our liaison served:

183 & **369**
adults & **kids**

Transitional Housing Programs

The hallmark of an abusive relationship is the abuser's relentless pursuit of power and control. This dynamic often effects the survivor's ability to maintain a job, bank accounts, housing and credit. Clients are able to enter our transitional housing programs through successful completion of our safe house program as eligibility and program space allows. Womanspace transitional housing programs support survivors through rental assistance, financial education, career resources, and housing advocacy.



This year our housing services have helped provide safe, reliable housing for **24 ADULTS & 25 KIDS**

“*research indicates that*
50% OF HOMELESS WOMEN & CHILDREN ARE HOMELESS AS A RESULT OF DOMESTIC VIOLENCE”

Barbara's House

Our Barbara's House transitional program provides survivors with housing and support services in an agency-owned apartment building. Through staff supported group and individual counseling, survivors complete individualized programs to achieve financial self sufficiency. Through a partnership with Isles, Inc., in 2022, tenants expanded this self sufficiency to gardening for food independence.

H.U.D Safer Housing Program

Through a partnership with the Department of Housing and Urban Development, Womanspace assists survivors in relocating to their own homes with transitional housing and rapid re-housing programs.



In 2022, Barbara's House provided **443** advocacy services including:

- *Legal Advocacy*
- *Financial Literacy*
- *Housing Advocacy*
- *Support Groups*
- *Career Support*

SAFE HOUSE

The onset of the Covid-19 Pandemic brought with it a dramatic increase in domestic violence cases both globally and locally. In the past three years, the number of victims receiving emergency shelter from Womanspace has increased by a staggering 59%. Meeting this need, which reached far beyond our capacity, has been possible only through additional support provided by the State of New Jersey. This has allowed us to provide much needed housing to populations that are traditionally underserved by domestic violence agencies, such as those that are male identifying, or mobility impaired. The exponential demand for our services has taxed our resources significantly. We are grateful to have received significant in-kind donations of food and supplies that helped us meet our clients' most basic needs.

Services Provided:

- **165** Safety Planning Sessions
- **771** Advocacy Services
- **4,034** Adult Case Management Sessions
- **169** Kids Case Management Sessions
- **123** Group counseling Participants
- **10** Family Counseling Participants
- **111** Children's Education & Recreation

TOTAL CLIENTS SERVED

241

- **127** Women
- **3** Men
- **111** Children



LOCAL & STATEWIDE HOTLINES

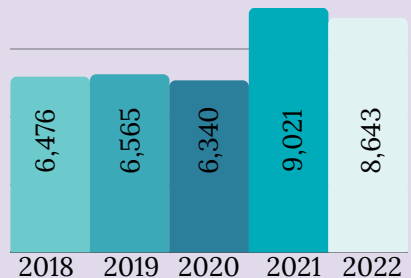
As the lead agency for domestic violence and sexual assault services in Mercer County, Womanspace operates three 24/7 hotlines with online chat and text options. Womanspace also operates the statewide domestic violence hotline to connect survivors with services across the state.

Local DV hotline: 4,063

Local SA Hotline: 296

Statewide DV Hotline: 4,284

Total Hotline Calls by Year



Response Teams

TOTAL CLIENTS SERVED

285

In 2022, two cohorts of Crisis Response Team Volunteers were trained in-person; the first time since 2019. These cohorts were the first to benefit from a revised curriculum, updated to help advocates navigate new and evolving challenges that arise when they are called to provide in-person and immediate support to victims in the aftermath of domestic violence or sexual assault. The new curriculum requires that advocates and Womanspace staff receive a 60-hour hands on training with an additional 20 hours per year in topics of their choice. This allows advocates to customize their own training to meet their specific needs and concerns.

DOMESTIC VIOLENCE RESPONSE TEAM

- **215** Adult Victims
 - **194** Women
 - **21** Men
- **10** Secondary victims

SEXUAL ASSAULT RESPONSE TEAM

- **51** Adult Victims
 - **40** Women
 - **1** Man
- **19** Secondary victims

IN 2022, OUR RESPONSE TEAM VOLUNTEERS COMPLETED:

- **316** Response Team Training Hours
- **179** DVVRT Call-Out Hours
- **111** SASS Call-Out Hours

VOLUNTEERS

In addition to our Crisis Response Team, volunteers from local businesses, universities and civic groups from across the state have lent a hand in 2022. From organizing community donation drives to helping build a new playground for our safe house, the generosity of volunteers makes a difference for survivors.

if you are interested in learning more about volunteer opportunities, contact us at info@womanspace.org





our mission is to prevent abuse,
protect families & change lives
through empowerment & a safety
net of supportive services

Leadership Team

Nathalie S. Nelson, *CEO & President*

Rev. Susan Victor, *COO, Client & Community Services*

Reyna Carothers, *VP, Emergency Services*

Erin Hartshorn, *VP, Development & Communications*

Cassius Lawson, *VP, Finance*

Board of Directors

Michelle Y. Bajwa, *President*

Joanne Barlow, *Vice President*

Charles Walker, *Treasurer*

Ruby Suresh, *Secretary*

Joan Bartl

Maeve E. Cannon, *Esq.*

Meaghan Cannon

Natasha Johnson

Rev. Jyungin (Jenny) Lee

Rose (Dede) Nini

Rev. Matthew Rhodes, *PsyD*

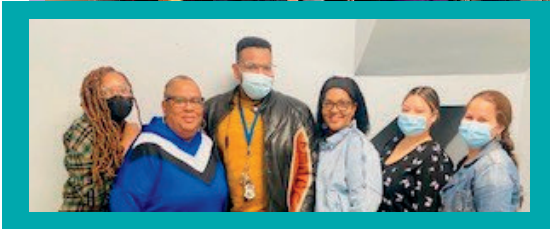
Ed Schmierer, *Esq.*

Sonal Shah

Ret. Chief William Spain

Lorene Williams

Frances Zeitler





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Lawrenceville, NJ 08648

IT STARTS HERE



SCAN TO DONATE TODAY!



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CONTRIBUTE



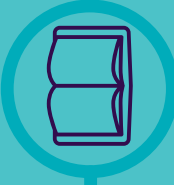
CONNECT



COLLABORATE



VOLUNTEER



EDUCATE



ADVOCATE