



# YOUNITY

Together we are stronger than abuse.

FORMERLY WOMANSPACE

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# 2025 ANNUAL REPORT

## THE COURAGE TO BEGIN



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## The Courage to Begin, and to Continue



A message from Yunity's leadership on resilience, renewal, and what's next

Dear Friends,

Every journey begins with a choice — and for those we serve, it's often the hardest one they'll ever make. The decision to reach out. To speak up. To leave. To trust. To begin.

Some find us through the hotline. Others meet us in the courthouse, through our counseling and support programs, or in transitional housing. Each journey begins differently, but every step forward requires extraordinary courage.

This year, that courage was unmistakable. **Calls to our hotlines and requests for response team callouts rose significantly this year, contributing to a 10% overall increase in those we served — 10,914 individuals in all.** Behind each number is someone who found compassion and help on the other end.

Guided by our new three-year Strategic Plan, Yunity is strengthening what works, expanding access to care, and building a future defined by healing and hope. **Yet this progress comes during a time of real challenge: two of our essential state-funded programs were not renewed, resulting in a \$550,000 loss, with other key funding still uncertain.** Even so, our mission and commitment remain unwavering.

Your generosity makes it possible for us to meet growing needs, keep our hotline staffed around the clock, and provide shelter, advocacy, and counseling for survivors in crisis. **As demand increases and government support remains uncertain, the stability your support provides has never been more vital.** It keeps our lines open, our advocates responding, and our counselors standing beside survivors when they need it most.

Because of you, no one has to face these choices alone.

Together, we're meeting urgent needs today and building the foundation for a safer, more compassionate tomorrow.

With Gratitude,

Nathalie S. Nelson  
CEO & President

Meaghan Cannon  
Chair, Board of Directors

## Rising Together to Meet the Need

Our 2025–2028 Strategic Plan is the roadmap that will allow Yunity to meet growing needs, strengthen programs, and expand access to care.

**10,914** individuals served across all programs this year  
**10%** overall increase in individuals served



### Expanding Access to Healing

Creating a sanctuary of holistic care — where counseling, mental health support, and creative, reflective, and restorative experiences come together with practical services to help individuals and families rebuild their lives.



### Strengthening Housing and Safety

Becoming a leading housing resource for individuals and families affected by domestic or sexual violence — expanding capacity and improving access to safe, stable housing across Mercer County and beyond.



### Enhancing Programs and Partnerships

Expanding and enhancing programs that respond to the diverse experiences and evolving needs of survivors of domestic and sexual violence. Our goal is to remain at the forefront of emerging issues by ensuring services are welcoming, accessible, and responsive to all who seek support.

**Together, we are building stronger pathways to safety, healing, and hope.**

# Lifelines of Support

## Where Courage Meets Care

At Yunity, healing begins in many ways, and at many different points. Some people call the hotline. Some arrive at our Safe House. Others begin quietly in counseling or walk into court alone.

But no matter where the journey starts, one thing remains constant: a lifeline of support that surrounds, steadies, and strengthens every step forward.

Our services are not isolated programs. They are connected lifelines, woven together to guide each person from crisis to confidence. This year, that network grew stronger than ever, as hotline and crisis response activity rose and our teams reached more individuals across Mercer County.

Across these pages, color flows like the lifelines that connect our work — threads of safety, advocacy, and healing running through every service and every story.

Together, they reflect how one call, one visit, or one conversation can become the start of lasting change.



### Hotlines

Three 24/7 crisis hotlines provide support and resources to individuals impacted by domestic or sexual violence.



### The Response Teams of Mercer County

Our trained team provides support and resources to victim-survivors of domestic and sexual violence at the moment of crisis, meeting victims at hospitals and police stations throughout Mercer County.



### Safe House

Open 24/7, we provide safety and support for people whose homes have become unsafe due to violence and have nowhere else to go.



### Transitional Housing

We provide the wrap-around support and connection to resources required for a victim-survivor to develop both self-sufficiency and a strong network of support.



### Court Advocacy

We provide services at family court to assist victims navigating a complex court system to obtain restraining orders.



### Counseling & Support

We provide personalized counseling and advocacy services to individuals completely free of charge.



### Children's Programs

We provide intervention through counseling, treatment, & services to support children who are experiencing trauma resulting from domestic violence.



### Education & Prevention Outreach

Our programs engage community members in the effort to create safer communities by preventing domestic and sexual violence.

## First on the Scene

### Advocacy & Crisis Response

When a victim-survivor experiences violence, their first contact with help is often at a police station or hospital. In those critical moments, Yunity advocates are there — day and night — to offer calm reassurance, information, and safety.

Requests for advocates have risen sharply, reflecting growing awareness and trust among law enforcement and healthcare partners. Through collaboration with Mercer County municipalities, hospitals, and police departments, Yunity's Response Teams have become a vital link in the system of care — ensuring that every victim-survivor has an ally by their side.

By showing up in those first moments of crisis, advocates help turn isolation into connection — and trauma into healing.

#### 2025 IMPACT:

**478**

domestic violence crisis calls and

**88**

sexual violence crisis calls responded to by Yunity Response Team Advocates at police stations and emergency rooms



## Client Story

### From Crisis to Courage: Evelyn's Story

"I barely remember getting to the hospital. Everything felt blurry — the lights, the noise, the questions. I couldn't stop thinking about my kids and my dog at home. I just wanted to disappear. Then an advocate from Yunity arrived. She didn't rush me or ask for details. She just sat with me. When I couldn't find words, she helped me breathe and reminded me that I was safe.

She spoke with the police when I couldn't and explained what would happen next. Together, we talked through my options and made a plan to keep me and my kids safe. She stayed beside me as I called Yunity's hotline and arranged a place for us to go that night.

Before she left, she reminded me that I wasn't alone — that help was waiting on the other end of the line, anytime I needed it.

That night, for the first time in a long time, I felt like I had choices. I felt safe."

## But First, Safety Hotline & Safe House

In moments of crisis, we are there.

Through every sleepless call. Every hospital room. Every knock at the door.

Whether someone calls our hotline in the dead of night or is met by an advocate at the hospital, our priority is always the same: immediate safety. From the first call to the moment a client enters the Safe House, we surround them with protection, compassion, and care.

There is no shame in needing help. And no wrong moment to reach out.

This is where the journey begins.

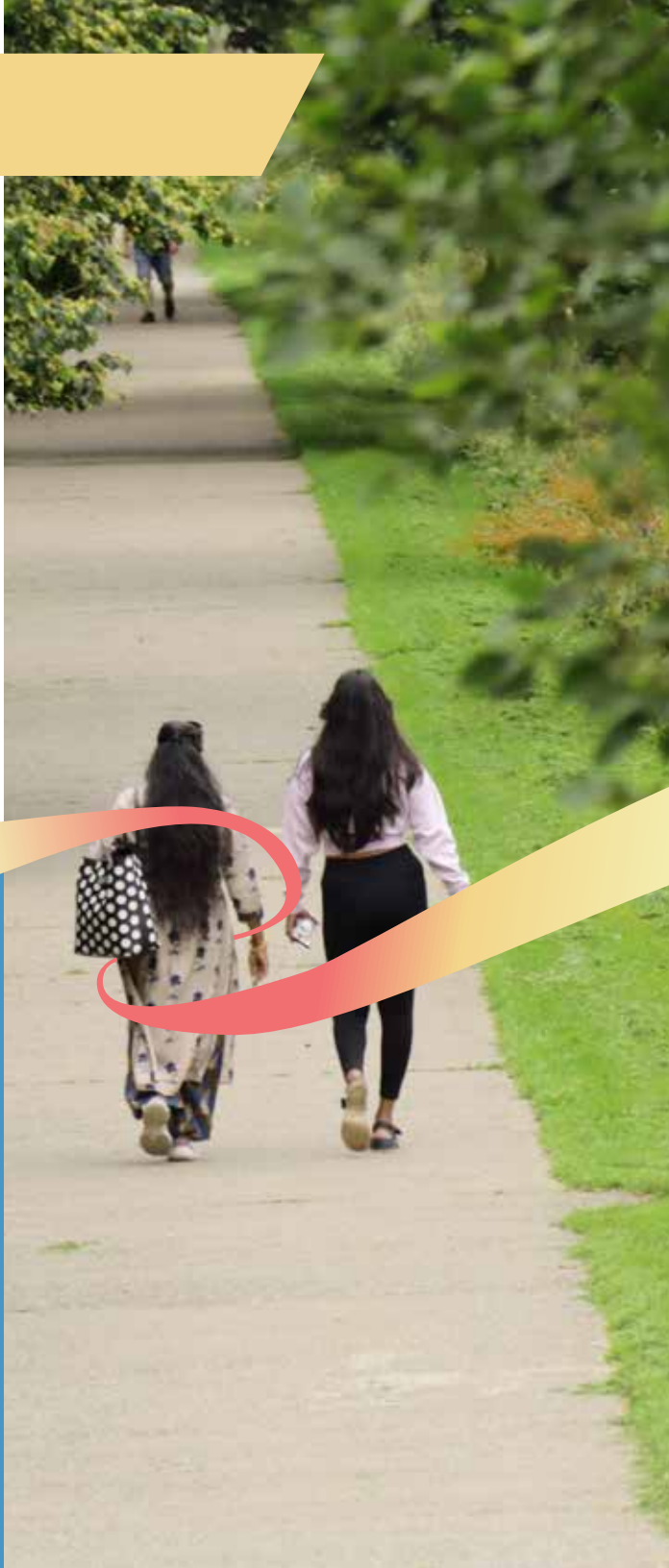
### 2025 IMPACT:

# 8,430

hotline calls and texts answered

# 260

individuals sheltered in our Safe House



## Client Story

### From Fear to Freedom: Amira's Journey Begins with a Call

Amira had been in the United States for less than a year. With no family nearby, limited English, and no income of her own, she depended entirely on her husband — who became her abuser.

When the violence escalated, a concerned friend called Yunity's 24/7 hotline, worried for Amira's safety. We asked Amira to call us when it was safe. Hours later, after escaping to a neighbor's house, she finally could.

#### That call changed everything.

Amira entered our Safe House terrified and unsure. At first, staff used translation services to communicate. With time, grace, and safety planning, she began to trust herself again. She started walking outside with other women in the Safe House, then taking the bus alone. With support from advocates, she faced her abuser and secured a restraining order.

Amira faced many challenges along the way, but we walked beside her every step. Today, she lives independently, works in her community, and continues to build the safe, stable life she once envisioned.

Her transformation was extraordinary, yet it began the same way every story in these pages does — with one courageous act. One phone call. One hand reaching out.

## When Safety & Hunger Collide

### The Choice No One Should Face

For many survivors of domestic and sexual violence, the struggle for safety is also a struggle against hunger. Research shows that food insecurity and intimate partner violence are deeply intertwined. Abuse can create hunger in multiple ways: economic abuse — when one partner controls all financial resources — can leave victims without access to money for food; survivors who leave abusive relationships often face financial instability and low-wage jobs that make it hard to afford groceries; and the broader conditions of poverty and financial stress can increase the risk of both violence and hunger.

#### A YEAR OF MEALS AT THE SAFE HOUSE

**156,585**  
meals for adults

**85,410**  
meals for children

Survivors and their families received consistent, nutritious meals every day — providing the nourishment and stability essential to recovery.



At Younity, we see these connections every day. Abusers frequently use food — and control over household resources — as tools for coercion. Financial abuse can mean empty pantries, withheld money for groceries, or deliberate food insecurity designed to keep a partner dependent. When survivors leave, they often face the compounded stress of starting over with few resources and children to feed.

That's why Younity integrates food security into every stage of care. Families in our Safe House receive nutritious meals and snacks daily. For those in transitional housing, Younity provides grocery assistance and essential supplies as needed. Younity staff also connect clients with community food resources to ensure that no one faces hunger while rebuilding their lives.

Last year, Younity provided more than **240,000** meals to survivors and their children staying in our Safe House. We provided additional meals and grocery gift cards to survivors in our Transitional Housing program. These simple acts of nourishment are powerful; they restore dignity, ease anxiety, and remind survivors that their basic needs — and their futures — matter.

## When Healing Begins

Counseling • Support Groups • Court Advocacy

Healing doesn't happen all at once. It begins quietly — sometimes with tears, sometimes with silence, sometimes with the simple words: "I don't know what to do."

Healing takes many forms. For some, it begins in a courtroom — taking the first brave steps to seek safety, distance, and protection. For others, it starts in counseling. Yunity staff stand beside victim-survivors through every stage — from navigating the courts to providing trauma-informed counseling that restores safety, confidence, and control. Through our partnership with the NJ Division of Child Protection and Permanency, our Domestic Violence Liaison helps identify when child abuse and domestic violence occur together.

### 2025 IMPACT:

**401**

individuals received trauma-informed counseling

**1,049**

individuals received guidance from Yunity staff in family and municipal courts

**135**

families supported through our Domestic Violence Liaison



## Client Story

### Her Own Strength: Serena's Story

After a violent incident at home, Serena called the police and was connected to Yunity. With guidance from a Yunity advocate, she navigated the court process and obtained a restraining order against her abuser. From there, she began counseling to rebuild her sense of safety and control.

When she started counseling, Serena was emotionally overwhelmed and completely dependent on her abuser. He controlled everything — money, car, childcare, bills — and had convinced her she couldn't survive without him. Even small challenges left her in tears, trapped by fear and self-doubt.

Week by week in counseling, that began to change. With her counselor's support, Serena practiced solving problems, making decisions, and trusting her own judgment. She started working, saving, and eventually bought her own car. When her abuser tried to reassert control, she said no — and meant it.

With access to Yunity's transitional housing program, Serena built the stability she needed to move forward with confidence and independence.

By the time she completed counseling, she had secured a job, a home, and something even more powerful: belief in herself.

"I'm not afraid of him anymore," Serena said. "He doesn't control me. I'm my own person now."

## A Place to Rebuild Transitional Housing

Leaving an abusive relationship often means starting over with nothing. Homes, cars, and bank accounts are usually in the abuser's name. Credit, savings, and steady work are gone — replaced by the urgent need for safety and a fragile hope for stability. But even after taking that first step, the hardest part often comes next: finding a place to live, rebuilding finances, and caring for children while navigating emotional and practical challenges all at once.

Transitional Housing meets victim-survivors in that difficult in-between — providing stability, safety, and the time to rebuild. In Mercer County, where rents average \$2,800 for a family of four, and the cost of living continues to rise, this program bridges an impossible gap. It offers more than a roof. It offers the foundation for healing and the chance to imagine a future built on strength and independence.

### 2025 IMPACT:

**73**  
individuals and children lived  
safely in transitional housing



## Client Story

### From Control to Confidence: Alicia's Story

Alicia had been married for 20 years when she came to Younity with her four children. Two decades of coercive control had left her isolated, financially unstable, and deeply mistrustful. Her abuser had dictated her finances, sabotaged her independence, and stripped away her confidence.

When she entered transitional housing, she was exhausted and frustrated, let down by a system that had failed to protect her. After years of control and loss, her mistrust was understandable.

More than anything, Alicia wanted acknowledgment of all she had lost through years of control, isolation, and stolen security. When the courts couldn't provide that, she felt unseen and defeated. But in Younity's transitional housing, she began to rebuild on her own terms. She gained confidence, stability, and control over her future.

Through counseling and support, Alicia found her voice again. And when New Jersey passed a new law recognizing **coercive control** as a form of abuse, she finally felt seen — her experience, at last, acknowledged. Today, she and her children are thriving in their own apartment, free from abuse and embracing the freedom she once thought impossible.

## Healing Young Hearts

### Children's Services

Every story we've shared — from Amira's first call, to Serena's counseling breakthrough, to Alicia's rebuilding in transitional housing — has one thing in common: Children were there, too.

Children experience domestic and sexual violence not only as witnesses, but as victims of the instability it creates. That early adversity can shape their safety, development, and relationships for years to come.

At Yunity, we make sure children are never forgotten. Through counseling, play therapy, and school support, we help them feel safe again, express themselves, and build resilience. Healing children breaks the cycle of intergenerational violence — one of the most powerful forms of prevention we have.

#### 2025 IMPACT:

**327**

counseling sessions provided for children

**121**

children found safety in the Safe House

**41**

children lived with their parents in transitional housing



## Client Stories

### Serena's Child

When Serena entered counseling and transitional housing, her abuser had controlled every part of her life. Serena worried most about her 4-year-old, who was growing up in a home full of fear. With counseling and stability, Serena created a safe environment where her child now sees a parent modeling independence and strength.

### Alicia's Four Children

After 20 years of coercive control, Alicia entered transitional housing with her four children. At first, they struggled with school and routine, weighed down by instability. Over time, with counseling and safety, they began to thrive—showing resilience, hope, and the joy of growing up in a home free from violence.

### Fathers, Too

We've also worked with dads raising children after abuse, helping them create stability and model resilience for their kids. Healing young hearts means supporting every parent who's working to break the cycle of violence.

## Changing the Conversation

### Prevention & Education

Healing helps survivors rebuild their lives, but prevention is how we break cycles of violence before they start.

Through workshops on healthy relationships and consent, students learn to navigate dating and campus life with confidence. In workplaces and faith communities, Yunity educators share those same lessons — fostering cultures of respect, empathy, and awareness. Across every setting, the goal is the same: to stop violence before it starts and empower people to prevent it.

#### 2025 IMPACT:

**1,015**  
individuals reached through workshops and community education

**507**  
high school and college students engaged in prevention programs

**130**  
New Jersey police officers trained to respond to domestic violence calls



## Peer Education in Action

At Lawrence High School, Yunity's Peer Educator Program is changing the way teens talk about dating, consent, and respect. Guided by Prevention & Community Educator Grace Flagler and Counselor Advocate Heather Horvath, the program equips students to lead conversations in their own schools. Trained in red flags, boundaries, and bystander intervention, peer educators know how to speak in ways their classmates will actually hear.

One highlight was the **Purple Out** — a **Domestic Violence Awareness Month** initiative that turned a Friday night football game into a sea of purple. The football team led the way, and soon other clubs and teams joined in. This year, their **Purple Out** event expanded to the entire school.

"It was such a visible, community-based way to raise awareness," Grace said. "And it worked. The ripple effects are clear: more open conversations, more compassion, and a shift in relationships that start in teens and early 20s."

"Our peer educators aren't just talking about these topics," Heather shared. "They're prioritizing them — and changing the culture around them, one conversation at a time."

## Moments That Unite Us When Unity Becomes Action

In a year of rising need and shifting resources, two signature events captured the spirit of what makes Yunity strong — people coming together.

### 23rd Annual Communities of Light: Lighting the Way Together

On December 2, 2024, **Communities of Light** once again united neighborhoods across Mercer County in a powerful show of solidarity. Police departments, township leaders, and residents throughout the county joined together to light luminaries in driveways, storefronts, and public spaces, symbolizing safety and hope for victim-survivors of domestic and sexual violence. “It’s not just candles, but community,” said Kieran John, a steadfast advocate for Communities of Light, “a reminder that even small, humble gestures can light the way for others.” Now in its 24th year, **Communities of Light** continues to shine as a symbol of unity and resilience — a reminder that when communities stand together, hope endures.

### 29th Annual Awards Dinner: Honoring Leadership, Celebrating Unity

Held on May 15, 2025, **Yunity’s 29th Annual Awards Dinner** brought together donors, partners, and advocates to celebrate compassion in action. The evening honored **Angela Ferrell-Zabala, Executive Director of Moms Demand Action**, with the Barbara Boggs Sigmund Award; **Kieran John** with the Edwin W. Schmierer Award for Outstanding Volunteer Service; and the **Princeton Area Community Foundation** with the Yunity Award for Outstanding Community Partner. Reflecting on the night, Ferrell-Zabala shared that “real change begins in community — when we come together, care becomes action.” Now in its 30th year, the event reaffirmed that truth, highlighting how unity continues to drive lasting impact across Mercer County.



## A Year of Change in Funding

Funding shifts reveal the power of local support

This year, Yunity faced significant shifts in public funding. Two long-standing government grants — together totaling more than \$550,000 — were not renewed. These funds supported core programs that provide safety, counseling, and advocacy for survivors of domestic and sexual violence.

At the same time, a federal government hold on the release of the Federal Compliance Supplement — the document that provides mandatory audit guidance for organizations like ours—has delayed completion of our audited financial statements. Because Yunity's financials include both federal and state-supported programs, our auditors must wait for that guidance before finalizing and issuing the audit.

We expect to publish our audited results as soon as the federal materials are released.

### WHAT'S NEXT:

Our audited financials will be available in the new year at [yunitynj.org](http://yunitynj.org)



## Help Us Keep the Lifeline Strong

Even amid funding uncertainty, Yunity's mission never wavered. But the reality is sobering: with the loss of two major government grants and delays in new funding cycles, we face some of the most difficult financial decisions in our history. Programs that survivors rely on every day — hotlines, crisis response, counseling, housing — are all at risk of reduction if new resources don't emerge soon.

Every hour of advocacy, every night of safety in the Safe House, and every counseling session for a survivor or child depends on a steady flow of support. When federal funding falters, it's the compassion and generosity of individuals, businesses, and foundations across Mercer County that keeps the doors open and the phones answered.

Your partnership bridges the gap when government resources fall short — allowing Yunity to meet rising need with dignity and care. We remain steadfast in our commitment to transparency, accountability, and careful stewardship of every dollar entrusted to us.

This is a defining moment. With your help, we will continue to be the lifeline that no survivor in our community can afford to lose.

# A COMMUNITY THAT GIVES BACK

Because every gift, large or small, keeps the lifeline strong

When government funding is uncertain, it's the generosity of individuals, corporations, faith groups, and foundations that ensures our doors remain open and our lifelines never go unanswered. Every act of giving strengthens the network of safety, counseling, and hope that victim-survivors rely on. Together, these gifts make lasting change possible—helping families heal, rebuild, and begin again.

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