

YOUNITY

Together we are stronger than abuse.

FORMERLY WOMANSPACE

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

In honor of **Sexual Assault Awareness Month (SAAM)**, Younity has created a special newsletter highlighting survivor voices, prevention efforts, and ways to take action.

This year marks the 25th anniversary of SAAM, honoring the progress made through the strength of survivors, the dedication of advocates, and the role communities play in prevention. It is also a reminder that awareness must lead to action, through education, conversation, and support for victim-survivors.

If you didn't receive a printed copy, you can view it online:

VIEW PRINTED APRIL NEWSLETTER

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Sponsor Younity's 30th Annual Awards Dinner**

Honoring Trenton Community Street Team:

The Younity Award for Outstanding Community Partner

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SAAM: Building a Culture of Prevention

SHOP THE YOUNITY STORE: WEAR YOUR SUPPORT

A message from our CEO & President, Nathalie S. Nelson



April is both a time to reflect and a call to action.

As we recognize **Sexual Assault Awareness Month**, we recommit ourselves to prevention, education, and unwavering support for survivors of domestic and sexual violence. This year's theme, *25 Years Stronger: Looking Back, Moving Forward*, reminds us that progress has been driven by the courage of survivors, the dedication of advocates, and the strength of our community.

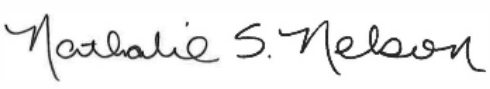
At Younity, we witness that strength every day. We are also seeing an increase in calls related to sexual violence, a powerful and sobering reminder that the need for support is growing and the urgency of this work has never been greater. Throughout April, we will continue to lead through programs, partnerships, and conversations that move this work forward and help create safer, more responsive communities.

We are also looking ahead to a meaningful milestone, our **30th Annual Awards Dinner** on **May 28** at **Trenton Country Club**. For three decades, this event has brought together leaders, partners, and supporters united in strengthening our community's response to domestic and sexual violence.

This year, we are proud to honor **Amna Nawaz**, **Tina Karkera**, and the **Trenton Community Street Team** for their leadership and impact.

This work does not happen alone. It is built together, sustained together, and strengthened together. We hope you will join us throughout April and at our Awards Dinner as we continue moving forward together with purpose and community.

With gratitude,



Nathalie S. Nelson
CEO and President

ALIGN WITH 30 YEARS OF LEADERSHIP



On May 28, Younity will host our **30th Annual Awards Dinner**, an evening that convenes business leaders, community partners, and advocates from across Mercer County.

We are honored to welcome PBS co-anchor **Amna Nawaz** as our Barbara Boggs Sigmund Award recipient and keynote speaker. Her presence makes this year's gathering especially significant and will draw respected voices from across our region.

We will also recognize Younity volunteer advocate **Tina Karkera** and the **Trenton Community Street Team** for their leadership, service, and commitment to strengthening community safety and outreach.

For three decades, this event has brought together leaders from business, government, healthcare, education, philanthropy, and the nonprofit sector. It is where leadership is visible, relationships are built, and commitment to community is demonstrated through presence.

There are many ways to be part of this year's event:
Become a sponsor and align your organization with 30 years of impact
Reserve a table and host clients, colleagues, or partners
Purchase tickets and join us for the evening
Place an ad in our program to show your support

All opportunities are available on our event page.
The room is forming. Be part of it.

JOIN US ON MAY 28

HONORING THE TRENTON COMMUNITY STREET TEAM
The Younity Award for Outstanding Community Partner



Honoring Community Partnership in Action

The Trenton Community Street Team is being recognized with the **Younity Award for Outstanding Community Partner** for its leadership, collaboration, and commitment to addressing violence at its roots.

Through trusted relationships, consistent presence, and a deep connection to the community, the Street Team meets people where they are, responding in moments of crisis while building pathways to long-term support.

Their work reflects a powerful belief: meaningful change happens through partnership, trust, and showing up every day.

READ MORE ABOUT TCST

THE FACTS ABOUT SEXUAL VIOLENCE
Insights from Sheilagh Mescal Gunstensen
BScN, MA, Training Specialist, Younity

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It’s about power, not desire.

SHEILAGH MESCAL GUNSTENSEN

Understanding the Reality of Sexual Violence

Sexual violence is often misunderstood, shaped by myths that influence how individuals, communities, and systems respond.

In this article, Younity’s Training Specialist, **Sheilagh Mescal Gunstensen**, shares key insights grounded in research and experience. Most sexual violence is committed by someone the victim-survivor knows, and many delay disclosure due to fear, stigma, or concern about not being believed. False reports are rare, and trauma responses such as freezing are common.

Understanding these realities helps create a more informed and compassionate response to victim-survivors, while strengthening prevention efforts across our community.

READ THE FULL ARTICLE

BUILDING A CULTURE OF PREVENTION
Insights from Matthew McMahon
Prevention Educator, Princeton University

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We can live in a world without violence.

MATTHEW McMAHON

Prevention Starts Before College

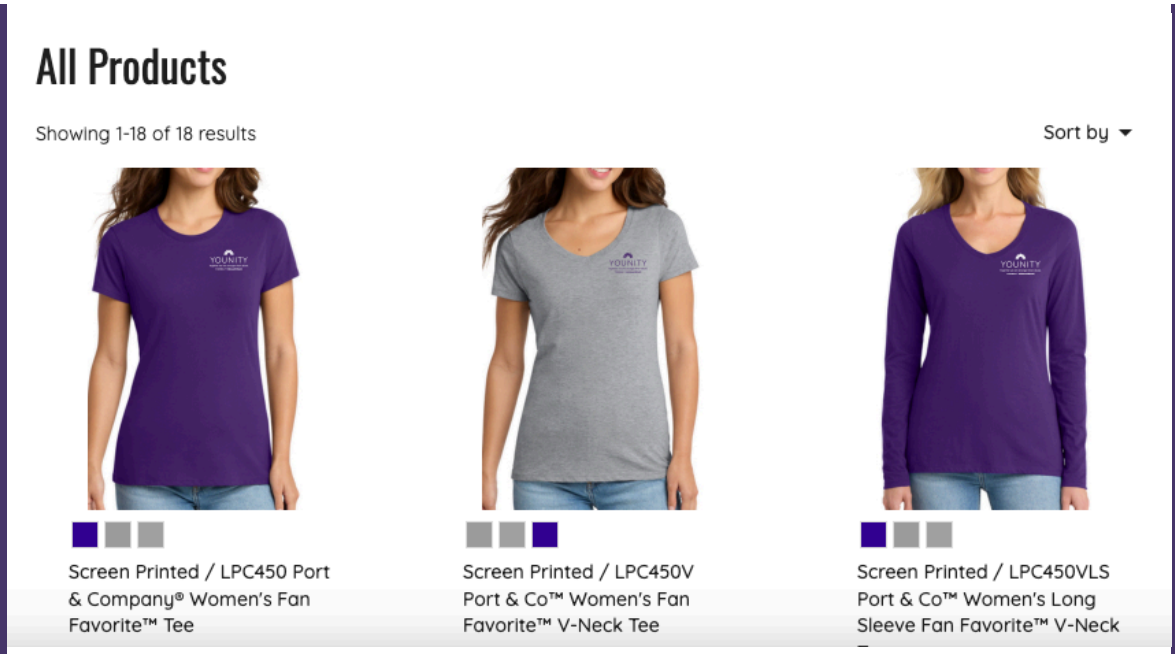
Preventing violence does not begin in a moment of crisis. It starts much earlier.

In this article, prevention educator **Matthew McMahon** shares how the attitudes and behaviors students bring to college are often shaped long before they arrive. Conversations about respect, boundaries, and consent—at home, in schools, and in the community—play a critical role in building safer environments.

By focusing on early education and shared responsibility, prevention becomes part of everyday culture, not just a response after harm occurs.

READ THE FULL ARTICLE

YOUNITY'S ONLINE STORE:
Wear Your Support



We're excited to share a new way to support Younity's mission. Our online store features apparel and accessories created for people of all genders, reflecting our shared commitment to safety, healing, and community.

Every purchase helps fund counseling, advocacy, and crisis response services for victim-survivors of domestic and sexual violence in Mercer County. When you shop, you're not just choosing meaningful merchandise — you're helping make safety and support accessible for those who need it most.

We are grateful to **Creative T-Shirt Printing** for bringing this collection to life and for their partnership in supporting our mission.

Thank you for standing with us in purpose and compassion.
Together, we are stronger than abuse.

SHOP OUR STORE

YOU DESERVE TO BE HEARD AND SUPPORTED
We Are Here to LIsten



YOUNITY 24|7 HOTLINE
609.394.9000

YOUNITY 24|7 TEXT LINE
609.619.1888

NJ STATEWIDE
DOMESTIC VIOLENCE HOTLINE
800.572.SAFE (7233)

Maybe someone crossed a line.

Maybe you're feeling uneasy about something that happened, but you're not sure what to call it.

Maybe you're feeling overwhelmed, confused, or just need to talk it through.
Whatever you're carrying, you don't have to carry it alone.

Our trained staff are here 24/7 to support you—confidentially, compassionately, and without judgment.

You can contact us anonymously by phone or chat. You don't have to give your name. You don't have to file a report. You can simply talk to someone who will listen and help you understand your options. You'll never be pressured to take a step that isn't right for you.

Whether you're calling for yourself or someone you care about, we'll meet you where you are. Our team includes bilingual staff and has access to translation services, ensuring that language is never a barrier.

What happened to you matters.
And so does what happens next.

We're here to help you take the next step—whatever that looks like for *you*.
Because when we work **together, we are stronger than abuse.**

24/7 ASSISTANCE

TOGETHER, WE ARE STRONGER THAN ABUSE

Your support makes Younity's work possible—from walking alongside victim-survivors in crisis to empowering young people with the tools to build healthy relationships. Every gift, no matter the size, helps create a safer, stronger community.

DONATE

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}

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