



# hearing HOPE

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## FROM THE EXECUTIVE DIRECTOR

The year 2018 has been a year of tremendous change. We have expanded and enhanced our programs to include a safe haven for victims of abuse, recovery services, and have expanded our services at the LAC+USC Medical Campus. We know our families face many obstacles, struggling with poverty, health issues, immigration, homelessness and trauma. Despite these hardships, I am always inspired by the strength and resiliency of our survivors in the face of unprecedented challenges. Our very first shelter survivor and her two children came to us facing multiple barriers. By the end of her stay, she was placed in her own apartment, graduated from the local community college, and found stable employment. While this is not always a reality for everyone, every success is another step towards a better life and ELAWC helps those to find their own brighter reality. We cannot do this without our supporters. I want to express my appreciation to all the donors, supporters, advocates and staff, and board of directors for helping us heal lives.

Barbara Kappos, LCSW  
Executive Director

## BRIDGING HOPE&HEART: EMERGENCY SHELTER OPENS

March 5<sup>th</sup> marked the opening of East Los Angeles Women's Center's Hope&Heart Emergency Shelter at an undisclosed site at LAC + USC Medical Center's campus. The facility's opening provides an innovative approach to enabling displaced women and children who are survivors of domestic violence, sexual assault and human trafficking to find safe haven and a bridge from crisis to stability. The Hope&Heart Shelter is the first of its kind in the nation with hospital-based access to immediate shelter, support, safety and resources. With the opening of Hope&Heart Shelter, East Los Angeles Women's Center is now a first-responder to survivors on the LAC+USC Medical Campus!



## HOPE & HEART

On average, a survivor will attempt to leave their abuser seven times before they leave for good, and therefore domestic violence is often the immediate cause of homelessness for women and their children. East Los Angeles Women's Center has heeded the call: the unique location of the Hope&Heart Shelter, which includes 12 beds, a family room, common area, and kitchen, is helping to bridge the need from homelessness to stability.

To assist with immediate displacement, Hope&Heart services include a housing assistance program to assist women and their children find permanent housing solutions, linkages to social and legal services, and law enforcement assistance. Clients are provided with trauma-informed services through a survivor-driven approach: each survivor's services are tailored directly to meet their own individual needs. By identifying each person's unique needs with multidisciplinary interventions, staff at the Hope&Heart Shelter will work to decrease re-victimization, homelessness, and promote appropriate, holistic interventions.

For questions or additional information about Hope&Heart Shelter, please visit us at [www.elawc.org](http://www.elawc.org) or call 800-585-6231

### 2018 Highlights

**Hope & Heart Shelter** The first of its kind in the nation, and in coordination with LAC+USC Medical Center, March 2018 saw the opening of an emergency shelter for women and their children who have been exposed to violence and are unable to return home.

**Open House** In observance of Sexual Assault Awareness Month in April, the center provided tours and displayed a photo exhibit produced by the youth leaders. Over 120 guests attended this informative event.

**Second Annual LunaFest Film Festival** Approximately 100 guests joined ELAWC's screening of films by, for and about women. An empowering evening in May, directors Joey Ally, Juan Escobedo, and Uttera Singh participated in a Q+A and panel discussion following the screening.

**Promotoras Contra La Violencia** May marked the biggest group of *Promotora* graduates in the history of the program! After completing a 15-hour 5-week training, 14 women from the community are ready to spread the word to end violence against women and girls. Congratulations, graduates!



## LUNAFEST FILM FEST: BY WOMEN, FOR WOMEN

This year's LunaFest Film Festival was held on the evening of Thursday, May 3<sup>rd</sup> at the Downtown Independent Theater. The screening of short films that were for, by and about women also included the short film *Marisol* by Juan Escobedo.

The pre-screening reception included delicious hors d'oeuvres generously provided by Jose Vazquez of EastSideEats. After the films, guests were invited to participate in a Q+A & panel discussion with directors Joey Ally, Uttera Singh, and the cast and director of *Marisol*, which concluded the evening.



Cast & Crew of 'Marisol'

LunaFest benefitted the free programs and services provided for survivors of sexual and domestic violence at ELAWC and the Hope&Heart Shelter. Over 100 guests attended the successful event, raising over \$13,000!

## SAVE THE DATE

Mark your calendar for the annual *Mujeres de Paz Candlelight Vigil* on Thursday, October 4, 2018.

## TRAUMA-INFORMED SERVICES OFFERED WITH CARE

The most common causes of trauma for women are intimate partner violence and sexual assault. According to the Centers for Disease Control and Prevention, 4.8 million experience the trauma of intimate partner violence or rape every year, leaving lasting negative effects in the physical and mental health of survivors. East Los Angeles Women's Center staff are trained and certified in the delivery of Trauma-Informed Care.

By practicing Trauma-Informed Care, focus is placed on a survivor's individual needs, while building trust and empowering each survivor to take control of their own treatment plans. This approach emphasized not only safety, but collaboration and mutuality, cultural responsiveness, empowerment and individual choice, and takes into account issues specific to gender. Trauma-Informed Care eases trauma, creates a safe environment, and provides overall better outcomes for the individual and the community.

ELAWC provides ongoing training and educational presentations to healthcare and mental healthcare staff on Trauma-Informed Care. These presentations not only provide opportunities to collaborate with medical campuses and the medical community at large, which may be the first stop for help for a survivor, but also ensure that systems of health also respond to a survivors' trauma when they are seen. To prevent the cycle of violence from reoccurring and to ensure that the needs of survivors are being met, partnerships with the medical community at large and other organizations are vital.

## PROMOTORAS EN ACCION: HIV/AIDS PREVENTION

Promotoras en Accion members of the community who are committed to motivating Latinas at risk for HIV/AIDS, primarily those who are not usually reached by traditional prevention methods. Trained in domestic violence, sexual assault, HIV/AIDS, STIs, sexual and reproductive rights, self-esteem building and decision-making skills, Promotoras' focus is on education to change behaviors of at-risk populations, such as immigrants, commercial and survival sex workers. Through street and community-level outreach, Promotoras work to destigmatize cultural taboos and gender identity when discussing sex and sexuality, inform how these perceptions negatively impact health, and how trauma increases risky behavior and exposure to HIV/AIDS. Victims of domestic violence are 48% more likely to be infected than women in non-violent relationships, particularly because they might be forced to have sex with an infected partner or have limited ability to negotiate safe-sex practices. Women experiencing domestic violence are four times more likely to contract STI's, including HIV/AIDS.



Promotoras en Accion enable individuals to feel comfortable sharing their personal histories, providing patient and unbiased advice. Their support becomes a safe place to get educated, tested, and connect to other women similar to themselves. The HIV/AIDS Prevention program began in 1986 and has since trained over 3,600 women who have conducted outreach interventions to over 20,000 members of the community!

ELAWC offers free on-site HIV testing. To learn more about the Promotoras en Accion program, or for questions about testing, contact Lead Health Educator Alejandra Aguilar, at [alejandra@elawc.org](mailto:alejandra@elawc.org).

## OUR PROGRAMS

### HUMAN TRAFFICKING

Our outreach program focuses on women who have been sexually exploited and who work at local bars and strip clubs. Advocacy, access and resources are provided for those who are seeking assistance and information.

### DOMESTIC VIOLENCE

The Relational-Cultural Theory is the foundation of our approach and the vehicle to initiate change, break isolation and build positive and fulfilling relationships. A comprehensive approach provides families with the opportunity to prevent out of home placement and keep families together in a safe and nurturing environment.

### SEXUAL ASSAULT

Immediate crisis response and counseling are provided for survivors by culturally-sensitive certified bilingual advocates and professionals.

### HIV/AIDS PREVENTION PROGRAM

More than 50% of people living with HIV are women. Our goal is to reach the most vulnerable women at risk, including immigrant and trafficked women, and those in violent relationships. Trained health educators provide prevention, intervention services for women living with HIV.

## AT A GLANCE

The Sexual Assault Program includes a 24/7 Rape & Battering Hotline staffed by certified volunteers who provide bilingual,

## YOUTH SERVICES: EMPOWERING YOUNG LEADERS

For young leaders in the community, we now offer Youth Leadership Development Training through the Youth Services program. Youth Leadership Development Training is a 12-session program for youth ages 14-24, where critical thinking, social justice and leadership skill-building enable adolescents to become agents of change in their own communities. A prevention-based approach that educates youth and young adults, parents, and the community at large, Youth Services programming encourages healthy relationships. Workshop topics include race, self-love, a talking circle, portrayal of women in media, gender-based violence, family/name, social justice and leadership, LGBTQ ally-ship, and more. With a focus on preventing teen dating violence and sexual assault, workshops provide tips and tools on how to identify power and control issues, understanding the cycle of violence, types of sexual violence, consent, blaming, boundaries, and how to help a friend who may be experiencing violence in their own lives.

Individual leadership skill-building is supported through public speaking opportunities, by active involvement in community projects, socially from fellow peers and mentors, and through individual contributions during activities. The culmination of the training is explored in either a photo project, where the concepts of the trainings are put into the context of the lives of each youth participant, or a project based on the introduction of the concepts of Trauma-Informed Care and how this specialized form of treatment impacts the lives of the survivors ELAWC serves.



For graduates of the Youth Leadership Development Training who would like to continue to be partnered with ELAWC, 5-7 hours of monthly outreach opportunities are available by becoming Youth Advocates. By representing our Youth Leaders at community events, providing peer-to-peer education, and participating in additional trainings, Youth Advocates help spread the word about maintaining healthy relationships, mentor peers and classmates, and facilitate access to the programs and services provided by ELAWC, including Youth Services. Gender-based and co-ed presentations are made at local schools and colleges, community events and partner organizations. To request a presentation or workshop, please contact Hilda Franco, Project Coordinator, at [hfranco@elawc.org](mailto:hfranco@elawc.org).





**VOICES RISING**

On April 14, Artists Rise Up Los Angeles, a group of artists and actors committed to positive and revolutionary change, held an afternoon of spoken word and performance “American Spring”, at Atwater Village Theatre in Los Angeles.

ARULA, in association with the Sacred Fools Theater Company and We The People Theatre Action, presented a show that was thought-provoking, inspiring, funny and touching!



Proceeds from the performance were donated to support the programs and services at ELAWC. We would like to thank the cast, the creative team, and the leadership at ARULA. For more information about Artists Rise Up Los Angeles, and how their proceeds benefit local organizations dedicated to social justice, please visit [www.artistsriseupla.com](http://www.artistsriseupla.com).



**A CLIENT'S VOICE: MEET ALMA**



I was orphaned very young. My mother died from cancer when I was four and my father had a fatal heart attack several months later. Though I was surrounded by extended family who loved me, my childhood was riddled with strife. I suffered long-term emotional abuse from my oldest brother's wife. She would say to me repeatedly that nobody needed me and would wish me dead. At times, she would withhold food and threaten that if I complained to my brother, something evil would happen to either him or me. I believed her and lived in a world of terror and secrecy. For an abused child the world is big and bad, a place where nothing can be or turn out okay. How can such a child be happy and at peace? Things you live through as a child are with you for the rest of your life.

I'm a cancer survivor and I joined a support group due to my depression. There, I met a Promotora who introduced me to ELAWC. As a lead Promotora for the past two years, I do presentations on abuse. I've assisted in the areas of domestic violence, sexual assault and HIV/AIDS. I share my own experience, how my self-esteem was crushed, how I believed I didn't deserve to be treated with respect or even to be alive. But my past has enabled me to make a real connection with others who have suffered similarly. I tell them that if I survived and am living a better life, you can too! I've spoken with women who confide they live in misery, like slaves. Others have no realization how bad their lives are – they think the hell they are living in is either normal or just bad luck; but once they connect with ELAWC, our services truly change their lives for the better.

As a Promotora, you are a sister, a teacher, and a friend to others who are hurting and searching. When we can enlighten women, especially those who have been suffering for generations, what an inspiration! Once they call us and start getting help, they begin to feel free and empowered. I feel motivated and love what I'm doing. I open my heart and encourage the women I work with- everyday is a challenge. When we grow to trust each other, the results are amazing!

I'm so proud to be a part of ELAWC, where so many are working together, each sharing their unique gifts and abilities and helping women plan better lives.

## THANK YOU

### GENERAL COMMUNITY GRANTEES!



Numerous community leaders from nonprofits that received General Community Grants over the past few years were recently honored by the Jewish Community Foundation and its donors for their outstanding contributions to Los Angeles. The event was held at the home of Marcia Weiner Mankoff and Doug Mankoff.

**THE JEWISH COMMUNITY FOUNDATION SALUTES OUR RECENT GRANTEES WHO MAKE LOS ANGELES STRONGER.**

In addition to providing vital support to the Jewish community, The Foundation helps to strengthen nonprofits in Greater Los Angeles through our annual General Community Grants. Nearly \$2 million has been awarded over the past decade through these grants to high priority concerns such as human trafficking, foster youth, domestic violence, homelessness and others. Furthermore, Foundation donors distribute millions of dollars in grants each year to nonsectarian causes through their own charitable funds at The Foundation.

The Foundation and its 1,300 donor families proudly support the essential work of these organizations, and we thank them for making Los Angeles a better, more caring and vibrant community for all!

To learn more about our **General Community Grants** and view a video from the event, please visit [www.jewishfoundationla.org/gcgevent](http://www.jewishfoundationla.org/gcgevent).

**THE FOUNDATION**  
 JEWISH COMMUNITY FOUNDATION  
 LOS ANGELES

[www.jewishfoundationla.org](http://www.jewishfoundationla.org)

**GENERAL COMMUNITY GRANT RECIPIENTS (2013-2017)**

- 173A FAMILY CRISIS CENTER
- TINA
- A WINDOW BETWEEN WORLDS
- ALLIANCE FOR CHILDREN'S RIGHTS
- ASIAN AMERICANS ADVANCING JUSTICE LOS ANGELES
- AVIVA FAMILY AND CHILDREN SERVICES
- CENTER FOR THE PACIFIC BAHAMAS
- CHILDREN YOUTH & FAMILY COLLABORATIVE
- CHILDREN'S BUREAU OF SOUTHERN CALIFORNIA
- CHILDREN'S HOSPITAL LOS ANGELES
- COALITION TO ABOLISH SLAVERY AND TRAFFICKING
- CONANTON HOUSE CALIFORNIA
- DOWNTOWN WOMEN'S CENTER
- EAST LOS ANGELES WOMEN'S CENTER
- FIRST PLACE FOR YOUTH
- JEWESSE CENTER
- JOURNEY OUT
- LA FAMILY HOUSING
- LOS ANGELES CHILD GUIDANCE CLINIC
- LOS ANGELES CITY COLLEGE FOUNDATION
- LOS ANGELES TRADE TECHNICAL COLLEGE FOUNDATION
- LOS ANGELES YOUTH NETWORK
- MAN ROSA FAMILY CENTER
- PARA LOS NIÑOS
- PEOPLE ASSISTING THE HOMELESS (PATH)
- RAPE FOUNDATION
- SAVING INNOCENCE
- SHARE! (SELF-HELP AND RECOVERY EXCHANGE)
- SRO HOUSING CORPORATION
- SOUTH LOS ANGELES CHILD WELFARE INITIATIVE
- ST. JOHN'S WELL CHILD & FAMILY CENTER
- THE PEOPLE CONCERN
- UNITED FRIENDS OF THE CHILDREN
- ZERO TO THREE

We are appreciative of the support of our community partners, like the Jewish Community Foundation, who have been supporters of ELAWC since 2015. Thank you!



## SPECIAL THANKS TO OUR SUPPORTERS AND SPONSOR

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**Special thanks to Rose McGowan  
 for her endless support!**

## PROMOTORAS CONTRA LA VIOLENCIA: VOICE HEARD

Promotoras Contra La Violencia are community leaders who are dedicated to ending violence against women and girls. Trained in leadership, public speaking, and intimate partner violence at ELAWC, Promotoras raise awareness and empower local women who are at-risk or who are currently living with violence. By sharing their own personal stories with their peers and neighbors, Promotoras are individual testaments of life beyond the violence. They speak the same language and reside in the same communities, providing support and connecting survivors to local resources, such as counseling, health services and other much-needed supports. Promotoras reach out to women in the community at churches, schools, parks, community centers and local events. Providing intervention and advocacy for women who have previously been too fearful or unaware of the local resources available, Promotoras help women find safety and a path to healing.



Today, the Promotora empowerment model at ELAWC has successfully trained over 500 women who reside in the cities Compton, East Los Angeles, Boyle Heights, South Los Angeles and most recently in the City of Long Beach. These collectives have empowered and given voice to women previously living in silence and isolation. Since the program began in 2010, Promotoras have been able to reach over 15,000 community members, raising awareness around the issues relating to violence against women and girls. For questions or to learn more about the Promotora program, contact Director of the Promotora Institute, Genoveva Lopez at [glopez@elawc.org](mailto:glopez@elawc.org).

## HOPE&HEART SHELTER DONATIONS NEEDED

Survivors of sexual violence turn to the Hope&Heart Shelter during the most traumatic times in their lives. New, unopened items make a great impact in the lives of those we serve. Shelter needs currently include:

Individual Toiletry Kits (containing shampoo, conditioner, body soap, toothbrush, toothpaste, deodorant)  
 Underwear (s,m,l,xl,xxl)  
 Sports Bras (s,m,l,xl,xxl)  
 Adult Socks (s,m,l,xl,xxl)  
 Children's Socks (s,m,l,xl,xxl)  
 Women's T-shirts (s,m,l,xl,xxl)  
 Clothing for Boys and Girls (ages 7-15)  
 Underwear for Boys and Girls (s,m,l)  
 Flip-flops (s,m,l)  
 Sweat/Yoga Pants (s,m,l,xl,xxl)  
 Women's Pajamas (s,m,l,xl,xxl)  
 Kids Toothbrushes & Dental Floss

Hair Combs & Hair Brushes  
 Hairbands & Hair Ties  
 Personal Blankets  
 Travel-size Facewash & Chapstick  
 Travel-size Makeup Remover  
 Travel-size Body Lotion  
 Journals/Notebooks  
 Kleenex  
 Travel-size Hand Sanitizer  
 Q-tips & Cotton Balls  
 Travel-size Baby Wipes  
 Travel-size Talcum Powder  
 Grocery, Target & Walmart Giftcards

## USING YOUR VOICE: SUPPORT ELAWC!

Stand with us and make your voice heard in solidarity with ending violence against women and children in our community: **Donate Today!** Recurring donations, sponsorships and community partnerships make an even greater impact. To donate or to learn about how you can partner with us to end the cycle of violence in the community, visit [www.elawc.org](http://www.elawc.org) or contact Rose Gonzalez, Development Manager, at [rgonzalez@elawc.org](mailto:rgonzalez@elawc.org). Thank you!