Eighteen Google volunteers, led by Anna Cavender, showed up during the Google Service Week on Friday, June 12, 2015. They spent their community service time at ADWAS cleaning the playground, washing the first floor windows, and sprucing up the landscape. Thank you!

The ADWAS team will cycle with other cyclists at the 8th “Cycle the WAVE (Women Against Violence Everywhere),” a fully supported, non-competitive, all-women’s cycling event. It’s open to all ages and fitness levels to increase awareness of domestic violence. Sunday, September 20, 2015. Come and cycle with the Executive Director, Tiffany Williams and some of the other staff! Register with our team listed as: Abused Deaf Women’s Advocacy Services. Use the special code, TEAMSROCK, (all CAPS, no spaces) to receive $10 off registration.

ADWAS looking for female cyclists

ADWAS Staff posed for a group photo at a two-day retreat from June 3 - 4, 2015 at the Warm Beach Camp and Conference Center. We learned and discussed about compassion fatigue and how we can do our best working together to build healthier relationships and to end violence in the community. We look forward to bringing what we learned to our daily work at ADWAS!

Anna’s Self-Care Tip

Anna Bracilano, Community Engagement Coordinator, has a great tip for you: take the time to practice mindfulness.

One way to practice is to inhale and exhale slowly and deeply and notice how your body feels with each breath.

Sexual Assault (SA) Support Group

Dov Wills, Therapist, led a weekly support group for six weeks for survivors who have experienced sexual assault. During the support group, survivors learned and discussed: coping skills, the grief process relating to SA, healthy sexuality, trauma informed care (TIC) and the effects violence has on the brain, examples of a healthy relationship and what they want from their relationships, and development related to asserting boundaries with self and others. Another support group series will begin in the fall, email Dov at dov@adwas.org to sign up.

Featured Program: POSITIVE PARENTING

The Positive Deaf Parenting program offers parenting education and support to all members of the Deaf community. ADWAS offers a variety of classes and workshops throughout the year in King County, Everett and Tacoma. ADWAS’ classes/workshops cover different areas of parenting: positive discipline class (for parents with children age 3 and above), parenting teenagers class, parenting support group, and special events for families through the year.

READ MORE
The ADWAS Positive Deaf Parenting Program recently hosted a cooking class with our terrific partner, Cooking Matters, a program of Solid Ground. Eight moms and a couple of teens learned how to read food labels. Learned what a gram of sugar looks like and how much fat is in some of our favorite foods. Each week they learned how to make a healthy dish that the whole family could love and how to make it on a budget.

One week the whole class took a grocery store tour where they learned how to compare prices based on unit pricing. While there they were given a gift card challenge of buying food for an entire meal for $10.00. The goal of the classes were to help the students gain knowledge and tools to navigate and develop a healthy lifestyle as well as cooking and eating habits.

ADWAS is Hiring!

Are you passionate about helping others? Do you work well with diverse groups of people and have the drive to make a change in the world?

You’re in luck because – ADWAS is Hiring! We are looking to fill one of our Advocate positions. If you are interested and think you are qualified, please review the job description and either mail or email your resume, cover letter, three letters of reference, and application to Emily Leary – emily@adwas.org – no later than August 7th, 2015.

ADWAS is an Equal Opportunity Employer. Survivors of interpersonal violence, persons of color, and LGBTQ-identified persons are encouraged to apply.

SAVE THE DATE

Macy’s Shop for a Cause August 29, 2015
Domestic Violence Awareness Month October 2015
ADWAS Hope & Justice Auction October 24, 2015
Listed below are items needed to support survivors:

**Supportive Housing**
- Coffee makers (6 – 8 cups)
- Hand mixers
- Slotted spoons
- Tongs (nylon)
- Kitchen towels
- Bath towels
- Set of twin size bed sheets/ cases
- Twin size and/or double size blankets/comforters
- Pots/pans: 8" skillet, 10" skillet, 1 QT sauce pan, 3 QT sauce pan and Dutch Oven pots. (Prefer no non-stick coating on the bottom of the pan)
- Cookie sheets
- Mixing bowls – medium and/or large size
- Spatulas
- Toasters
- Shower curtains
- Bathroom rugs
- Brand new pillows

**Children’s Program**
- Patterned scrapbook paper
- Painting shirts, smocks or aprons
- Toys for outdoor activities (frisbees, kickballs, kites, etc)
- DVDs geared for kids/preteens (CC required)
- Board games (Trouble)
- Canvas
- Children’s clothes (preschool – 9th grade)

**ADWAS Wish List**

Did You Know...

If you shop through Amazon, you can designate 0.5% of the price of the eligible AmazonSmile purchases to ADWAS. AmazonSmile is the same Amazon you know. Same products, same prices, same service. [Sign up](#) to donate to ADWAS’ programs and services.

How your old car can bring new life!

Our vehicle donation program is made possible through our partnership with Donate For Charity. When you are ready to donate your vehicle, you may call Donate For Charity toll-free at (866) 392-4483 or [donate](#) online at their website.

If you decide to donate your vehicle:
- It will be picked up free of charge
- It will be sold at auction or older vehicles can be sold for parts
- Proceeds will go to Abused Deaf Women’s Advocacy Services
- You will receive a receipt entitling you to a tax deduction

**National Domestic Violence Hotline Information**

Did you know...

If you live in King, Pierce, and Snohomish Counties...

24-hour Local Deaf Domestic Violence and Sexual Assault Crisis Line
VP: (206) 812-1001
Email: hotline@adwas.org
24-hours - 7 days a week

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