



## GoogleGives



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!

## Staff Retreat



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.

## ADWAS looking for female cyclists



The ADWAS team will cycle with other cyclists at the 8th "Cycle the WAVE (Women Against Violence Everywhere)," a fully supported, non-competitive, all-womens 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.

## 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](mailto: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](#)

## Cooking Class



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](mailto: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

Domestic Violence Awareness Month

ADWAS Hope & Justice Auction

August 29, 2015

October 2015

October 24, 2015

## ADWAS has 3 new board members!



Please welcome three of our newest board members: Dawn Rose, Reggie Scott, and Richelle "Richie" Frantz. We look forward to working with them as they join Karen Carlson, Liz Gibson, Cristina Peterson and Waylon Mathern!

## DID YOU KNOW?

### New Volunteer Advocate hours!

Volunteer Advocates are now on duty during the weekends beginning Friday at 5pm- Monday at 9am.

Volunteer Advocate training will begin in late July. If you are interested in joining the training, we would love to have you join our team. For more information, please contact Rhonda, Hotline/Outreach Coordinator, at [rhonda@adwas.org](mailto:rhonda@adwas.org) or (206) 922 - 7090.

## MACY'S: SHOP FOR A CAUSE

On Saturday, August 29, 2015, Macy's will host its 10th annual fundraising event to benefit charities like ADWAS. It's a NATIONWIDE event! You can stop by ADWAS or [visit](#) our site to purchase special savings passes, \$5 each. All pass purchase proceeds will go to ADWAS. While using the pass on August 29th, you will receive 25% off on regular, sale, and clearance merchandise, including designer brands you love, throughout the store. There will be 10% off electronics, furniture, mattresses and area rugs. You MIGHT win a \$500 gift card, too!



## ADWAS is NOT Just for Women

Although we mostly serve women and children, our services are not limited to only women. We also provide services to Deaf and DeafBlind men who have experienced domestic or sexual violence. If you would like more information please contact ADWAS at (206) 922-7088 or [adwas@adwas.org](mailto:adwas@adwas.org).



## Foundation Donors so far for 2015

Thank you to these foundations who are financially supporting ADWAS. This list includes all those who have contributed to us since January 2015.

AmazonSmile Foundation  
Catherine Holmes Wilkins Foundation  
Charis Fund  
Kawabe Memorial Fund  
KeyBank Foundation  
Medina Foundation  
Northwest Children's Fund  
Real Networks Foundation  
Schwab Charitable Fund  
The Seattle Foundation (GiveBIG stretch amount)

## ADWAS WISH LIST

Listed below are items needed to support survivors:

### Supportive Housing

- o Coffee makers (6 – 8 cups)
- o Hand mixers
- o Slotted spoons
- o Tongs (nylon)
- o Kitchen towels
- o Bath towels
- o Set of twin size bed sheets/ cases
- o Twin size and/or double size blankets/comforters
- o 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)
- o Cookie sheets
- o Mixing bowls – medium and/or large size
- o Spatulas
- o Toasters
- o Shower curtains
- o Bathroom rugs
- o Brand new pillows

### Children's Program

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



## 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

Deaf advocates available M-F, 9-5 (PST)

IM: DeafHotline

Email: [deafhelp@thehotline.org](mailto:deafhelp@thehotline.org)

VP: 1-855-812-1001

(Hearing advocates at the National Domestic Violence Hotline are on duty 24 hours:

1-800-787-3224 TTY or 1-800-799-SAFE (7233) (Voice)

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](mailto:hotline@adwas.org)

24-hours - 7 days a week