

YWCA IS ON A MISSION

UPCOMING EVENTS:

- **Meet YWCA**
6 p.m. Thursday, Feb. 16
301 North St., Batavia
- **YWCA Board Meeting**
5:15 p.m.
Tuesday, Feb. 7
- **Women of Distinction Awards Gala**
5:30 p.m.
Thursday, June 15

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YWCA of Genesee County

Update

JANUARY 23, 2017



Grouping our Efforts

Our Domestic Violence Crisis & Prevention Services staff has been focusing on the “prevention” part of their work as integral pieces of the recovery puzzle for domestic violence clients. A support group, now being led by Program Manager Justina Garner, has been in full swing for more than a year with an average of 8 to 10 participants. This has become a solid time for survivors to share their lives and experiences with one another.

A brand new group, led by Domestic Violence Liaison Rebecca Salvaterra, is for DV clients struggling with relationship addiction. The goal of this group is to address the painful cycle of attraction, bonding, panic, reconciliation and rejection. Becky (as she’s known here) will also be starting a children’s group for kids affected by domestic abuse.

Support Services Coordinator Sherry Crumity has been running her self-esteem course since last fall and has another one coming up next month. It is free and open to the public, made possible by a state domestic violence grant.

This is not a group to talk about what's *wrong*, but what's *right* about you to develop your self-esteem and inner strengths. It will focus on coping strategies, women’s issues, life skills and self awareness to help participants recover their personal power. Sessions are 5:30 to 7 p.m. every Tuesday from Feb. 21 to April 11. For more information and location or to register, call (585) 344-4400.



Integrity. Courage. Compassion. Respect. Honesty. Honor. Loyalty. They are the seven virtues in the code of Bushido. And they are being brought to YWCA through a series of self-defense classes for our DV clients and agency staff.

Russ Corey, of Bushido Martial Arts in Batavia, and some of his staff will teach lessons that incorporate those seven virtues while giving practical, hands-on advice for protecting one’s safety and building confidence. Be proactive and learn how not to be a target or a statistic from certified instructors.

This class is available to YW staff and DV clients at 6 p.m. the second Monday of each month. For details, see Domestic Violence Liaison Rebecca Salvaterra.



Come and Meet YWCA!

In our never-ending quest to differentiate YWCA from other agencies and offerings and introduce ourselves to the community, we are having a get-together here at 301 North St., Batavia.

The evening will include overviews by our Children & Family Services, Domestic Violence Crisis & Prevention Services and Helpline staff. A special highlight will be the voices of DV clients sharing their own stories of crisis and recovery.

Plan to join us at 6 p.m. Thursday, Feb. 16 and bring a guest.



Ever had one of those days when you don't want to get out of bed, take a shower, go to work or leave the house? Well, you're not alone, according to Helpline Program Manager Holly Baxter. Depression seems to be the theme of January so far, as people have dealt with uncertainty about the nation's future, economic struggles, inability to pay medical bills and co-pays, the need to work second and maybe even third jobs to make ends meet and then feeling guilty for not spending enough time with family. "In January that's been a real theme, struggling with depression," Baxter said. She and her staff refocus the callers on what they CAN do, step by step: "There is some light at the end of the tunnel. We talk about coping skills and options ... don't try to do it all at once, deal with it a chunk at a time," she said. "We're more and more and more becoming that constant support for people."



Members of Bushido Martial Arts demonstrate some moves as part of a new self-defense class that meets the second Monday of every month at 6 p.m. This class is open to domestic violence clients and agency staff.

By the Numbers ... 2017

- 1,072Total Care+Crisis Helpline calls as of Jan. 19
- 6.....Live Chats at CCH
- 27.....New domestic violence clients served as of Jan. 24
- 12Child clients working with Sherry Crumity
- 15.....How many volunteers it takes to cover six days of shifts in My Sister's Closet Boutique

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YWCA of Genesee County

301 North St.
Batavia, NY 14020
(585) 343-5808

YWCA's mission is to eliminate racism and empower women and the vision is to implement sustainable programs that foster healthy, balanced living for women and families.

Our three primary programs are:



Executive Director's Message from Jeanne Walton

A mild winter (so far) has meant less snow shoveling and windshield-scraping, though as a nonprofit agency we've had our share of storms to weather! What that has meant is more focus and strategic planning as we all hunker down to brave the real issues of life: delayed government reimbursements and grant payments, a mandated hike in minimum wage and correlating increases in child care costs. It gets tough at times to see — as Holly Baxter does (page 2)— some light at the end of the tunnel. But then the sun does come out and the storm passes. We move on with our individual and collective missions to provide the best domestic violence, child care and crisis services that we possibly can. We make do, get creative with resources and step up to get the job done.

And that journey really is something to smile about!

