

# YWCA San Gabriel Valley

eliminating racism • empowering women

## HOW WE HELP

### ■ SENIOR SERVICES



**The Problem:** Great grandmother, Josie, lost her husband last year, and now her income is half what it was. Little money, loneliness, and worsening arthritis have dampened her appetite and ability to shop and cook. Her health is declining rapidly.

**Help We Provide:** A case manager can visit Josie, talk with her, and set up help for her. This can be meals delivered to her home or transportation to a senior center for activities and lunchtime meals with other seniors. It can be help with utility bills, housekeeping, applying for needed supportive services, and many other types of help.

### ■ DOMESTIC VIOLENCE SERVICES



**The Problem:** Mother of three, Vicky lives with an abusive husband. She feels she has to stay - she doesn't make enough money to support her kids on her own, and with so many people out of work, she doesn't think she can get a better job. But for the first time last night, her abusive husband hit one of the children.

**Help We Provide:** A 24-hour helpline is available so that Vicky can talk through her options. YWCA SGV can pro-

vide a safe place for her and her children to stay. Staff can help her access financial assistance, longer-term housing, and job development help. Legal assistance, support groups, education and counseling are also provided.

### ■ TEEN EDUCATION SERVICES



**The Problem:** High school math whiz, Jasmine, is ecstatic to have a boyfriend, and a charming one at that. He gets very jealous, though, and has been grabbing her so hard lately that he leaves bruises. This scares her, but she doesn't know what to do.

**Help We Provide:** Presentations are made at area high schools about dating violence in an effort to prevent it, and to identify teens like Jasmine who are in the midst of it so that help can be provided. Help includes education, counseling, and support groups, as well as other services if needed.

Our services, provided at no charge, are supported through grants and contracts from cities, counties, the state and federal government; businesses; private foundations; event fundraisers; and through contributions by community residents. Partial funding for the domestic violence program is provided by the Department of Social Services.

## HOW YOU CAN HELP

**Request a Presentation** – Whether you are a school, club, church, business, city department or some other type of organization, request a presentation and learn about the issues facing community residents and the help available through the YWCA SGV.

**Intern or Volunteer** – We provide fieldwork opportunities for interns and volunteer jobs for community residents. Positions in the domestic violence program require a 40-hour training program that we offer periodically throughout the year.

**Make a Cash Contribution** – This can be done via cash, check, credit card, on-line ([www.ywcasgv.org](http://www.ywcasgv.org), "donate" button) or a matching gift via an employer.

**Leave a Bequest in Your Will** – This can take many forms, including a specific dollar amount, a percentage of your estate, or a gift of stocks or other securities.

**Give an In-Kind Gift of Products or Services** – Donating specific needed items helps the YWCA SGV reduce operating costs and gives you a tax credit for market value.

**For information, please contact  
the YWCA San Gabriel Valley  
at 626-960-2995 or [info@ywcasgv.org](mailto:info@ywcasgv.org).  
Thank you for your !**



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# eliminating racism empowering women

## YWCA San Gabriel Valley

Founded in 1935, the YWCA San Gabriel Valley has been a long-standing community partner. We work at the individual and community levels to achieve our mission of eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

We are an independent 501(c)(3) nonprofit and an affiliate of the YWCA USA and a member of the World YWCA movement.

The YWCA SGV is committed to providing women, girls, seniors and their families with the information they need to manage the critical issues in their lives. We achieve this through our multi-lingual community education and service programs in the San Gabriel and Pomona Valleys.

### Senior Services

Since 1986, the YWCA San Gabriel Valley has provided community-based services for older persons. We cover nearly all of eastern Los Angeles County, reaching over 40 communities and more than 7,000 people annually.

Our goal is to provide high quality, cost-effective and custom-tailored services that enable and empower seniors of diverse cultural and economic backgrounds to enrich their lives and remain in their own homes with independence and dignity.

Our safety net of services includes urgent care management, outreach, education, nutrition through congregate dining at more than 20 sites and home-delivered meals, transportation assistance, telephone reassurance, and linkages with other supports and services.

These services help prevent isolation, neglect, abuse, malnutrition and forced institutionalization.

Our 24-hour Message Line is (626) 214-9465.

### Domestic Violence Services

The WINGS (Women in Need Growing Strong) Domestic Violence Program began in 1979 and operates the second largest domestic violence shelter in Los Angeles County. WINGS' goal is to help domestic violence victims and their dependent children move out of crisis and toward safety and autonomy.

We provide safe emergency shelter, support groups, individual assistance and provide or help families access longer term transitional housing. We also help victims access financial support, medical and legal assistance, job development skills for stable employment, transportation and child care. We serve over 5,000 people annually.

Through educational presentations, WINGS staff reach out to people in crisis and raise awareness of the entrenched, overlooked, and widespread social problem of domestic violence.

Our 24-hour Crisis Helpline is (626) 967-0658.

### Teen Education Services

**Healthy Relationships for Teens** – Established in 1994, this program helps to address the serious and sometimes fatal epidemic of teen domestic violence by educating teenagers and young mothers about dating violence. The goals are to prevent intimate partner violence and assist those who are in trouble. Educational presentations, conducted at local schools and organizations, reach approximately 1,000 young people annually.

**Respect for All** – The Respect for All project for teens uses award-winning films and group discussions to reduce prejudice and prejudicial actions. The program was originally developed by Groundspark, a San Francisco-based national non-profit that creates films and educational campaigns to uproot entrenched prejudices.

**Leadership Development** – This program for teen girls is designed to help girls see themselves as leaders and understand the importance of volunteer leadership, civic involvement and community action.

