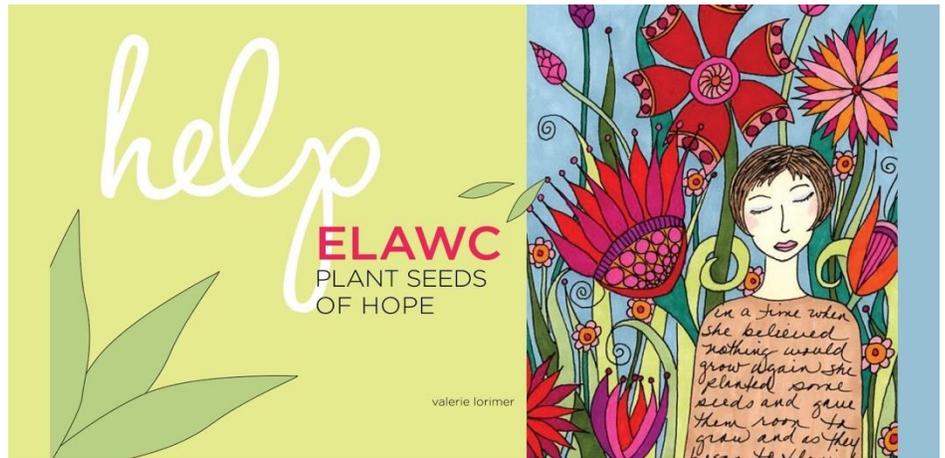




**FROM THE EXECUTIVE DIRECTOR**

We wish you all a very happy New Year and extend our gratitude for helping us Plant Seeds of Hope. Your donations provided gifts of hope for families, and you helped us reach our end-of-year appeal goal. We're entering our 43rd year strong and look forward to a successful year ahead. We remain committed to always showing up for survivors, for our communities, for our sisters, and for justice.

**THANK YOU!**  
 Barbara Kappos, LCSW  
 Executive Director



This past holiday season, our theme was *Plant Seeds of Hope*. The artist Valerie Lorimer generously provided us with her art and a quote that resonated with us. Every day we meet survivors who have faced multiple life challenges, and hope is the connection to a safe and healthy life for themselves and their children.

*“In a time when she believed nothing would grow again, she planted some seeds and gave them room to grow. And as they began to flourish, she felt a kernel of hope begin to grow inside her.”*

**BRIDGING HOPE & HEART: EMERGENCY SHELTER THRIVES**

Since its doors opened in March 2018, the Hope & Heart emergency shelter has served 144 women and children impacted by sexual and domestic violence. According to multiple studies on the causes of homelessness among women, more than 80 percent of those affected have previously experienced trauma. While the Hope & Heart emergency shelter allows us to assist with immediate displacement needs, we are committed to providing extended resources for those who come through our center. ELAWC strives to help end the homeless crisis affecting Los Angeles County. This spring, ELAWC will expand our housing program and open our first transitional home. So stay tuned, buckle up, and join us in ending homelessness!

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





## CAFÉ con ChimMaya Gallery

Friends, supporters, and advocates gathered on the first day of November at East LA's iconic **ChimMaya Gallery** to honor the lives of those lost to violence. The Frida Kahlo exhibit served as the backdrop for an evening of solidarity and remembrance. Executive Director Barbara Kappos opened the night with some heartfelt remarks, followed by the introduction of several survivors who have been impacted by domestic violence and are now on a journey of healing.



Frida Exhibit at ChimMaya Art Gallery - East Los Angeles, CA

## PROMOTORAS CONTRA LA VIOLENCIA CONFERENCE

ELAWC hosted the 5th Annual *Promotoras Contra la Violencia* Conference on December 10, 2018. The conference brought together the compassionate and confident *Promotoras* who dedicate their time to connecting with Latinas who are impacted by domestic and sexual violence and are living in silence. Every day *Promotoras* help bridge cultural, language, and economic barriers. *Promotoras* inspire women to make choices that improve their lives by reaching out to them within the context of their daily lives, families, and community.

The conference was held at the California Endowment, with 140 individuals attending the one-day conference. The workshops on self-care, empowerment, and mobilization were the focus of the day. The workshops included:

- 1) Empowerment and Healing through Activism, facilitated by Alejandra Valles and Veronica Lagunas;
  - 2) Alert, Strong, and Safe, facilitated by Alejandra Aguilar; and
  - 3) My Experience with Purpose, facilitated by Ana Laura Cornejo.
- Violeta Martin, the keynote speaker, inspired the conference with her survivor story. The day ended on a note of joy and healing with drumming and dancing with Puerto Rican artist Aponte. Throughout the day the *Promotoras* were asked:

WHAT WOULD A WORLD WITHOUT VIOLENCE LOOK LIKE?

One *Promotora* responded-

It would be a paradise. Together we must continue to make paradise a reality.



Lead promotoras



¿COMO SERIA UN MUNDO SIN VIOLENCIA CONTRA LA MUJER?

"UN PARAISO"

- Promotora contra la violencia

www.elawc.org

@elawc

## OUR SERVICES

### HUMAN TRAFFICKING

Our outreach program focuses on women who have been engaged at local bars and strip clubs and then sexually exploited. We provide advocacy, access, and resources to those seeking support.

### DOMESTIC VIOLENCE

ELAWC strives to help women find **Esperanza or Hope**. Through comprehensive trauma-informed services grounded in an empowerment model, services are strength-based, helping women to make and use skills they already possess, as well as to build new skills.

### HIV SERVICES

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

### AT A GLANCE

The Sexual Assault Program includes a **Rape & Battering Hotline at 800-585-6231**. The hotline is staffed by certified volunteers who provide bilingual, bicultural crisis intervention and support **24 hours a day, 7 days a week**.

## ADOPT-A-FAMILY HOLIDAY PROGRAM

Amazing individuals, families, and in-kind donors from near and far came together to create a more joyous holiday for more than 150 families served by ELAWC. We are grateful for each and every gift and donation from our generous community.

THANK YOU to our in-kind donors:

Lil' Libros, Jakks Pacific, Liberty Hill Foundation, National Pajama Program, Nike East LA, East Side Eats, The Langham Hotel, Saint Sophia Greek Orthodox Church, Hollenbeck Police Department

*"A full life means giving back to our community."*  
~Michelle Obama



## OUR YOUNGEST DONOR, BENJAMIN RAMIREZ

Benjamin Ramirez, 5, touched our hearts and inspired all of us at ELAWC this holiday season. Concerned about the homeless and children living in poverty, he told his mom he wanted to do something to help those in need. Together, the budding philanthropist and his mom made and delivered a Thanksgiving feast for all of the women (and children) living at Hope & Heart emergency shelter and



donated a bounty of toys and gifts for a deserving family for ELAWC's annual holiday drive. We are inspired by this compassionate and refreshing face of the future!

**SPOTLIGHT ON: Sri Ram Orphanage, India**

**Annual Mujeres De Paz Vigil**

For 21 years ELAWC has organized and walked in memory of survivors and victims of violence. Last October, during Domestic Violence Awareness Month, more than 150 survivors, friends, and family members gathered in memory and to stand against domestic violence.

The vigil assembled at the Mural of the La Virgen De Guadalupe on the corner of Mednik and Cesar Chavez Avenue and ended at the **East Los Angeles College Performing Arts Center** Courtyard. Native American dancers joined in with powerful testimonies.



Sri Ram Ashram (literally “home” in Hindi) is located in rural North India. The orphanage was founded by Baba Hari Dass (1923-2018), a silent monk who dedicated his life to the service of humanity. The Ashram is home to 85 destitute and abandoned children who are treated with love and respect and given the opportunity to reach their highest potential as contributing members of society. The children are raised with a sense of giving back to the world and choose to share their talents and gifts with others.



In 2018, they also decided to adopt a family – and not just any family: one of our families. Prabha and Soma, two young women from the orphanage who live in the U.S., delivered the gifts to ELAWC, while the remaining children in India wrote beautiful handwritten holiday cards and sent pictures.

The spirit of giving is deeply instilled in these children who have come from tumultuous beginnings and have suffered. We are honored that these children have chosen to make their impact through ELAWC. We wish them much success and believe they are a light in this world!

For more information, email [sraorphanage@gmail.com](mailto:sraorphanage@gmail.com).  
**Facebook:** <https://www.facebook.com/sriramorphanage/>  
**Website:** <http://sriramfoundation.org/>  
**Instagram:** @sriramashram





## SPECIAL THANKS TO OUR DONORS AND FOUNDATIONS WHO HAVE MADE A DIFFERENCE



### Men's Talking Circle

A collaboration between East Los Angeles Women's Center and National Compadres Network

Join us every Tuesday evening, beginning on **February 5, 2019**, from 6: 30–8:00 p.m.

The **Men's Talking Circle** is a 12-week support program aimed at helping men gain understanding and strength in their relationships – with themselves and with their children, partners, family, and community.

For additional information, contact Luis Mendoza. 323.526.5819, Ext. 113 [lmendoza@ELAWC.org](mailto:lmendoza@ELAWC.org)

### Macy's



As a recipient of the Macy's My District Grant, we are able to further our mission to ensure that all women and girls, along with their families, live in a place of safety, health, and personal well-being.



### Verizon Hopeline Grant

We are truly honored to have received \$25,000 to provide core services. We support the #Hope feature, which allows any Verizon Wireless customer to connect to the National Domestic Violence Hotline simply by dialing #Hope on their mobile phone.



VP of Entertainment Eric Fitzgerald Reed, Development Associate Heidi Rodriguez, and Executive Director Barbara Kappos

### The Rose Hills Foundation

"Founded in 1996, The Rose Hills Foundation is a "responsive" grantmaker that supports a broad range of non-profit organizations serving the people of Southern California..." ELAWC is pleased to announce that we have received \$50,000 for core services.



**In honor of**

**International Women's Day &  
 National Women and Girls  
 HIV Awareness Day**

Join us on

**Saturday, March 9, 2019**

**2<sup>nd</sup> Annual Resource Fair**

9:00 a.m.–2:00 p.m.

**HOPE & HEART  
 EMERGENCY SHELTER  
 DONATIONS NEEDED**

Survivors of domestic and sexual violence turn to the Hope & Heart emergency shelter during the most traumatic times in their lives. New, unopened items make a great impact on the lives of those we serve. Needs at the shelter currently include: Individual toiletry kits (containing shampoo, conditioner, body soap, toothbrush, toothpaste, deodorant). Underwear, socks, Yoga pants and pajamas for women and children.

**WORLD AIDS DAY TARDEADA:  
 An evening free of stigma**

**More than 50 percent of the people in the world who are living with HIV/AIDS are Women.**

The human immunodeficiency virus, or HIV, is a sexually transmitted infection and causes acquired immunodeficiency syndrome, or AIDS. Black and Latina women are disproportionately affected at all stages of HIV infection compared with women of other races/ethnicities. On

December 1st, World AIDS Day, our AIDS Prevention and Education department, in partnership with Johnson & Johnson, AIDS Healthcare Foundation, and Janssen, held an afternoon gathering – a gathering free of



stigma and full of compassion and hope for the future – to celebrate the lives and courage of HIV+ clients. A total of 15 attendees, all survivors of domestic violence and sexual assault, were able to take part during this wonderful afternoon filled with healing exercises. Sophie (not her real name), who is one of our clients,



was diagnosed three years ago and attended with her family. Before attending she shared with our Lead Health Educator, Alejandra Aguilar, that she had stopped taking her medication. **Because of the Tardeada, Sophie recommitted to her health; had she not, her health could have been in danger.** Events like these that are culturally relevant and free of stigma allow us to touch people on a deeper level. “They have a place to connect with one another; they feel safe here,” says Alejandra.

If you or anyone you know would like more information on future Tardeadas, please contact Alejandra Aguilar at [alejandra@elawc.org](mailto:alejandra@elawc.org) or Karla Morales at [kmorales@elawc.org](mailto:kmorales@elawc.org).

### A Special Farewell for Carol Maroon



After 32 years with ELAWC, Carol retired this year. The staff, those present and past, gave her a great farewell party. Although we will miss her, we wish her much-deserved rest and, most importantly, time for herself and her family.

Carol shared this:  
 My mother encouraged me to get involved with the East LA Rape Hotline in 1986. At first, I was unsure about committing myself, but her excitement and encouragement finally convinced me. From the moment I took my first call, I knew it was something I wanted to do. Helping others not only fulfilled me, but also taught me so much. I was learning from women who had survived hell – witnessing their resilience made me a stronger person.

## HOLIDAY VISITS

### Karla Souza – Actor, Activist

Survivor and Karla Souza



This past holiday season brought lots of joy and prominent visitors to our center. One of them, Karla Souza, is a Mexican-American bilingual actor best known for her role on ABC's *How to Get Away with Murder* and on films like *Instructions Not Included*, among

many others. The afternoon was filled with lots of laughter and a deep sense of connection as women shared their stories. A survivor of sexual assault herself, Souza is passionate about women's rights and ending gender-based violence.

*“The women of East LA Women’s Center have my heart,” Souza said on her Instagram page.*

### Constance Marie – ELAWC Spokesperson

Constance Marie is best known for her award-winning role as Angie Lopez, resilient wife, mother, and savvy businesswoman, in the sitcom *George Lopez*, and as the tough defense lawyer, Nina, in the groundbreaking PBS series, *American Family*. Constance is our longtime friend and national spokesperson. She sponsored a deeply deserving family this holiday season and personally delivered her gifts. She lifted the spirits of many survivors during this holiday season. We are so grateful for her presence and support.



Constance Marie and Barbara Kappos



**WOMEN'S MARCH 2019**

This year ELAWC joined the 3<sup>rd</sup> Annual LA Women's March in Downtown Los Angeles. Complete with noise instruments and a heart filled with passion for change, they chanted "Mujeres Latinas jamas seran vencidas" alongside more than 200,000 people.

**Mark Your Calendar**



Join us for our first **Café Con in 2019.** Norma Bastidas, ultramarathoner, record-setting triathlete, and human trafficking survivor, will share her documentary and her future projects.

East Los Angeles College  
Thursday, March 7<sup>th</sup>, at 6 p.m.



Join us on May 17, 2019

For event information, contact  
Heidy Rodriguez at  
[hrodriguez@elawc.org](mailto:hrodriguez@elawc.org)

