



Many women face a number of problems throughout their lives and sometimes need help. Having a comprehensive community resource like the Women's Center means that if you need a job, a place to live, counseling, or help against violence—you have a place to turn to.

The Women's Center assists over 10,000 people annually to develop safe, healthy and self-sufficient lives. We help women help themselves. By supporting the Women's Center through your time, talent and treasure, you give the gift of hope and change lives for the better.

#### Women's Center, Melbourne

1425 Aurora Road  
Melbourne, FL 32935  
(321) 242-3110

#### Women's Center, Titusville

400 Julia Street  
Titusville, FL 32796  
(321) 607-6811

#### Furniture & More Thrift Store

2939 West New Haven Ave. West Melbourne,  
FL 32904 (321) 951-1336

#### WomensCenter.net

#### Domestic Violence 24 Hour Hotline

(321) 607-6809

#### 2015 Board of Directors

Rachel Terry  
**President**  
Mischel Ostovich,  
**Vice President**  
Beverly DeMeyer  
**Treasurer**  
Joseph Martin  
**Secretary**

Carol Ashwell  
Jackie Barker  
Jennifer Brady, M.D.  
Dani Clevens  
Margo LoZito  
Melissa Lugo  
Eulan Middlebrooks  
Timi Tucker

#### Our Mission

To empower women and their families to achieve safe, healthy and self-sufficient lives by providing support, education, counseling, information and services.

#### Programs & Services

**ADVOCACY** We provide emergency shelter, victim advocacy and educational classes on domestic violence. Advocates support victims by providing assistance in legal matters. Counseling is always offered to victims of violence.

#### GUIDANCE

We guide towards people realizing their potential and support them in their journey to self-sufficiency. This program not only provides food and basic needs, but also workshops to enhance life skills and financial literacy.

#### Self-Sufficiency Program

#### Transitional Housing

Our affordable housing is available for women and their children who are in danger of homelessness. Those living in our transitional housing units receive intensive case management services.

#### Personalized Career Guidance

Our career advocates assist clients as they explore career options and individual growth.

**COUNSELING** The Women's Center offers quality & affordable individual, couples and family counseling by trained therapists. Crisis counseling, personal growth & support groups are available. Specialized treatment for depression, anxiety, trauma, eating disorders, addictions, grief, anger management, relationship difficulties & other issues is available. Victims of domestic violence are provided counseling at no charge.

**YOUTH PROGRAM** We strive to support the healthy growth of young people into adults.

**Camp GAIA** adolescent summer camp helps girls attain positive self-esteem.

**Violence Prevention Education** is provided in schools to address healthy relationships.

**Journeys** is an after school program to help girls make healthy choices.

#### *Changing Lives for the better...forever*

A 25 year old woman from Australia, Karen, came to Florida on a school visa. She was befriended by a man on social media and they began talking, which eventually led to meeting in person. During their first encounter she was taken to a remote area where he threatened her at gun point. Terrified she complied with his sexual assault to avoid being killed. When he was done with her he dropped her off at a bus stop. She boarded the bus feeling hopeless and ashamed. When she got home, she attempted suicide. After multiple unsuccessful suicide attempts, she called the Women's Center, spoke with a volunteer and was encouraged to meet with an advocate.

During her meeting with the advocate she received information on sexual assault, creating a safety plan and sexual assault support groups. The advocate set her up for counseling with our victim therapist. She went to therapy for several weeks, and after working through feelings of guilt and shame Karen felt strong enough to report the assault to law enforcement.

Two months after her assault she realized she had become pregnant from the rape. The young woman decided to keep and raise her baby. Our advocate referred her to a local pregnancy center where she received the medical help and support she needed, all the while she continued her meetings with the Women's Center's advocate and therapist.

When Karen gave birth, a DNA sample was taken to assist in the capture of her assailant. The Women's Center made arrangements for her and her son to be in a safe place. She continues her counseling for dealing with her post traumatic stress and meets periodically with the victim's advocate. Through the generous donations of our supporters, the Women's Center is able to give her diapers, gift cards, baby items, formula, food, personal items, and clothing from the Furniture and More Thrift Store. Karen is extremely grateful for all the help she received when she needed it the most.

## ADVOCACY

### Victim Advocacy Program

We provide services to prevent domestic violence and sexual violence through education, information and advocacy. We assist victims and their children through the difficult process of leaving, surviving & recovering from abuse. In 2015, the Melbourne program assisted **1,146** clients with advocacy. In our Titusville office, we provided **787** women with advocacy. We provided **16 adults and 15 children** with safe housing.

## YOUTH

### Youth Services

The SVPP Violence Prevention provided violence prevention education to over **1,009** students in Brevard County schools. **27** teens participated in our Youth Community Action Team (YCAT).

Journeys our after school program designed for at-risk young girls who attend middle school; attended by **12** girls in the summer pilot program and **20** girls attended in fall 2015.

Camp Gaia- **24** girls in 5<sup>th</sup> through 8<sup>th</sup> grades attended a week long summer camp to build self-esteem and gain leadership skills.

## 2015

### **Women's Center North Guild Officers**

**President:** Melissa Lugo

**Fund Development Director:** Sharon James

**Co-Fund Development:** Shelley Beville

**Treasurer:** Pat Bell

**Secretary:** Mary Ann McClain

**Membership Director:** Jennifer Brewer

**Co-Membership:** Elana Pitcher

**Communications Director:** Dawn Hohnhorst

### **Women's Center South Guild Officers**

**President:** Margo Lozito

**Fund Development:** Nicole Troupe

**Treasurer:** Rosemary Bain

**Secretary:** Brooke Deratany Golffarb

**Membership:** Anna Neve

**Communications:** Jackie Barker



In 2015

The Women's Center served **10,862** clients

## COUNSELING

### Counseling Services

We provide affordable and quality counseling services. In 2015, the counseling program has helped **1,772** women, men and children with individual, couples, and group counseling. In total **6,912 counseling services** were provided. Counseling covers issues of trauma resolution, depression, relationships, parenting, eating disorders, anxiety, living with chronic pain or illness, domestic violence, sexual assault, incest, child abuse and more.

## CLIENT STORY

After being married for 28 years to an alcoholic husband, Martha, a 65 year old victim of emotional and verbal abuse, came seeking the help of the Women's Center. She endured years of this abuse, not telling anyone and feeling trapped. While attending church one Sunday morning she saw a Women's Center safety plan brochure. She contacted the center and scheduled an appointment to meet with an advocate.

Martha knew "it was time to live the life I was supposed to live". The plan was to safely exit her home without any injuries. She began packing her belongings and all her important documents, in a way that her abuser would not notice. One day while he left to run an errand she called us and was taken to our safe house. During her 60 day stay with us, Martha was given food, shelter, advocacy, clothing and necessities for the start of her new life.

Through counseling, she was given the guidance to move forward. When she was ready, Martha drove away and never looked back. When she arrived at her destination she called our advocate and said "I am free". Martha is forever grateful for the assistance she received at the Women's Center.

## GUIDANCE

### Self-Sufficiency Program

Basic Needs In 2015, **5,871** individuals were provided **19,910** services such as budget assistance, food, diapers/toiletries, financial assistance, furniture vouchers, emergency hotel stays and referrals to other community resources.

Transitional Housing provides long-term, comprehensive services for homeless women and their children that include intensive case management; individual and group counseling; career guidance; job training; life skills and budgeting workshops; as well as reimbursement for transportation, medical expenses and childcare. In the last year, **90%** of those clients who completed the program transitioned into permanent housing. We assisted **18 families** which included **16 women and 32 children**.

Career Guidance services through a personalized program that explores career options and individual growth. In 2015 the Women's Center assisted **173** individuals with one to one career guidance sessions. Assistance with services including resume writing, computer skills and career clothing/image were provided **780** times. **75% (or 86 clients)** were successful in obtaining employment.

## 2015 Partners

### **Change Makers**

DRS

### **Leaders**

Coastal Directory Company, Mercedes-Benz, Porsche, Audi of Melbourne, Parrish Medical Center

### **Trendsetters**

Palmer Collins, Christine Lance, Roub Family Foundation

### **Trailblazers**

Alarm Specialist, Barbara Y. Baird, Dr. Richard & Carolyn Baney, Jennifer H. Brady, Harry & Wendy Brandon, Bill & Stephanie Brown, Scott & Teresa Burcham, Peter Burris-Meyer, Community Foundation for Brevard, Al & Becky Dukes, Friendship Fellowship at Pineda, Elaina Garvin, H.H. Peterson and H.G. Crockey Peterson Foundation, David & Irene Hallquist, Harris Foundation, John T. and Martha A. Hartley Foundation, Henry Family Foundation, P F S FOUNDATION, Dr. Patricia Manning, Debbie Pelham, Fride Phelps, Kay Rettich, Catherine Spencer, Mary Ann Sperando, Christine Sylvester, Bill & Lisa Troner, Barbara C. Wall, Prudential Sterling Properties

### **Donations always welcome!**

**DID YOU KNOW...** That some companies match their employee's charitable contributions up to a certain amount? Check with your employer today & find out if they're a **MATCH!**

Donors who support the Women's Center with gifts of \$1,000 or more are recognized as Women's Center Partners and receive exclusive Partner benefits.

**Contact Jenn Gould (321) 242-3110, ext. 2125 to learn more.**