



These items are frequently needed and rarely donated. If you're looking for an easy way to help— why not pick up a few extra items at the grocery store and help out women and children in need?

- * **Healthy Snacks**
- * **Meat (Ground Beef, Salmon, Chicken, Pork)**
- * **Potatoes**
- * **Fresh Produce**
- * **Sliced Bread**
- * **Paper Towels**
- * **Gift Cards (Wal-Mart, King Soopers, etc.)**

Please keep us in mind if you have leftovers from catered luncheons, funerals, meetings etc. This gives our ladies a rare night off from cooking.

"I am forever thankful to the YWCA for doing what they do in the lives of victims of domestic violence because not everyone has a family to turn to. Often abusers have burned bridges with their victims" family members, leaving the victim(s) having no support. The YWCA is very much needed as a safe haven for women and children all over Colorado. I am also very thankful to the supporters of the YWCA, even though I don't know you by name. It is your support that has made it possible for me and my children to have a future and have a LIFE!"

-YWCA of Pueblo Domestic Violence Resident and Survivor



YWCA of Pueblo
801 North Santa Fe Avenue
Pueblo, CO 81003

Phone: (719) 542-0779
Fax: (719) 595-1796

24 HOUR CRISIS LINE: (719) 545-8195



Our Mission:

The YWCA of Pueblo is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

What We Do:

The YWCA of Pueblo offers critical domestic violence services and empowers over 4,000 individuals annually in Pueblo through securing shelter, promoting self-sufficiency and providing education.

DOMESTIC VIOLENCE SHELTER



Shelter Room

The Domestic Violence Shelter offers 24/7 secured housing to female victims of domestic (intimate partner) violence and their children. The victims work with the case manager to ensure their safety through a protection order. They develop a plan to achieve self-sufficiency and independence.

YWCA POOL

The historic YWCA of Pueblo's pool offers warm-water aquatics through swim lessons, adult lap swim, and water aerobics.

TERESA'S PLACE

Teresa's Place provides a safe, secure, and culturally accessible place for parents to visit or exchange their children when domestic violence, sexual assault, child abuse, or stalking has occurred within the family.

DOMESTIC VIOLENCE EDUCATION

Domestic Violence groups are offered Thursday nights and Friday mornings at the YWCA of Pueblo. Classes are free and open to the public.

CHILD COUNSELING



Child Counseling Office

Play is the most natural way for a child to process emotions that he/she does not have the language to express. Our child counselor allows these children to express themselves through play therapy.

CO-LOCATION PROGRAM

The YWCA of Pueblo employs a Department of Social Services case worker who assists domestic violence services for Temporary Assistance for Need Families (TANF) recipients and applicants as well as well as improving access to public assistance for victims of domestic violence.

DOMESTIC VIOLENCE CRISIS LINE

The Crisis Hotline is answered 24/7 by trained advocates who offer assistance to callers in their time of crisis. If the women do not meet the criteria to seek refuge in the shelter, the advocates refer them to the many resources in the community.

ADULT COUNSELING

Our adult counselor is available to both residents of the shelter as well as the Pueblo Community.

SAFE DATES



Safe Dates class.

The YWCA Safe Dates program is a youth violence prevention initiative that delivers curriculum in Pueblo middle and high schools. The program helps teens develop healthy relationships, recognize the difference between a controlling or abusive relationship and a healthy relationship. The program also prepares the teens with the skills to help them and/or their friends who may find themselves in an abusive relationship. Furthermore, the teens learn how to access resources in the community.