

Winter 2012

Women's Center &
Shelter of Greater
Pittsburgh

Rosewood

It will never rain roses; when we want more roses,
we will have to plant more trees.

Resolved to End Abuse?

What's your New Year's resolution? How about a donation to end partner violence? January is the perfect opportunity to make the most of your gift. BNY Mellon has stepped forward to sponsor a match campaign this month at Women's Center & Shelter. BNY Mellon will give \$10 for every \$10 text donation to WC&S in January AND give \$10 for every new person who likes WC&S on Facebook in January.

Make a Match to Raise \$30!

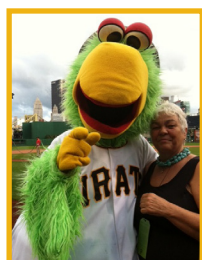
- **\$20: Text WCS to 52000** to give \$10 today. Your donation matched by \$10.
- **\$10: Like Us** at www.facebook.com/wcpspittsburgh if you haven't already and BNY Mellon will give \$10. Once you like us (or if you already do) use the share button on the left column of our Facebook Page to ask your friends and family to do the same!

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Letter from the Executive Director



I would like to extend my deep gratitude to everyone who has so generously donated to Women's Center & Shelter's End of Year Campaign. Fluctuations in government spending make annual funding for nonprofits unstable and difficult to anticipate. In an attempt to counteract this, Women's Center has endeavored to increase individual giving as a portion of overall revenue for the agency. The past few years have been a success. Next year, however, Women's Center & Shelter is facing an *additional \$250,000 cut in government contributions*. Your support is urgently needed to ensure that we have the funds necessary to keep families safe as government contributions continue to deteriorate.

This is an exciting time for giving to Women's Center & Shelter. We've created new opportunities for both individuals and corporations to support our work. All donors who give \$100 or more will receive a purple wristband that reads "Women's Center & Shelter Stop the Violence." Please wear yours to spread the message. We have also been working to expand the shelving in our storage room. With additional shelving, more volunteers can work in the space, and WC&S will be able to accept more in-kind donations as a cost-savings method. We also have expanded partnership opportunities for corporations. Corporate leaders: Please turn to page 3 to learn more.

Women's Center is looking outside the box programmatically as well. For 30 years, Women's Center & Shelter focused its services on victims of intimate partner violence and their children. In the past decade, however, WC&S realized that our mission will never be accomplished unless we work to prevent and end battering behavior. Women's Center is now taking a total family approach to ending abuse. We are asking men to step forward to save lives by joining our MEN/S Group before their abuse becomes physical. MEN/S Group holds abusers accountable for their actions, and provides methods for them to reform their behavior. Turn to page 5 to learn more about MEN/S Group.

Thank you again for your support. We'd love to hear from you. Please give us your feedback at www.wcpspittsburgh.org/survey.

Sincerely,
Shirl Regan

Pictured: Pirates Charities support Women's Center & Shelter.

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Highmark Challenge Report

The first annual Highmark Challenge launched in October 2011, Domestic Violence Awareness Month, and raised \$39,715! \$690 were donated through text message donations.

Highmark Challenge was developed in response to an awareness study conducted by WC&S in the Spring of 2011. WC&S hired Campos to conduct 250 telephone surveys in the suburban ring of Pittsburgh to determine the prevalence of domestic violence in the suburbs, and how many people are aware of intimate partner violence services in the greater Pittsburgh region. The study found that 37.2% of women in the suburban ring have been or know someone who is a victim of abuse, but only 7.1% are aware of our hotline, and 14.4% are aware of our shelter. Clearly there is a large gap between those who need our services and those who are aware of them! Highmark Challenge was developed to help close this gap by engaging the public in conversations about intimate partner violence.

Highmark challenged community members to help themselves, help a friend or help the cause. The community responded! WC&S saw the most activity ever on our website and our social media networks! We also raised more money than ever before on Pittsburgh's Day of Giving.

Many thanks to our 2011 Highmark Challenge Sponsors

Title Sponsor



Presenting Sponsor



Champion Sponsor

Askesis Development Group

Other Sponsors

Gateway Health Plan

Media Sponsors

Clear Channel Communications

Wish 99.7 FM

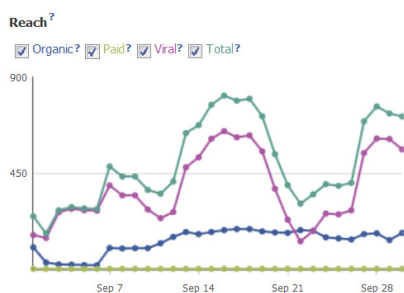
A Message from Highmark Blue Cross Blue Shield:

"Even though domestic violence victims come from different cultures and age groups, they all share common feelings of helplessness and fear," said Mary Anne Papale, Highmark's director of community affairs and WC&S board member. "Highmark proudly supports this new initiative because it raises awareness about this very important issue in our local communities."

Facebook Engagement Increased more than 7 fold!

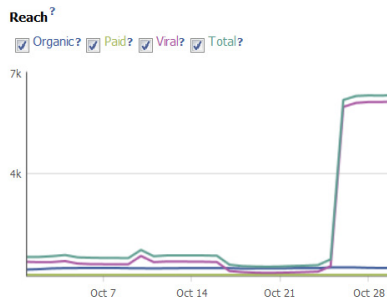
September:

Greatest reach was under 900 people.
Previous record.



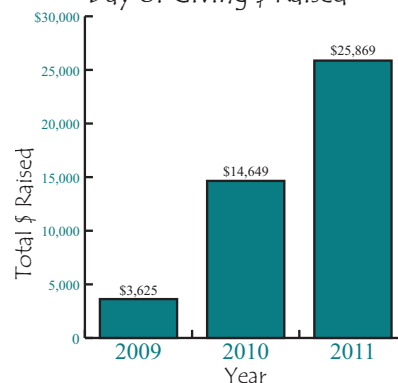
October:

Reached over 6,000 people in the last week of Highmark Challenge! New record.



Day of Giving Results

Day of Giving \$ Raised



Save the Date for UPMC Health Plan Spring Clothes Out

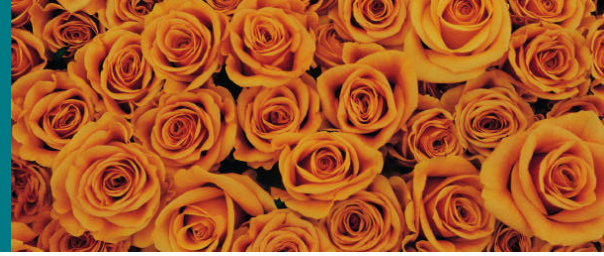


Wednesday, April 25, 2012

Save the date for this year's Spring Clothes Out! This year, **William Gay of the Pittsburgh Steelers** will be honored with the Ted Craig Humanitarian Award for his work to spread awareness about intimate partner violence in our community. Will has assisted WC&S via serving Thanksgiving dinner, sharing his story in a vignette, and more. Leave your clothes at home - this year SCO will hold its first ever *virtual* clothing drive. Invitations will be mailed in March.



Survivor Story



Anna graciously volunteered to share her story on her last day as a WC&S shelter resident.

Anna says her first day in shelter was very different than she expected. Being around so many women was very stressful and confusing to her, and bringing her daughters didn't make her feel any better. She felt like she had hit rock bottom. She had never needed to stay in a shelter before, and she was completely depressed.

Her youngest daughter tried to make the best of it. There were many other children in shelter who she enjoyed playing with, along with many activities for her to participate in. Her teenage daughter, however, absolutely hated being in shelter, seeing Anna's pain and the struggles she was going through. She even ran away (thankfully she returned).

At first Anna was wary of everyone in the shelter. She isolated herself in her room all day except to eat and go to required meetings/activities, such as the support group. Anna says, "my whole life I've never had a support system, as far as family and everything. It was so strange to me at first that there's like all these women here, that they're claiming they're here to help you. That's how I'm looking at it. But it's like they really just want to be in my business, and they want to judge me and everything like that."

Overtime, after several interactions with staff, she began to realize that they did not have any ulterior motives. Anna says, "I started opening up to the support that was here, and I really saw that they genuinely are here to help you. And, you know, this may be their job, but they love their job and they want to see you prosper, get better, and feel better about yourself."

"Being in shelter is never gonna be fun, ok?" Anna said dryly, "but the things that this shelter has to offer- like the groups they do, and being able to talk to other women that have been through what you've been through, or something similar, or maybe something worse- you know it

really, really helps." If something bad ever happened, she knew there would always be someone in shelter to talk to.

The day after we spoke, Anna was moving into transitional housing. To her, it meant much more than how much she is going to be paying for rent. It was the comforting fact that she would still have a support system. Anna repeatedly emphasized how much of a difference that support system made for her. She said, "The groups really make a difference. The connections you get with the women, even though it's not like you're my best friend. It's just like a connection of 'you understand how I feel.' I can talk to you without you judging me or looking at me like I'm stupid." Instead, they'll know what you mean. They may have been through it, and can share what they did in the situation. They may even be able to say who to go to for help.

Anna's transitional housing will be very close to another location where she can attend support groups. Women's Center & Shelter's Children's Behavioral Health Specialist will be providing therapy for Anna's daughter in her home. Women's Center also provided references for doctors and female therapists for Anna to visit.

Anna says that transitional housing is a "convenient way for me to not only get help getting over my situation, but to build me up. That's what I want to do." Transitional housing is up to a one year program, but Anna hopes to have her own home in 3-4 months, so she can have her dog back which isn't allowed in transitional housing.

In January, Anna will begin school at the University of Phoenix, working towards a certification in public speaking. Once she is finished with school, stable and safe at home, she wants to return to Women's Center & Shelter to speak to women in groups here. She hopes to share her story with women, and inspire them to make it through.

Corporate Leaders

You're invited to the 2nd Annual Corporate Partner Luncheon on Valentine's Day - February 14, 2012 to learn how you can partner with Women's Center & Shelter. The luncheon will be held at noon in the Rivers Club downtown.

This year, you have the opportunity to embark on a year long partnership with Women's Center & Shelter, receiving exposure throughout the full year, and providing maximum support for the cause. Community awareness add-ons and more traditional opportunities will also be presented.

Contact WC&S' Development Director, Barbara, at 412-687-8017 ext. 331 or email at NicholasB@wcpittsburgh.org for more information.



Highmark Walk for a Healthy Community

Saturday, May 19, 2012 at
Stage AE in Pittsburgh's North Shore

Women's Center & Shelter is one of 76 organizations participating in the Highmark Walk for a Healthy Community. This annual fundraiser is underwritten by Highmark Blue Cross Blue Shield so that 100% of the funds raised go to the non-profit of your choice.

Registration opens February 1, 2012 at www.walkforahealthycommunity.org

Register as an individual, create a team or join a team. You can even create your own fundraising webpage and share it with family, friends and co-workers. Register today!



Spotlight on William Gay

William Gay of the Pittsburgh Steelers continues to be a positive force of change for Women's Center & Shelter. He is willing to both take on the humble task of speaking to and serving our residents at the shelter, as well as higher profile tasks such as public speaking on behalf of the Shelter. We are deeply grateful that Will has decided to use his painful story to prevent his tragedy from happening to any other children.

Will first became involved with Women's Center & Shelter in November 2010, when he and fellow Steeler, Bryant McFadden, served Thanksgiving Dinner to our residents and signed autographs. When he realized Women's Center is an intimate partner violence shelter, he decided to share his story with the residents.

Will also agreed to share his story in one of Women's Center's video vignettes. If you have not watched his vignette, visit www.wcpittsburgh.org/will to view it, PSAs that Will filmed on our behalf, and an interview on WTAE about his involvement with WC&S.

Since then, Will has returned to the Center as needed, always ready to lend a hand to the cause. In November, he spoke at an event Women's Center held to raise awareness about the MEN/S Group program. Will's involvement drew a crowd of Allegheny County adult and juvenile probation officers, educators, medical doctors, faith-based leaders, police and parole officers and youth from various community based programs. They now have a better understanding of MEN/S Group, and many will be referring individuals to it in the future. Will also returned to the Shelter in December to serve a holiday meal for residents.

Women's Center & Shelter is honoring Will as the 2012 Ted Craig Humanitarian Award Winner for his service both privately and publicly to end intimate partner violence in the lives of women and their children. To be a part of the celebration, join us at Spring Clothes Out on Wednesday, April 25th at Rivers Club. Tickets will go on sale in March.

Pictured: William Gay with guests at MEN/S Group Friendmaker in November 2011.



Raising \$30 to end intimate partner violence is that easy!

How does a text donation work? When you text WCS to 52000:

A one-time donation of \$10.00 will be added to your mobile phone bill or deducted from your prepaid balance. Donor must be age 18+ and all donations must be authorized by the account holder (e.g. parents). By texting YES, the user agrees to the terms and conditions. All charges are billed by and payable to your mobile service provider. Service is available on most carriers. Donations are collected for the benefit of the WCS Pittsburgh by the Mobile Giving Foundation and subject to the terms found at www.hmgf.org/t. Messaging & Data Rates May Apply. You can unsubscribe at any time by texting STOP to short code 52000; text HELP to 52000 for help. Provided By: Connect2Give.



Men Embracing Nonviolence & Safety (MEN/S Group)



When you think of Women's Center & Shelter, you probably think of our holistic approach to serving victims of intimate partner violence. What you may not realize is that Women's Center & Shelter also provides educational and behavioral reform services to abusers within our community through our MEN/S Group (an acronym for Men Embracing Nonviolence & Safety). MEN/S Group was developed because of the realization that our mission to end intimate partner violence in the lives of women and their children would never be accomplished if we only serve victims. The abusers must also learn to change their behavior.

Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.¹ In fact, boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.² It's not uncommon for abusers to wake up and say, "Oh my god, I'm just like my dad. I swore I'd never be like him." The problem is they don't know how to change.

Societal norms also play a role. Much of what boys learn about being a "real man" when they are growing up makes them inadequate or even abusive as a partner, lover, friend and husband. You don't need to be physically abusive to be violent. It's important to recognize the early warning signs, and seek help, before you've done too much damage.

A man who batters is not a low-life, alcoholic, incoherent brute. He is the man next door, the doctor with the Mercedes, the man on

unemployment, the lawyer with a downtown firm and the policeman who protects us. He comes from all walks of life, all economic levels, all educational backgrounds, all races, all ethnic groups and all religions. *What these men have in common is the belief that they have a right to control the women they are in a relationship with.*

MEN/S Group Facilitators are available for Consultations and Trainings on topics including:

- Dynamics of domestic violence, particularly the beliefs, attitudes, and values of men who batter and the responses of victims
- The characteristics of domestic violence and the myths and conceptions about it
- Strategies for structuring treatment and counseling for domestic violence, including safety issues for victims and accountability issues for men who batter.

For more information, call Terry at 412-687-8017 ext. 340

What does MEN/S Group teach?

- The nature of domestic violence
- Strategies for stopping abusive behavior
- Realizing how you create many of your own conflicts
- Taking responsibility for your actions and not blaming others
- How to change attitudes and beliefs
- How to achieve equity in relationships

How do men come to MEN/S Group?

Traditionally, men are court-ordered or required by probation to attend MEN/S Group. WC&S wants to encourage men to seek help BEFORE

they hurt someone. Any man who realizes he needs help with his violence or abuse is welcome to enroll in MEN/S Group.

If you or someone you know needs help changing their abusive and controlling behaviors, please visit www.wcpittsburgh.org/MENS or call 412-687-8017 ext. 340.



Dave, a MEN/S Group participant, shares his story in a vignette produced by WC&S. Watch his story at www.wcpittsburgh.org/stories.

If you use these excuses for abusive behavior, you need MEN/S Group:

- Stress
- Drugs and/or alcohol
- I was just angry
- She provoked me
- I can't control my temper
- I was trying to make her listen
- I did it for her own good
- I didn't know what I was doing
- I was just out of control

¹ Break the Cycle. (2006). Startling Statistics. http://www.breakthecycle.org/html%20files/I_4a_startstat.htm.

² Strauss, Gelles, and Smith, "Physical Violence in American Families: Risk Factors and Adaptations to Violence" in 8,145 Families. Transaction Publishers (1990).

Women's Center & Shelter featured in Comcast Newsmakers Interview

Women's Center & Shelter would like to thank its Community Partner Advocate, Comcast, for featuring Women's Center & Shelter in a Comcast Newsmakers interview. Comcast provides this free forum for non-profit and community organizations to present events and issues important to the Three Rivers Area. Rhonda Fleming, Education Director, spoke about WC&S' services as well as intimate partner violence information and statistics.

The interview aired throughout the month of November on HLN (CNN Headline News), on Comcast Cable. To watch the video online, visit www.wcpittsburgh.org/comcast.





Sanctuary Certification

Through awareness and understanding of the trauma that victims endure at the hands of their abusers, Women's Center came to adopt the Sanctuary Model in the past decade. The Sanctuary Model is a holistic, full-system approach to meeting the physical and emotional needs of victims. It is a method of providing service and engaging in activities and interactions that focuses on helping injured children and adults recover from damaging effects of interpersonal trauma.

The Sanctuary Model is based on a curriculum to train organizations on providing system-wide trauma informed services and to inform all interactions and decisions occurring within the agency (whether they are staff/client interactions or staff/staff interactions). This curriculum is based on what is called the SELF Model, which is a road map for providing trauma-informed services. SELF stands for:

- Safety (psychological, physical, social and moral);
- Emotions (handling feelings without becoming self/other destructive);
- Loss (getting over loss and preparing for change); and,
- Future (Re-establishing the capacity for choice)

After several years of implementing the Sanctuary Model, Women's Center & Shelter is now working towards Sanctuary Certification. According to the Sanctuary Institute, certification serves as "a symbol that an organization provides a higher level of care, a trauma-sensitive environment for clients/consumers/students and a better work environment for staff." Certification will be achieved by meeting a series of goals established by the Sanctuary Institute. There are a total of 36 goals that Women's Center must meet in order to become a Sanctuary Certified Organization, for example: Goal 1: Safety: The organization maintains policies, procedures, and practices that protect physical, moral, emotional and social safety, including but not limited to respect for culture and diversity as well as diversity of belief and opinion. In order to meet the goals, staff will receive direct training on the Sanctuary Model, and WC&S' leadership will work to revise documents, standards and practices to comply with the tenets of Sanctuary.

In 2012, representatives of the Sanctuary Institute will visit Women's Center & Shelter to evaluate its compliance with the Sanctuary Model. The Institute will review policies and procedures, conduct interviews with Women's Center & Shelter staff and clients, and tour the facility to gauge WC&S' efforts to create a physical environment that is sanctuary-informed. If WC&S passes, it will be one of an elite group of service providers to receive certification. As of December 2010, only 14 agencies nationwide were sanctuary certified.

Update on the Career Development Program – Congratulations to our First Semester Students!

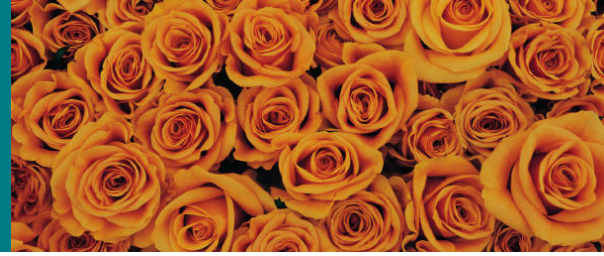
Women's Center & Shelter is pleased to announce that the first semester of our new Career Development Program has finished successfully. The program began in August 2011 when WC&S partnered with PNC Foundation and the Community College of Allegheny County (CCAC) to provide funding to WC&S clients to attend college at CCAC. The funds cover tuition and fees that are not covered by financial aid, books, supplies and bus passes. The project is currently funded through Spring 2013.

WC&S, PNC Foundation and CCAC began this collaborative effort because we understand that victims of intimate partner violence face different barriers for education than other students. WC&S' 37 years of service have made us experts in responding to cultural norms of domestic violence victims, and helping address their barriers. We understand that victims who are students are not typical students and face obstacles that other non-DV agencies may be ill-equipped to address. For example, recently, a CCAC student and DV victim participating in a WC&S support group reported that while waiting for the bus for school, her abuser would drive by and spit on her. The victim waited a week to report the incident in her WC&S support group, rather than the school, because in the group she felt safe; she knew that the group facilitator, a DV Specialist, could (and did) effectively safety plan with her and connect her with 24/7 WC&S support. The Facilitator worked with her on how to remain safe without disrupting her education.

Women's Center is very proud of the success of our first semester students. The following information is as of December 8, 2011. 17 students enrolled at CCAC during the first semester. 16 students continue, with 9 already registered for classes in Spring 2012. The students are enrolled in Liberal Arts, General Studies, Teacher Education, Pre-Nursing, Criminal Justice and Social Work academic programs. Almost all of the individuals have completed career testing with a CCAC Counselor. With about half of the students interested in pursuing a Nursing Career, the CCAC Nursing Admissions Coordinator visited WC&S to conduct a presentation on the process. The students vary in the amount of coursework they took in the first semester from 3 credits to 17 credits. Of the 17 students, 3 are holding 4.0 averages, 5 have 3.0 or better and 4 are holding 2.0 or greater.



Wish List



Below is a Wish List of items needed by WC&S clients. Small sample size shampoos, lotions, soaps, etc. cannot be accepted. You can view the Wish List any time at www.wcpittsburgh.org/wishlist. If you would like to host a collection drive on behalf of WC&S, please contact the Development Department at 412-687-8017 ext. 335 to fill out an event registration form. Please call 412-687-8017 ext. 307 to schedule a drop off.

Urgent Need Items (New Only Please)

- Bus Passes
- Shelving (Call 412-687-8017 ext. 338 for details)
- Large Towels
- Body Wash
- Combination Locks
- Women's Pajamas
- Women's Socks
- Women's Underwear (especially larger sizes)
- New Clothing (women, girls and boys)
- Slippers
- Casual Shoes (especially size 10)
- Deodorant
- Diapers
- Journals and Notebooks for Women
- Household Items (microwaves, coffee pots, silverware, pots and pans)

Items for Residential Services (New Only Please)

Household Items - Pillowcases, Air Mattresses, Dish Towels, Irons, Can Openers, Alarm Clocks, Toasters, Dish Racks, Bake Ware (NEW), TV's, Mixers, Blenders, Food Choppers, Radios, Curtains, New Twin Sheet Sets, New Towels, Combination Locks, Small Bookshelf

Hair Care Products - Shampoo, Conditioner, Pro Style Gel, Pink Moisturizing Lotion, Dark & Lovely Hair Products (perm kit, gel, grease, & hair spray), Spritz, Hair Grease, Oil Sheen, Motions Hair Products, Organic Root Stimulator Hair Products, Girls Hair Care Products (hair balls, gel, barrettes, etc.)

Baby Items - Baby Wipes, Shampoo, Baby Bath, Baby Clothing (new only), Back Baby Carriers, Strollers (single and double), Pull Ups (all sizes)

Toiletries - Body Wash, Powder, Lotion, Mouthwash, Nail Polish Remover, Baby Oil, Conditioner, Tampons, Combs & Brushes, Tweezers, Vaseline

Campaign Advocate Bureau



You've seen the billboards, watched the PSA and heard the radio commercial "A Poem for the Woman I Love." Conversations about this shocking campaign are popping up all over Pittsburgh, launching Tribune Review, Post-Gazette and KDKA Radio news coverage of the ads. These conversations were heightened by WC&S' first Highmark Challenge Campaign during Domestic Violence Awareness Month.

Now that the formal media campaigns have ended, we need to work to keep these discussions alive! That's why WC&S created the Campaign Advocate Bureau and recruited members during the Fall of 2011. Campaign Advocates are an extension of our message and mission. These volunteers are trained public spokespersons for the Center. They will keep the conversation moving forward at the grassroots level by speaking on behalf of the Center.

Women's Center & Shelter extends its thanks and congratulations Danielle Boston, Michelle Mejia and Beth Vucic, the first three graduates of our new Campaign Advocate Bureau! They and other volunteers participated in two training sessions to develop their knowledge of Women's Center & Shelter and practice their speaking skills. The final three were selected and admitted into the Speakers Bureau after performing their speeches in front of a live audience of Women's Center staff.

Women's Center & Shelter would also like to thank Chad Ritchey for leading our Speakers Bureau trainings.

Thank you for helping engage our community in conversations about domestic abuse. Your participation and involvement will help to stimulate positive change within our community.

About the Trainer: Chad Ritchey

Chad Ritchey is recognized nationally for his ability to talk with his audience and not "at them". His areas of expertise include: Customer Service, Change Management, Team Development, and Motivation.

As a Management Consulting leader in the area of Organizational Change Management, Chad is working with Duquesne Light on a large-scale business/technology initiative. Chad is a professional speaker and trainer who uses a simple and interactive approach to connect with his audience, while delivering unique and content-rich programs.

His experience includes serving as a Consulting Executive for Accenture, President/CEO of his own company and working as a professional trainer for several other companies.

Chad's presentation style stimulates group interaction. He shares with his audience, the philosophy that learning is enjoyable and educational. Chad shares his passion with audiences across the United States.

Chad is extremely committed to the mission of the Woman's Shelter and Center, and is passionate about supporting a group of advocates who can extend our mission/campaign into the community.

We need you! Do you enjoy public speaking? Are you dedicated to ending intimate partner violence? Consider joining the Campaign Advocate Bureau. Contact Barbara at 412-687-8017 ext. 331 or NicholasB@wcpittsburgh.org for information on the next training session.



Women's Center & Shelter of Greater Pittsburgh

P.O. Box 9024
Pittsburgh, PA 15224

Get Involved!

Share your Story

Women's Center & Shelter is seeking participants for our next round of video vignettes, to be produced in 2012. Please contact Barbara at 412-687-8017 ext. 331 if you have a story to tell. It doesn't matter if you were the friend, witness, victim or batterer - your story can change lives. To view our vignettes, visit www.wcspittsburgh.org/stories.

BNY Mellon Match

Give \$30 in 2 simple steps (more details in story starting on page 1):

1. Text WCS to 52000 to make a \$10 donation (Will receive a \$10 match).
2. Like us on Facebook at www.facebook.com/wcspittsburgh (Will receive a \$10 match).

MEN/S Group

If you are a man who needs to hold the power and control in your relationship, you may be in need of the MEN/S Group. Call 412-687-8017 ext. 340 or visit www.wcspittsburgh.org/MENS to learn how you can get help.

Email List & Text Alerts

Manage your preferred communications at www.wcspittsburgh.org/connect or by scanning the QR code to the right. Sign up for text alerts and/or 1 of 3 email list options: Advocate Email List, Rosewood Email List and Volunteer Email List. Combine Volunteer Email List and Advocate or Rosewood List if you would like to receive both volunteer and general WC&S news.



Join our Social Networks

WC&S Online Community: By joining our online community, you are subscribed to WC&S emails (and the video vignette campaign); can manage your contact information online; and can review your giving history and download receipts online.

1. Visit www.wcspittsburgh.org
2. Click the "Community" tab
3. Click "Sign Up Now!"

Email List: Join our email list by visiting www.wcspittsburgh.org/email or scanning the QR code to the left with your smartphone.

Facebook: www.facebook.com/wcspittsburgh

Linked In: Search for "Women's Center & Shelter of Greater Pittsburgh"

Twitter: www.twitter.com/wcspittsburgh