

Summer 2011

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.

Remembering our Founders

It is with heartfelt gratitude that we remember Ellen Berliner and Anne Steytler, co-founders of Women's Center & Shelter, who both passed away during the past year. In the Winter 2011 issue of Rosewood, you may have read our obituary of Anne Steytler. Just a few months after, Ellen also passed away. Please join us in remembering these courageous and generous women and their gifts both to the Pittsburgh community and to the social justice movement nationwide.

Ellen's daughters, Christine and Lauren, spoke with a Women's Center staff member about Ellen's life, achievements and growing up with Ellen as their mother. *Something as big and important as Women's Center & Shelter can be started by two people sitting and thinking about a problem and what they can do about it.*

You can read an excerpt of Ellen's story on pages 2-3, and read the full story at www.wcpittsburgh.org/remember.

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Letter from the Executive Director



In the Winter 2011 issue of Rosewood, I announced the passing of WC&S' co-founder, Anne Steytler. It is with deep sorrow that I announce the passing of WC&S other co-founder, Ellen Berliner. Anne and Ellen started sheltering women in their basements when they saw the need. From this beginning, WC&S has grown to a shelter with 36 beds that often operates over capacity, but we are more than a shelter. We now provide a comprehensive set of services for approximately 6,000 women and their children each year, including shelter, hotline, support groups, legal advocacy and more.

During the past 37 years, advocates like Sally Wiggin of WTAE-TV (recipient of this year's Ted Craig Humanitarian Award at Spring Clothes Out) have made great strides in breaking the stigma surrounding domestic violence. In many cases, however, domestic abuse still remains behind closed doors.

In recognition of this, WC&S is embarking on two new outreach and education campaigns: the Relationships Campaign (August - December 2011) and the Challenge Campaign (October/Domestic Violence Awareness Month). We hope to close the gap between those who are aware of our services, and those who are in need of them. We also hope to spark conversations about domestic abuse, to break the public silence on the issue. As much as Women's Center & Shelter has grown, much work remains to meet our mission of ending intimate partner violence in the lives of women and their children. WC&S is utilizing technology and media to inform the community of the early signs and forms of abuse so that victims can seek help and leave the relationship *before* it escalates to physical violence.

Please join us in educating the community about the early signs of abuse, and sparking conversations to break the silence. Read more about these campaigns on page 4, and view several examples of how you can help on page 5. With these efforts, hopefully we can be much closer to attaining our goal.

Sincerely,
Shirl Regan

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24 Hour Hotline 412-687-8005

The 2011 UPMC Health Plan Spring Clothes Out event was held May 4 at Rivers Club, One Oxford Centre. This year's event was a great success, raising over \$72,000! Guests enjoyed networking, cocktails, hors d'oeuvres and a surprise silent auction including a Diamond and Platinum Ring, Diamond and White Gold Tennis Bracelet and Chinese Pearl Necklace. The highlight of the evening was the awarding of the Ted Craig Humanitarian Award. The Ted Craig Humanitarian Award is given to someone who has demonstrated a commitment to community service and outstanding excellence and achievement in their profession or community in line with our mission of ending intimate partner violence.

This year, Sally Wiggin was honored with the Ted Craig Humanitarian Award for her years of service as a Women's Center & Shelter Board Member and a public spokesperson for the cause. By acting as a public spokesperson on WTAE, Sally opened the door for people to speak about intimate partner violence in their homes for the first time. She continues to do so today. Most recently, she debuted Pittsburgh Steeler William Gay's PSA on Channel Four News at 6. She interviewed William Gay and Barbara Nicholas, Development Director, as part of a broader story on WC&S' Video Vignette Campaign.

Thank you for joining us in honoring Sally Wiggin with the 2011 Ted Craig Humanitarian Award.

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PNC Financial Services Group

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Pictured (top to bottom):
• Event Emcee Tonia Caruso of WQED-TV with Ted Craig Humanitarian Award recipient Sally Wiggin of WTAE-TV.
• Spring Clothes Out Co-Chairs Rachel Lorey Allen and Loretta L. Benec accept clothing donations.
• SCO Reception.

Rhonda has been attending a Women's Center & Shelter support group since last November. She wanted to share her story, in hopes of preventing other women from entering abusive relationships.

Rhonda was referred to Women's Center & Shelter by her mentally abusive partner. After years of struggling with two abusive partners and drug addiction, Rhonda is now two years sober and free from physical, sexual and other violent forms of abuse.

She began a relationship with a long time friend who noticed her introverted behavior, attributed it to her history of abuse, and recommended that she contact Women's Center & Shelter for help with the healing process.

Rhonda thought that this was her first healthy relationship because of the lack of physical, sexual and verbal violence. She did not realize until attending group, however, that much of her lack of self-confidence came from his mentally abusive behaviors. She was blindsided when her long time friend turned partner changed his behavior to her. She realized that people are not always who they say they are.

Rhonda wants women to know that most abusers "send a representative" of themselves while you are first getting to know them. They send a nice man "representative" for the first couple of weeks or months of your relationship. He may be the sweetest and most attentive man you've been involved with, buying you flowers and other gifts. After that, "the real man will start to come out if he is a predator."

Early forms of abuse are often verbal and mental. As the relationship continues and the tension escalates over time, then physical forms of abuse may begin. It is important for everyone to understand these early forms of abuse, so that they can recognize and leave an unhealthy relationship before it escalates weeks, months or years later into a physically abusive one.

From her abusive relationships, Rhonda realized she had lost her voice.

She became very introverted, very controlling of her behavior and afraid to communicate. Through her weekly support groups she has learned how to use her voice again. She is no longer afraid to tell people how she feels. Rhonda says that joining the support group in November showed her for the first time that she was not alone. Other women were experiencing the same problems and could relate. They are there for each other throughout the week, making phone calls and text messages to support each other until the next group. Rhonda also says she had never met anyone like the group facilitator, Paula, before. She says Paula helps remove her tunnel vision and instead brings perspective to the forefront.

Rhonda is very active in her community, and looks forward to her years ahead. She wants to keep active in her community, enjoy being a grandmother, and enjoy staying clean and sober. She is learning to accept her past and move on.

- Are you safe in your relationship? Does your partner...
- Check your cell phone or email without your permission.
 - Put you down or call you names
 - Make all the decisions on how to spend money
 - Criticize your friends/family. Discourage you from spending time with them
 - Have an explosive temper and/or mood swings where little things set him/her off
 - Want all your attention and time
 - Tell you what to do
 - When you have an argument, you're always wrong
- These are early warning signs of abuse. Call our hotline at 412-687-8005 if you are experiencing any of the above signs to speak confidentially to an advocate.

Remembering Ellen Berliner (June 10, 1920 - March 4, 2011)

Something as big and important as Women's Center & Shelter can be started by two people sitting and thinking about a problem and what they can do about it. If you have a passion about making a change in the world, you can have great power. In this world there are always underdogs, and you should help even the playing field. Today's helpee may be tomorrow's helper. These are some of the unspoken messages that Ellen Berliner gave to her daughters, Christine and Lauren, and that they want to share with others.

Christine and Lauren explained that, as children, there were always guests in their house. Whether they were foreign dignitaries through the Pittsburgh Council of International Visitors or women and their children fleeing abusive husbands, they were treated the same.

Although Ellen and Anne founded Women's Center & Shelter, Ellen's passion was larger than the Women's Rights Movement. She saw herself as a peace and social justice activist first. Women's

rights, and later the Battered Women's movement, were simply offshoots of the larger social justice movement. Prior to founding Women's Center & Shelter, Ellen started several other programs in response to social injustice. [Read the full article at www.wcpittsburgh.org/remember, which contains details on the other programs Ellen founded in the Pittsburgh community.]

In many ways, opening the Women's Center was a natural progression in Ellen's efforts to foster community and gathering places. Ellen and Anne recognized that there was nowhere for women to just sit and be. Men had many places to relax and escape, but women didn't. Ellen and Anne created one. Women would gather there to discuss issues affecting them and to empower themselves. Once the Women's Center became popular, Ellen and Anne quickly realized that there was a crisis need of higher priority-many women were coming to the storefront to escape from and talk about their abusive husbands.

Ellen and Anne began sheltering women and their children, first in their homes and later in the storefront. Responding to this need became the highest priority, so they decided to become a safe haven for victims of domestic violence. From the beginning, Ellen and Anne recognized that confidentiality and training for their employees was critically important. These priorities remain prominent at Women's Center & Shelter today. Early on, WC&S encountered difficult situations that still happen.

Ellen and Anne demonstrated extraordinary courage and commitment to their community- acting on social injustices that were controversial or unspoken: segregation and domestic violence. Domestic violence was a grassroots issue that was not socially acceptable at the time. People became uncomfortable when domestic violence was brought up in conversation. Although they were going against the grain, Ellen and Anne raised money, raised awareness and founded one of the first domestic violence shelters in the United States! They have made an amazing contribution to our community and the nation.

All of us could benefit from this attitude. Their story is a reminder of

the power that we have to transform the world through individual action! WC&S began with Ellen and Anne sheltering women in their homes, and has grown into an facility with 36 beds (although the shelter has been over capacity since 2008, often housing 40 or more individuals). The hotline started as Ellen's home telephone. When Ellen was out of the house, her children and husband would take messages. Now the hotline is available 24-hours a day with its own phone number, and it serves thousands of women each year!

Visit www.wcpittsburgh.org/remember to read more about Ellen, Anne and Women's Center's beginnings. Pictured: Anne Steytler and Ellen Berliner at Women's Center South.



From 2008 - 2009, Women's Center & Shelter conducted a Community Needs Assessment to inform its strategic planning project. The purpose was to gather information to understand the current environment, opportunities and external perceptions of the organization. It looked at several key topics including: demographic trends, domestic violence trends, WC&S client trends, perception of WC&S in the community, community perceptions of domestic violence, new program or administrative opportunities, and national best practices. It found that only 1/3 of the study participants were familiar with Women's Center & Shelter (Read the report at www.wcpittsburgh.org/assessment).

This discovery prompted a general awareness building component to WC&S' 2010-2013 strategic plan (Read the strategic plan at www.wcpittsburgh.org/strategicplan). The 2010 Target for Awareness in WC&S' strategic plan is "Strategic awareness and marketing plan scheduled for implementation in 2011 based on service and development plan." WC&S is on track with this target, and is launching its awareness and marketing effort, called the Relationships Campaign, to run August 2011 - January 2012. You can read about this campaign below.

To measure the direct impact of the Relationships Campaign, WC&S hired Campos Inc to conduct a market awareness study among women ages 25 to 44 in its target locations. Campos Inc conducted 250 telephone interviews from April 14 to April 24, 2011 in Allegheny County, representative of WC&S' target population.

Nearly four in ten (37.2%) of those surveyed indicated that they *had been* or *know* a victim of domestic abuse/violence. The majority, however, were unaware of where to seek help. Only 7.1% were aware of WC&S' hotline, and only 14.4% were aware of our Shelter. The study identified a clear gap between those who need WC&S' help and those who know where to find it. Read more of the study's findings at www.wcpittsburgh.org/CamposStudy.

The Campaigns



Domestic violence has remained behind closed doors for too long. Isolation, privacy and stigma are what give it tremendous power. This stigma is among the reasons that only 7.1% of the Campos Study survey respondents were aware of WC&S' hotline, and only 14.4% were aware of our shelter. To bring awareness to domestic abuse and where to find help, WC&S is launching the Relationships Campaign, an awareness and education campaign, and the Challenge Campaign, a Domestic Violence Awareness Month Fundraising and Awareness Campaign. The call to action for both campaigns is "Help yourself, help a friend, help the cause." Our website will have navigation links on our homepage that visitors can click to learn how to either help themselves, help a friend, or help the cause.

Relationships Campaign

Women's Center & Shelter is launching its community education and awareness efforts with the Relationships Campaign that will run from August through December 2011. The campaign will utilize billboard, radio and web banners to educate the community about the early signs of domestic abuse and where they can go to *help themselves, help a friend or help the cause*. Listen to the following radio stations to hear our radio spots: WKST-FM, WLTJ-FM, WRRK-FM, WSHH-FM, WWSW-FM, WBBZ-FM. Watch for billboards on your drive home, and look for web banners while browsing the internet!



Pictured to the left are examples of a web banner and billboard you may see during the Relationships Campaign.

Challenge Campaign

The Challenge Campaign is WC&S' new annual Domestic Violence Awareness Month (October) Campaign that utilizes social media and multi-channel marketing to bring viewers face to face with intimate partner violence survivors, witnesses and perpetrators. It will also challenge community members to *help themselves, help a friend or help the cause* by sparking conversations on domestic violence. From late September through October, a multi-channel marketing campaign, including radio, television, print, email and social media, will encourage community members to Text2Give and visit www.wscanhelp.org, where they can click to learn how to help. It will focus on closing the gap between those who need our services and those who know where to go for help. Watch for the Campaign on WTAE-TV and WTAE.com, our official television sponsor. Make sure you are on WC&S' email list and join our social networks before the campaign launches so that you don't miss out.

We need your help to make the Challenge Campaign a success. Because the campaign is based in social media, and calls on participants to spark conversations, we need activity for the campaign to be effective! The next page outlines how you can help.

Get Involved with the Challenge Campaign!

Women's Center & Shelter needs your help making the challenge campaign a success!

Sign Up to Receive Challenge Updates!

- Email: Visit www.wcpittsburgh.org/email or scan the QR code on the back of the newsletter
- WC&S Online Community: Visit www.wcpittsburgh.org/community
- Facebook: Visit www.facebook.com/wcpittsburgh and click "Like"
- Twitter: Visit www.twitter.com/wcpittsburgh
- LinkedIn: Visit www.linkedin.com and search for Women's Center & Shelter of Greater Pittsburgh
- Cellphone: Visit www.wcpittsburgh.org/cell to sign up for Challenge Action Alerts via text message

Help Yourself

- Watch our video vignettes at www.wcpittsburgh.org/stories
- Read facts and statistics about domestic violence at www.wcpittsburgh.org/dv
- Call the hotline at 412-687-8005
- Take the Healthy Relationship Quiz (online during the Challenge)

Help a Friend

- Send an email to 10 friends, family or colleagues challenging them to take the Healthy Relationship Quiz (online during the Challenge)
- Make 20 Facebook posts about domestic violence, the Challenge and/or video vignettes
- Tweet 20 times about domestic violence, the Challenge and/or video vignettes
- Write a blog about domestic violence, linking to www.wscanhelp.org
- Post a WC&S Badge to your social media sites (available during Challenge)
- Give the hotline phone number or WC&S website to a friend in need
- Call the hotline for information on how to help a friend
- Request pamphlets and information from WC&S. Share these with friends and put out in work lunchroom. Ask your hairdresser and other local business owners to display them

Help the Cause

- Donate to WC&S via text message, online, by check or with cash and share your donation via social media
- Volunteer time at WC&S (view opportunities at www.wcpittsburgh.org/volunteer)
- Host a third-party fundraising event for WC&S (view opportunities at www.wcpittsburgh.org/volunteer)

Launch of New Career Development Program

We are pleased to announce the launch of our new Career Development Program, a collaborative project of PNC Foundation, Community College of Allegheny County and Women's Center & Shelter. Victims of intimate partner violence receiving services from WC&S can enter the program, through which they will enroll in an Associate's Degree or Certificate Program from Community College of Allegheny County. They will receive individual support and guidance from the Career Development Coordinator and scholarship funding from The PNC Andrea J. Carelli Scholarship Fund.

Once enrolled, the Career Development Coordinator (a new position funded by the United Way) will help students apply for state and federal financial aid, choose the degree program best suited for them, goal plan, and identify obstacles to education and solutions for the obstacles. While enrolled, students will meet weekly with the Career Development Coordinator to discuss progress towards their goals, strengths and weaknesses. They will receive weekly support in identifying challenges and how to overcome them. They will also participate weekly in a Career Development Program support group with the other domestic violence survivors who are enrolled. The Career Development Coordinator will maintain contacts with CCAC on student progress or any issues that may be impeding her success. By enrolling in the program, students will receive the additional support needed to overcome barriers that arise specifically from the trauma they suffered from intimate partner violence.

PNC Foundation and WC&S are excited to partner with the Community College of Allegheny County. It offers 170 degree and certificate programs ranging from 6 months to 2 years for completion. It has 4 campuses and 6 neighborhood centers + online courses which makes transportation easy for WC&S clients. It also boasts flexible schedules and an average class size of 20 students.

We are thrilled to help WC&S clients accomplish their career dreams, and realize that it is not too late to earn an Associate's Degree or Certificate. They can find higher pay, job stability and better benefits, as well as more career options by furthering their education. We hope that this program will help intimate partner violence survivors attain the economic and job stability they need to live independent and violence free lives.

Alarm Backpacks Provide Extra Security for Children

For most people, if asked for one wish, it would be something to make them rich or famous. For Women's Center and Shelter, however, it is to meet children's wishes of safety from violence and abuse.

The Dorothy Pierce Hardy Fund of The Pittsburgh Foundation granted Women's Center & Shelter 50 Carlie Personal Security Backpacks for child victims/witness of intimate partner violence.

These 50 backpacks are equipped with 130 decibel sirens and a highly intensive strobe light. When in danger or in a crisis situation, the child wearing the backpack can pull the activation cord which sets off the alarm system. The alarm can be heard within a 100 mile radius and the siren can be seen within a 500 mile radius.

Women's Center's wish was chosen by a committee of Pittsburgh Foundation donors, upon review of our application sent to its Wish Book. The Wish Book offers an opportunity for The Pittsburgh Foundation donors and the community at large to learn more about excellent charitable organizations in the Pittsburgh area. It has been a source of funding for vital projects, impacting the lives of many in the Pittsburgh community.

The Wish Book will now impact the lives of child victims of intimate partner violence who have fled their homes. After victims and their children escape abuse, the abuser will often target children as they go to school or walk through their own neighborhoods. Now, with these backpacks, the children and mothers are given an extra layer of security, in that the alarms will act as a deterrent to an abuser or potential abductor. This will also serve as a signal to onlookers that a child may be in danger.

Women's Center & Shelter would like to thank The Pittsburgh Foundation's Wish Book and The Dorothy Pierce Hardy Fund of The Pittsburgh Foundation for granting our wish of providing a greater sense of security and a peace of mind to victims and their children who know what is like to live in fear for their personal safety day to day.



Pictured (left to right):

- 23 young professionals from Tajikistan and Kyrgyzstan take a group photo after their tour of the shelter and training with Women's Center's Volunteer Coordinator;
- Young professionals listen through headphones to WC&S' presentation as it's being translated live.

Inspiring Agents of Change in Tajikistan and Kyrgyzstan

For Americans, it is hard to imagine parts of the world where volunteerism is a foreign concept. For countries like Tajikistan and Kyrgyzstan, volunteerism does exist, however, it is an innovative concept almost exclusively in the domain of youth and youth based programs.

Magee Womancare International (MWI), funded by the US State Department, is supporting a movement of change in these countries through an international exchange program called Mobilizing Community: Community based Volunteerism. The goal of this program is to connect, inspire and teach young professionals to see themselves as agents of change in their communities through the power of community-based volunteerism and civic engagement.

MWI recognized Women's Center & Shelter of Greater Pittsburgh as a leader in effective volunteer programming, and chose Women's Center and Shelter to be a part of the mobilizing community program. In June, 21 young professionals, ages 22-35, from both Tajikistan and Kyrgyzstan, participated in the 24 day Pittsburgh exchange program. They visited Women's Center and Shelter to gain insight and education on components of effective volunteer programming. The training included best practices for outreach and recruitment, education and training, tracking, database systems and retention techniques for building a strong volunteer base.

Women's Center and Shelter staff were delighted to meet and work with their international visitors and are excited to see these young professionals act as agents of change all over the world.

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)

- Shelving (Please call 412-687-8017 ext. 338 for details)
- Body Wash
- Combination Locks
- New Clothing (especially size 14 and up)
- Women's Pajamas
- Women's Socks
- Women's Underwear (especially larger sizes)
- Women's Bras (especially larger sizes)
- Slippers
- Casual Shoes (especially size 10)
- Baby Soap, Lotion and Toiletries
- Deodorant
- Journals and Notebooks for Women
- Crib Sheets
- Women's Sweats

Items for Residential Services

Household Items - Pillowcases, Air Mattresses, Dish Towels, Irons, Coffee Makers, Can Openers, Alarm Clocks, Toasters, Silverware, Dish Racks, Pots & Pans (NEW), Bake Ware (NEW), Microwaves, 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, Lotion, Shampoo, Baby Bath, Baby Powder, Baby Clothing (new only), Back Baby Carriers, Strollers (single and double), Diapers (size 4 and 5), Pull Ups (all sizes)

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

Explore the New Donor Recognition Section of Women's Center's Website:
www.wcpittsburgh.org/OurDonors

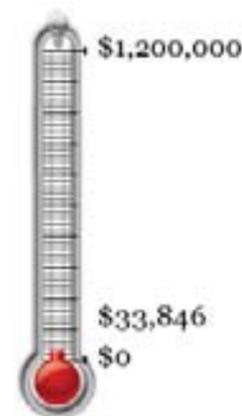
Women's Center & Shelter is proud to unveil the recently revamped "Our Donors" section of our website. On the tails of the successful launch of our commemorative gifts webpage (www.wcpittsburgh.org/honor), this update was done in efforts to maximize transparency of funds and highlight the tremendous level of support the Center & Shelter receives from the community.

Our website now separately recognizes categories of gifts, including donations from individuals, organizations, foundations and corporations. The "individuals" segment is broken down even further to include Regular, Legacy Society, Sustainer, and Commemorative donors. As a donor, your name will be listed on this page for the full fiscal year (July 1 - June 30) in which you gave.

Our fundraising goals are also listed on this page, along with thermometers that are updated as donations are received. These thermometers display our progress towards reaching our fundraising goals in separate categories. This web illustration of funds is in real time for the full fiscal year (updated weekly). There is also a comparative break down of allocated funds from previous years. As funding is received, the value is illustrated by thermometers that measure and track our fundraising goals we have set out to reach. As you can see in the thermometer to the left, WC&S has raised \$33,846 of its \$1,200,00 fundraising goal for individuals, organizations, foundations and corporations as of July 7, 2011.

We encourage donors and supporters to explore this change to our website, at www.wcpittsburgh.org/OurDonors. Return throughout the year to see how close we are to achieving our goals. Contributions from individuals like you make up a major portion of our revenue! Your donation is truly a life-saving act, providing emergency shelter, hotline, legal advocacy and other supportive services to about 6,000 women and children victims of domestic violence each year.

WC&S Fundraising Goal 2011-2012 Fiscal Year



Legacy Society: Individuals who designate Women's Center & Shelter in their will (Bequests). If you have already designated WC&S in your will, please contact WC&S at 412-687-8017 ext. 337 or info@wcpittsburgh.org so that we can recognize you on our Legacy Society webpage. If you would like to learn more about making a bequest, contact WC&S at the number above, or visit www.wcpittsburgh.org/bequest.
Sustainers: Individuals who make recurring gifts or pledges to WC&S. Set up your recurring gift at www.wcpittsburgh.org/pledge.
Commemorative Donors: Individuals who make a gift in honor or in memorial of a loved one. Make a commemorative gift at www.wcpittsburgh.org/honor.



Women's Center & Shelter of Greater Pittsburgh

P.O. Box 9024
Pittsburgh, PA 15224

Get Involved!

Mylan Classic

Monday, August 29 - Sunday, September 4, 2011 at Southpointe Golf Club, Canonsburg, PA. This year's Mylan Classic is the last stop on a nationwide tour of the PGA stars of tomorrow. The top 25 of the tour go on to the PGA. Tickets range from \$25 to \$50, with group rates starting at \$200. **100% of ticket proceeds benefit Women's Center & Shelter when you designate it as your charity on step 1 of the online ticket purchase form.** Visit www.mylanclassic.com to view the schedule of events and purchase tickets.

The Challenge Campaign

Ongoing during October: Domestic Violence Awareness Month. Turn to page 5 to see how you can help.

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.wcpittsburgh.org/MENS to learn how you can get help. Read the early signs of abuse on page 3 to see if you are being abusive to your partner.

Email List

Join our email list by visiting www.wcpittsburgh.org/email or scanning the QR code to the right with your smartphone. Download the "i-nigma" app if you haven't already downloaded a QR code scanner app on your phone!



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 participate in surveys, polls and discussion boards; and can manage your contact information online.

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

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

Facebook: www.facebook.com/wcpittsburgh

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

Twitter: www.twitter.com/wcpittsburgh