

"Some may call it adversity. I call it opportunity. Two years ago, in January 1996, I fled from an abusive partner, the father of my then 11-week old baby girl. All that I had was a baby bag with a half dozen diapers in it, both my children, and the clothes on our backs. My children and I were homeless, penniless, and vulnerable. I had been out of the workforce for more than three years, and did not have a college education to back me up. Leaving the abusive relationship was to be the beginning of the greatest adventure of my life.

Before I left my partner, I used to wish that suicide was an option; living in an abusive situation is not only terrifying, it is also oppressive and demoralizing. Choosing to leave, however, left me and my children at the mercy of "the system." I spent those first three months struggling just to survive. Fortunately, I made some decisions that have proven to be the best decisions of my life.

The first decision I made was to move into the Women's Resource Center's Transition House—a particularly tough decision for me to make. Being raised in an upper middle class family and having the expectations of a comfortable lifestyle made it especially difficult for me to adjust to living in a shelter-type atmosphere, where I had to sign in and out every time I came and went, and where my home would be inspected on a weekly basis. Even more degrading to me was the idea of curfew for visitors, and having to meet with a case manager weekly to evaluate my situation. In many ways, I felt like I had left one controlling situation and entered into another. I felt humiliated for moving into the Transition House, and angry with everyone, especially myself, for being in the situation I was in.

Slowly, however, I began to accept the reality of my position, and as this reality began to sink in, so did my gratitude for having the Transition House as an option. I began to look at the program as an opportunity rather than as a sign of failure. I realized that in living at the Transition House I had the opportunity to restructure my life and to rest from the chaos domestic violence had put me through. At the Transition House, I had the opportunity to learn why I had exposed myself and my children to the abuse in the first place, as well as tools to prevent it from happening again. Suddenly, I realized that the Transition House was a place of sanctuary for me and my two girls—a place to rest and revive.

Part of the requirements for living at the Transition House is a 30-hour per week work/school requirement. Hence, my second decision to return to school and earn a college degree worked well with the program requirements. Since entering the Transition House, I have finished my lower division course work and am preparing to enter my junior year at Cal State San Marcos. My goal is to earn a teaching credential in special education within the next three years.

Over the past year, I have earned four different scholarships based on my academic achievements, and I have acted as a student ambassador for Mira Costa College. These achievements are not mine alone. They are largely the combined effort of the incredible support system I have had through the Transition House program, including both the staff and the other residents who have encouraged me and helped me to reach my academic goals. At times it was my case manager listening to my gripes about too much homework and not enough time. Sometimes it was the other residents, watching my children for me while I worked on a research paper or did some other homework project, and providing words of encouragement when I most needed to hear them. And sometimes, it was just knowing that if the other residents could keep going, I could too. Knowing that I was not alone in my situation and understanding that domestic violence can happen to anyone helped me to get past feeling sorry for myself, and get going with my life.

Domestic violence can be one of the most destructive forces in a person's life; with the support of a community that is understanding and willing to help, it can also be an opportunity—an opportunity for the community to combine it's efforts and help it's members, and an opportunity for the individual to better their life and give back to the community. That's what it was for me—a call to action in my life, and a chance to build the life for myself and my children that I have always dreamed of. And, every day, I hope to give back just a little bit more to the community that supported me.



Sally\*\*

\* Name changed to protect the client's identity.

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REBUILDING SHATTERED LIVES

**Women's Resource Center**  
Serving victims of domestic violence and sexual assault for 35 years  
womensresourcecenter-wrc.org 95-2932237

2010 ANNUAL REPORT

Our Mission

**Women's Resource Center (WRC) believes that all people should be free from the crimes of domestic violence and sexual assault. Those who are victims of these crimes should have access to services that assist them in recovering from their trauma and moving forward in their lives. Women's Resource Center is dedicated to providing the highest quality supportive services, counseling, shelter and education to women, men and children involved in or threatened by domestic violence or sexual assault.**

**ALERT** teens and pre-teens within the school systems about family violence, date rape, and both physical and sexual child abuse.

**REINFORCE** the fact that domestic violence is a crime, and as such, is an intolerable violation of another's right to self-determination.

**ADVOCATE** for domestic abuse and sexual assault survivors with law enforcement, social service agencies, and other service providers who have contact with the survivor and her/his family.

**SUPPORT** individuals recovering from the trauma of sexual assault and domestic violence through practical assistance and counseling.



**PROVIDE SHELTER** on both a short and long term basis for survivors of domestic abuse and their children.

To achieve this we:

**INFORM** domestic abuse and sexual assault survivors about their right to live violence-free.

**EDUCATE** domestic abuse and sexual assault survivors about domestic violence and rape including the effect of such violence on the family.

**TEACH** abusers and batterers about anger control and alternatives to using violence in their relationships.

**HEIGHTEN PUBLIC AWARENESS** of the devastating effects of domestic violence and sexual assault on the survivor, the family, and the community.

Women's Resource Center is recognized by community, and business leaders, other social service agencies, the faith community, law enforcement, government representatives, and private funding sources, as providing compassionate, effective comprehensive, professional services in a fiscally responsible manner.

What We Do

Domestic Violence

Since 1974, Women's Resource Center has offered non-residential domestic violence services which include: supportive services, counseling, emergency food clothing and transportation, in-person advocacy, and information and referral.



Emergency Shelter

In 1980, Alternatives to Abuse, Women's Resource Center's 30-day emergency residential shelter for battered women and their children was opened. In addition to safe refuge from the violence in their homes, the shelter offers counseling and supportive services for those in residence. In 1984, this facility

was expanded to its present 26-bed capacity. Alternatives to Abuse is one of the few shelters in the State which allow boys over 10 and girls over 12 in residence with their mothers.

Transitional Housing

Recognizing that a 30-day emergency shelter did not meet all the needs of battered women trying to rebuild their lives, Transition House was opened in 1994. This transitional housing facility features 21 individual apartments for families and serves as a bridge from shelter refuge to self-sufficiency. The program is designed for a twelve month residency. During this time, former victims are in job training or employed and receive counseling and other supportive services which enable them to reach their goal of independence. The program provides a variety of case-

managed services.

Abuser's Program

In an effort to address all aspects of family violence, the Women's Resource Center offers a violence intervention program for abusers. The program is available to participants who are court-referred as well as for those who are seeking intervention services voluntarily. The "Family Violence Intervention Program" (FVIP) focuses on ending the violent behavior of abusers and substituting peaceful coping techniques. The fee-based program requires a 52-week participant commitment.



## What We Do, continued

### Sexual Assault

Since 1979, Women's Resource Center has addressed the special needs of rape victims with a program of 24-hour, in-person response to hospitals, law enforcement and emergency care centers. This program helps to insure the optimum possible level of service to victims.

The Center provides on-going individual

and group counseling for rape victims as well as advocacy and accompaniment services. In addition, WRC offers complete supportive services and counseling for victims of incest and molest. Specialized programs have been developed to assist adults who were victimized as children and are now beginning to deal with the experience.

Women's Resource Center's sexual

assault services also extend to families of victims through counseling and mediation.

### Crisis Hotline

A 24-hour crisis hotline provides victims with around the clock access to Women's Resource Center's life-saving and life-sustaining services.



## A Message from the Chair of the WRC Board of Directors



2009 has been an exciting and challenging year for WRC!

We:

- helped over 5,800 families in need providing more than 19,200 services
- expanded our Spanish language version of our website
- expanded the membership in Friends of WRC to over 110
- celebrated successful fundraising

events, and

—sustained critical programs in financially demanding times.

As WRC marks its 35 years of serving the needs of victims of domestic violence and sexual assault, we also look to the next 35 years. With the creation of our "Legacy Society", we acknowledge the generosity and vision of individuals who have provided for WRC with a donation in their will, trust or through charitable gift annuities. These bequests forge a future of possibilities for WRC. Our ongoing endeavors focus on maintaining

our service levels to meet the needs of our clients. This task is even more demanding in light of the challenging economic times ahead. However, with our committed Board, talented staff, passionate volunteers and generous donors, we look forward to a successful 2010.

Thank you for being a part of our efforts!

Sincerely,  
Kaj C. Leonard, Chair  
Board of Directors

## From the Executive Director

Sometimes in the day-to-day rush, we lose track of the incredible difference Women's Resource Center can make in a person's life. Here is Vanessa's story,

*Vanessa's life is changing...all for the better... and she credits WRC for her new beginning. After giving birth to seven children, she is laboring again; this time to become a better person and a better parent. In her words, "I deserve better for myself."*

*Her story of domestic violence started almost 20 years ago living with a husband who threatened and abused her. When he cut off her ear with a knife she left him for good. She says the worst thing was that it happened in front of the children.*

*Finding another man shortly afterwards was not the answer Vanessa had hoped it would be. While she was four months pregnant with his twins, this guy deliberately hit her with a car causing serious*

*complications that resulted in an early delivery of her babies, a boy and a girl. The little girl died a few days later. Today she says life is much better for her and the four children with her. Her two oldest twin daughters are U.S. Marines who just finished a tour of duty in Iraq. Vanessa says she has learned so much since coming to WRC four months ago....about herself and her kids. A son and a daughter are on their school's basketball teams and that makes Vanessa proud. "Now it's time to be proud of myself", she says. "I'm learning to take charge of my own life and that feels really good! I want my kids, too, to say they're proud of me."*

*Her plans are to be a full-time nursing assistant after completing the school program in which she's now enrolled. "I've always wanted to do that," she says, "but the kids' father would never let me. Now I make my own decisions about my life. It will be a long time before I get into another relationship because I have other things to do first." She's looking forward to the WRC*

*graduation program, starting a bank account, and buying a car with cash. Her goal is to keep her family together, all of them living in a house.*

*"If it weren't for WRC, I might be dead by now. Thank God for putting me here." Vanessa especially appreciates the help and support she's received from Jodi, Griselda and Carmen, staff members. "Some women never have the chance that I've gotten and some day I'd like to help women and this program here at WRC."*

Special thanks to all of you—staff, volunteers, donors—who help Women's Resource Center work miracles such as this.

—Marva Bledsoe  
Executive Director



## Women's Resource Center Service Information

- **5,859** adults and children received over 19,225 units of assistance services from Women's Resource Center
- **1,711** requests for emergency service were answered via the 24-hour crisis hotline
- **196** volunteers donated almost 19,707 hours of service and
- **25,464** nights of safe shelter were provided

### Specific types of service areas utilized by families were:

Sexual assault	425
Domestic violence (non-residential)	4,210
Domestic violence (residential)	300
Transitional housing	81
Children's services/Child abuse	252
Emergency services	591
<b>Total Clients</b>	<b>5,859</b>

### Specific services provided:

Adult counseling	4,406
Children's counseling	283
Case management/Follow-up	3,862
Emergency services	4,160
Referral and information	2,875
Crisis assistance/Intervention	3,639
<b>Total Services</b>	<b>19,225</b>

### Service statistics by area served:

Oceanside	2,460	42 %
Carlsbad	293	5 %
Vista/San Marcos	1,172	20 %
Escondido/Valley Center	234	4 %
Fallbrook/Bonsall	117	2 %
San Diego	527	9 %
Unincorporated areas/Other	1,056	18 %

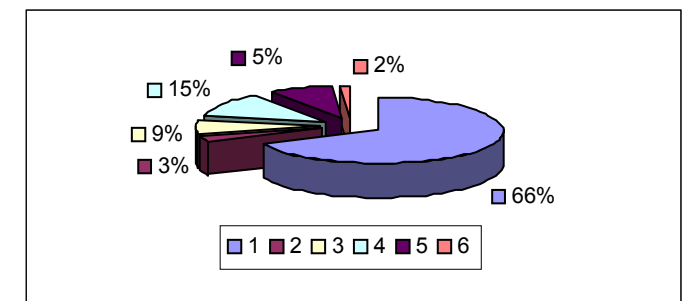
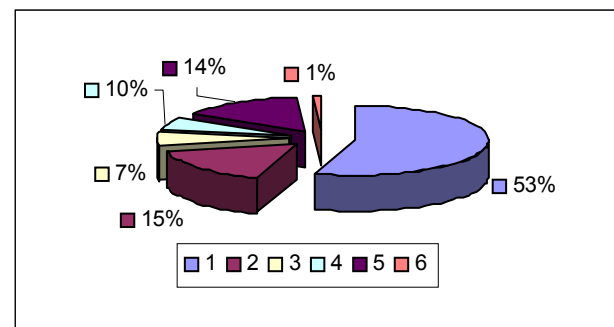
## Audited Income and Expenses Fiscal Year 2008-09

**Total Budget \$ 1,912,318**

90% of all income was utilized for direct client services

### INCOME

- |                             |            |                             |            |
|-----------------------------|------------|-----------------------------|------------|
| <b>1. Government Grants</b> | <b>53%</b> | <b>2. Private Donations</b> | <b>15%</b> |
| <b>3. Fundraising</b>       | <b>7%</b>  | <b>4. Foundation Grants</b> | <b>10%</b> |
| <b>5. Project Generated</b> | <b>14%</b> | <b>6. Miscellaneous</b>     | <b>1%</b>  |



### EXPENSES

- |                                    |            |                              |            |
|------------------------------------|------------|------------------------------|------------|
| <b>1. Personnel and Fringe</b>     | <b>66%</b> | <b>2. Emergency Services</b> | <b>3%</b>  |
| <b>3. Facilities Operation</b>     | <b>9%</b>  | <b>4. General Operation</b>  | <b>15%</b> |
| <b>5. Reserve/Designated Funds</b> | <b>5%</b>  | <b>6. Miscellaneous</b>      | <b>2%</b>  |