

Celebrating 41 Years of Service

Our Mission



Women's Resource Center (WRC) is dedicated to providing the highest quality supportive services, counseling, shelter and education to North County women, children and men involved in or threatened by domestic violence or sexual assault.

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.

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

child abuse.

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.

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

REINFORCE the fact that domestic violence is a crime,



and as such, is an intolerable violation of another's right to self-determination.

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.

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 provided 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



As we celebrate the beginning of 2015, we would like to

look back and celebrate 2014 and the truly remarkable year we spent among our community rebuilding lives. The Women's Resource Center has been a force in providing quality, compassionate, innovative services to families affected by domestic violence and sexual assault for over 40 years.

Through WRC's education of future generations, victim empowerment and community awareness, we strive to create an environment where domestic violence and sexual assault are neither tolerated nor accepted. WRC is dedicated to providing the highest quality supportive services, counseling, shelter

and education to North San Diego County women, children and men involved in or threatened by domestic violence or sexual assault.

Through your volunteer efforts of time, donations, services, products, and financial assistance we have helped over 6,300 families in need, providing over 10,641 units of services. We provided women and children 23,833 nights of safe shelter. We expanded the membership of Friends of WRC to 116, celebrated several productive fundraising events, and successfully managed to sustain critical programs in financially demanding times. With the growth 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 be-

quests forge a future of possibilities for WRC.

As we look forward, there will be new opportunities to serve the needs of survivors of domestic violence and sexual assault. There will also be challenges given today's economic climate. Renewed and additional effort will be required. However, with our committed Board, talented staff, passionate volunteers, and generous donors, we look forward to a successful 2015.

I know your generosity in volunteering your time and effort is not without personal expense and sacrifice. On behalf of the WRC and the community you serve, I offer my sincere gratitude for all the wholehearted assistance!

Kaj C. Leonard, Chair
Board of Directors



From the Chief Executive Officer

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 are two thank you letters received by our caseworkers.

"In the midst of my anguish, your voice spoke understanding and comfort and compassion. And yes, even help—when I thought there was none. It was indeed gratuitous grace. I can't possibly thank you enough for the hours of endlessly listening, assuring and encouraging me. Who knows what will be when the storm is over and the parts of our lives are rearranged once again? I don't recognize our lives right now because I've had to face the realities,

*grieve the pain, and try to accept it all. I want to start over by somehow giving back what has so freely been given me. Perhaps that act will help to heal me. What you do is such a noble gesture for the women of our communities who suffer often in silence and fear. God bless you and may you know He sees. Much love and thanks, Mary" **

"I am so Glad to have met you and to let you know what an encouragement you have been to us.

Thank you for all your help and kindness shown, from the hair dryer to vouchers to using your phone and the great understanding you have.

You have been and are a great support to us and I know to many others as well. Keep letting God's love show, it shows more than you know. We'll miss you and at the same time, it's good to be moving on.

Thank you for being so kind and accepting our stay here. It has been very supportive to us, in not having to always look over my shoulder.

*Thank you again and God bless you with continued wisdom for the tasks set before you. Sincerely, Joanne" **

* Names changed to protect client confidentiality.

Women's Resource Center 2014 Service Information

- **6,314** adults and children received over 10,641 units of service from Women's Resource Center
- **1,498** requests for emergency service were answered via the 24-hour crisis hotline
- **200** volunteers donated 23,982 hours of service and
- **23,833** nights of safe shelter were provided

Specific types of service areas utilized by families were:

Sexual assault	180
Domestic violence (non-residential)	3,483
Domestic violence (residential)	364
Transitional housing	76
Children's services/Child abuse	48
Emergency services	2,163
Total Clients	6,314

Specific services provided

Adult counseling	1,005
Children's counseling	307
Case management/Follow-up	3,412
Emergency services	955
Referral and information	1,874
Crisis assistance/Intervention	3,088
Emergency/Transitional Housing	23,833
Total Services	34,474

Service statistics by area served:

Oceanside	2,526	40%
Carlsbad	379	6%
Vista/San Marcos	884	14%
Escondido/Valley Center	252	4%
Fallbrook/Bonsall	126	2%
City of San Diego	821	13%
Unincorporated areas/Other	1,326	21%

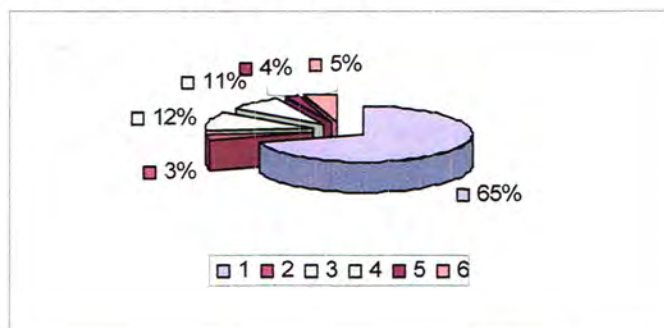
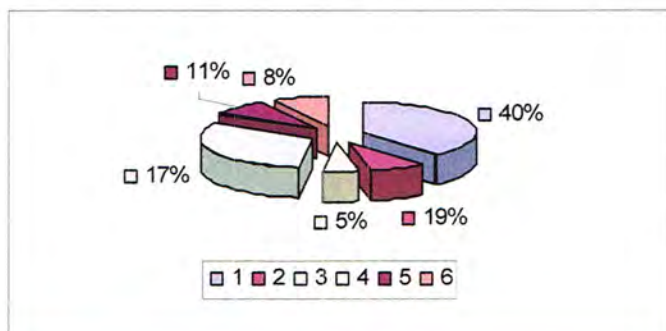
Audited Income and Expenses Fiscal Year 2013-14

Total \$ 1,731,020

88% of all income was utilized for direct client services

INCOME

- | | | | |
|-----------------------------|------------|-----------------------------|------------|
| 1. Government Grants | 40% | 2. Private Donations | 19% |
| 3. Fundraising | 5% | 4. Foundation Grants | 17% |
| 5. Project Generated | 11% | 6. Miscellaneous | 8% |



EXPENSES

- | | | | |
|--------------------------------|------------|------------------------------|------------|
| 1. Personnel and Fringe | 65% | 2. Emergency Services | 3% |
| 3. Facilities Operation | 12% | 4. General Operation | 11% |
| 5. Outside Services | 4% | 6. Miscellaneous | 5% |

FROM A CLIENT'S PERSPECTIVE

"Some may call it adversity. I call it opportunity. Two years ago, 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.

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 its efforts and help its 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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