It was a busy summer at YWCA Carlisle with 11 weeks of Young Wonders Day Camp for elementary age children from several local school districts and 8 weeks of Preschool Summer Camp for the little ones as well. Cumberland County non-profit summer camps are fortunate to have a supportive community and the assistance of United Way of Carlisle and Cumberland County which rallied together to plan a Evening for the Children gala in early spring. Proceeds from this event provided scholarships for several children to make new friends and enjoy some new experiences this summer.

Some of our Sexual Assault/Rape Crisis Services staff worked on a collective project with the Center for Independent Living PA to develop a webinar on “Bridging the Gap Between Victim Services and Individuals with Intellectual Disabilities.” The project culminated in a presentation at the statewide conference of the Pennsylvania Coalition Against Rape in July.

Much of the summer was spent planning the 5th Annual Queen of the Green Women’s 9-hole Golf Outing at the Carlisle Barracks Golf Course. The participants at this annual fundraiser had a crazy fun afternoon on August 17 while supporting scholarships for our Preschool and activities of our GirlPower and new LEAD programs and the Afterschool Homework Clubs we offer at Grandview housing complex and the First Evangelical Lutheran Church.

During the past few months, several items were added to our new Preschool Outdoor Classroom which began development last year with funding provided by the Whitaker Fund for Math & Science Education: a fund of The Foundation for Enhancing Communities. Research shows that regular time spent in nature:

- facilitates better social and physical development
- improves fitness, motor skills and well-being
- supports creativity and imaginative play
- inspires collaboration and reduces violence and bullying
- reduces stress
- creates feelings of empathy for nature

This classroom offers tools to encourage new interactive learning experiences and help children to further develop critical thinking and problem solving as well as construction and engineering skills.
ON-GOING ADULT PROGRAMS

Mindful Monday: A Six Week iRest Yoga Nidra Series:
This series that explores the healing meditative practice of iRest Yoga Nidra (Integrative Restoration Yoga Nidra). Each week will explore a different aspect of the iRest protocol. The program consists of practices for health, healing, resiliency and well-being. These practices have been reported to help participants decrease stress, anxiety, fear, perceptions of chronic and acute pain, insomnia and sleep disturbances while improving interpersonal relationships, energy levels, sense of control in one's life, confidence, joy, well-being, and peace. Please call to register. Instructor: Renee Warren, MS, C-IAYT, RYT-500

Mondays, Oct. 16 - Nov. 20
Fee: $60 for the series

Qigong: This class can help you achieve vibrant health and balance of body, mind, and spirit by directing and enhancing your life force energy. Instructor: Diane Bowers, RD, CMT, CHT, Holistic Health

Tuesdays: 7:00 – 8:00 pm
Session I: April 18 - May 23
Session II: Dates TBD
$50 per session member/$60 per session non-member
$10 per class YW Member/$12 per class non-member

QiYoga: Includes the best from both yoga and qigong traditions to help bring balance into the body with a goal of improving your physical, mental, and spiritual health as well as providing a greater sense of well being. No experience necessary. Appropriate for all fitness levels. Instructor: Renee Warren, RYT

Thursdays, on-going class
10:00 -11:00 am
$10 per class YW Member/$12 per class non-member

Essential Oils 101: Explore the world of therapeutic grade essential oils. Learn how pure essences can promote your health and well-being and clean your home without chemical toxins.

Join us for a fun filled afternoon on Saturday, September 23.
Instructors: Diane Bowers, RD, CMT, CHT, Holistic Health and Beth Stoneberger
This is a FREE class. Please call the YWCA to pre-register as space is limited.

Yoga & Meditation: Just one hour a week of yoga can restore peace and relaxation to your daily routine. Combine with an optional half hour of meditation for maximum benefit. Instructor: Hagar Levine, PT, Certified Yoga Instructor

Thursdays, on-going class
5:00 – 6:30 pm
$10 per class YW Member/$13 per class non-member

Yoga Therapy Sessions: Yoga therapy is defined by the Association of Yoga Therapists as "the process of empowering individuals to progress toward improved health and well being through the application of the philosophy and practice of yoga." Yoga therapy is a modality for healing all parts of our being. It can be used as an intervention or adjunct to your current treatment for stress, pain conditions, chronic conditions, and mood/mental health conditions.

Call to schedule an appointment with Renee Warren, MS, C-IAYT.
Fee: $65 for one-hour personal session

ON-GOING SUPPORT GROUPS

ABCs/ALL BREAST CANCER SURVIVORS
For women who have been diagnosed with or have a family history of breast cancer.

Group meets on the 2nd Wednesday of each month from 7-9 pm.
Leader: Karen Byers

AL-ANON
Support group for family members of alcoholics.

Group meets every Wednesday from noon until 1 pm.
Leader: Kathy Copenhaver

UPCOMING BUS TRIP

March for Racial Justice
Washington DC
9.30.17

YWCA Carlisle is pleased to announce we have procured a small bus to transport individuals to this upcoming event in Washington DC.

The bus will leave the YWCA Carlisle parking lot at 6:00 a.m. and return at approximately 9:00 p.m. on Sept 30.

The cost is $40 per person and a reservation will only be secured upon receipt of payment. You may either call 243-3818 with credit card information or stop by the front desk. Space is limited, so call or stop by today!

Individual voices are important.
Our collective voice is even more powerful.
Myriam Pedercini welcomed as new part-time Mission Impact Manager

Ms. Pedercini is a recent graduate of Messiah College and also served as a racial justice intern with our sister association, YWCA Greater Harrisburg this past year. During her undergraduate studies she focused on journalism and peace and conflict studies which equipped her and honed her communication skills with diverse peoples and diving into the realities of social injustices which impact individuals and families in our communities daily. “I’ve always been fascinated by people and their life experiences. As Mission Impact Manager I have the opportunity to be partnering alongside a community which, although has many of its own challenges, holds beauty in their growth to understand one another. I’m excited to be a piece in this community, to listen and learn from them as well as being an encouragement for empowerment and social justice.” This fall Myriam will be part of helping lead the Annual Youth Leadership Conference, the agency’s Week Without Violence events in October and preparing Kings Kamp for January 2018.

October 16-20, 2017 SCHEDULE OF ACTIVITIES:

Please check our website and Facebook page for final dates and times of events!

Each year the various programs and services of YWCA Carlisle reflect the Week Without Violence’s sharp attention and focus on ending all forms of violence against members of our communities. Join us and show your support.

Sexual Assault/Rape Crisis Services Department
Film screening.
Self-defense Workshop with Carlisle Kung Fu Center.

Mission Impact and Youth Departments
Youth writing and spoken word event in collaboration with Racial Justice Committee and staff of Dickinson College. Annual Youth Leadership Conference to be held the following week.

Preschool
Participation in Carlisle’s Halloween Parade Oct 17 with a mission-message parade float.

Agency
Look for a downtown Carlisle storefront display promoting Week Without Violence!
Other events or advocacy items to be announced in early fall.

We cannot remain silent. We must stand up, speak out and take positive, peaceful action.

As this fable illustrates, each of us, CAN make a difference and collectively, we can give voice to positive and lasting change in our communities and country.

There was a raging fire in the forest and all the animals watched it with horror and fear—except for a humming bird, who was flying back and forth between the river and the fire. Each time she brought water in her tiny beak and dropped it on the flames before returning to the river. An elephant said to her, “What do you think you are doing? You can’t possibly think you are going to put the fire out with that tiny bit of water!” She responded, “I’m doing all that I can do.” After this, the elephants and other animals began to help her and eventually they put out the fire.

- YWCA USA-June 2017
YWCA Carlisle sincerely appreciates the following 2017/2018 corporate partners whose contributions ensure we continue to best meet the needs of individuals, children, and families in the Greater Carlisle Area so they can achieve their full potential and well-being in a world without racism, discrimination, and violence.

Your gift makes an impact.

**PRESENTING LEVEL**

![Mowery Logo]

**VISIONARY LEVEL**

![Gannett Fleming Logo]  ![Martson Law Offices Logo]  ![M&T Bank Logo]

**INNOVATOR LEVEL**

Cornerstone, A Belco Community Credit Union  
Cumberland Design & Building Company, Inc.  
VOLVO Construction Equipment

**SUPPORTER LEVEL**

Carlisle Regional Medical Center

**PARTNER LEVEL**

Boyer & Ritter LLC  
Karns Quality Foods

**FRIEND LEVEL**

Benefit Connections, Inc.  
Bimbo Bakeries USA  
J. Rodney Fickel Insurance, Inc.  
Quality Digital Office Technology  
UGI Utilities, Inc.
Sexual Assault / Rape Crisis Services provides the following:

- 24-hour hotline
- Individual counseling and therapy
- Support groups for adult survivors and teens
- Medical and legal advocacy/accompaniment
- Assistance with protection orders
- Prevention education programs for students, professionals, and community groups

Services are free and confidential.

Office hours: Monday - Friday, 8:30 am to 4:30 pm 717.258.4324

24-Hour, toll-free hotline at 1.888.727.2877

NEW YOGA TRAUMA THERAPY GROUP NOW FORMING!

SA/RCS is looking forward to offering a Trauma Process Yoga Group starting in September. Join us for a unique group that incorporates guided meditation, group process, and education on interpersonal trauma along with a trauma-informed yoga practice. This 12 week program is topic-driven and builds upon the lessons of the previous weeks. Please contact Shannon Snyder at 717-243-3818.

JOIN OUR TEAM!

Almost four years ago, a flyer posted at Dickinson College calling for YWCA Carlisle volunteers drew Emily Knight’s attention. During her senior year at Dickinson College, in the fall of 2013, Emily completed the Sexual Assault/Rape Crisis Services of Cumberland County counselor/advocate training.

Emily says “being a volunteer has been by far the most important thing that I have ever done. It’s important to me to be there to help someone through one of the worst things that will ever happen to them.”

The experiences that Emily had with survivors, in fact, inspired her to pursue a Master’s degree in Social Work. “After I swore up and down I would never go back to school,” Emily laughs, “Someday I hope to work with survivors of all kinds of trauma to help them through their recovery.”

Originally from Lewisburg, Pennsylvania, Emily has lived in the Mechanicsburg/Carlisle area since 2012 and is she is a 2014 graduate of Dickinson College.

Hotline Volunteers Needed!

Become a counselor/advocate for your community!

Want to help someone in crisis?
Looking to give back?
Attend a specialized sexual assault training at YWCA Carlisle.

Learn critical advocacy and counseling skills to provide non-judgemental emotional support, crisis counseling, and resource information to survivors of sexual assault and their significant others.

Training runs September 19—November 9
Tuesdays & Thursdays
6–8 p.m.

CONTACT:
(717) 243-3818 or
tgrace@ywccarlisle.org
BEGIN WEEK OF SEPTEMBER 4th!

Registration still open for some classes, call or stop by for more information.

Once a class is full, a waiting list is formed. $25 non-refundable registration fee required for each class.

Classes are 31 week sessions starting in September and ending in mid-May. YWCA adult membership ($30/year) is required. A $25 nonrefundable registration fee is required for each class. Tuition fees are payable in nine (9) monthly installments. YWCA provides a daily snack and parents are asked to provide a packed lunch.

Special Time For Me - 2 & 3 year old classes

Each class is loosely structured to meet the developmental needs of children at different ages, with an emphasis on socialization and learning through play. All “Special Time” classes have guided free play, gym time, crafts, and stories.

2 Year Old Classes – Must be two by September 1, 2017

Mondays & Wednesdays $152/month
Tuesdays & Thursdays $152/month
Fridays $76/month

3 Year Old Classes – Must be three by September 1, 2017

Mondays, Wednesdays & Fridays $228/month
Tuesdays & Thursdays $152/month

Pre-Kindergarten - 4 & 5 year old classes:

Welcome to returning PreK teacher, Miss Abby Best!

Provides a gentle introduction to a classroom situation providing Kindergarten readiness skills and an emphasis on socialization. Tuesday and Thursday will be structured as a class for students wishing to enroll for two days a week or as an enrichment opportunity for those students enrolled in the Mon./Wed./Fri. class.

4 & 5 Year Old Classes – Must be eligible for kindergarten in fall 2018

Mondays, Wednesdays & Fridays $228/month
Tuesdays & Thursdays $152/month

A limited number of full and partial scholarships are available for students enrolled in the Special Time 3 and Pre-kindergarten classes. YWCA membership and registration fees waived for students receiving aid. Student Aid forms must be submitted along with copies of the previous year’s tax information. Scholarships are awarded based on need and on a first come, first served basis. Funding provided by the United Way of Carlisle & Cumberland County and private donations.

Camp Discovery
Extended Day Learning

Introducing a fun afternoon program for students ages 4-6 years old. Weekly themes explored through music, cooking, science, movement, art, drama and outdoor experiences.

Tuesdays and Thursdays — 1:00-3:00 pm

Session 1: October 3, 5, 10, 12, 17, 19, 24 and 26
Session 2: October 31, November 2, 7, 9, 14, 16, 28 and 30
Session Fee: $79.00/session

*Requires a minimum of 6 children for program.

Family Outdoor Club

Join us for some outdoor fun this fall and enjoy sharing in your child’s curiosity as we explore, learn, discover and grow together.

For children ages 2-8 with a parent or caregiver.

Mondays — 3:30-4:30 pm

Enroll for one or both sessions, or drop-in for single classes.

Session 1: Sept. 11, 18, 25 and Oct. 2*
Session 2: Oct. 16, 23, 30 and Nov. 6*
Session Fee: $20.00 per family/session
Single Class Drop-In Fee: $6.00 per family

*Requires a minimum of 6 registered families for program

Classes held in our new outdoor classroom which was funded in part by a grant from the Whitaker Fund for Math & Science Education: a fund of TFEC.
YWCA Afterschool Homework Clubs

Fall Semester begins September 25th!

FREE Homework Clubs at First Lutheran Church and Grandview Court.
Mondays through Thursdays 3:30 pm to 5:30 pm.
Youth must be elementary students in grades 1st through 5th, living in the First Lutheran Church area and/or Grandview Court. Limited space available. Child MUST be registered to attend.

Registration information is available at LeTort Elementary School and YWCA Carlisle or by contacting Hannah at 717-243-3818.

Some funding is provided for these programs by Housing & Redevelopment Authority of Cumberland County and United Way of Carlisle & Cumberland County, however donations of the following supply/snack items would be greatly appreciated:

**WISH LIST**
New or gently used books and board games (for ages 10 and under), calculators, small individual use whiteboards & markers, flashcards for reading/vocab, $5 gift cards to use as incentives, gift cards to purchase snack items.

YWCA Carlisle is excited to offer LEAD, a monthly teen empowerment and leadership group. Throughout the year, we will focus on topics including self-esteem, cultural influences, messaging in the media, and how to be an advocate for your community. The program is offered to middle school aged girls attending any school within Cumberland County.

**Group will meet the 2nd Tuesday of every month at YWCA Carlisle**

**Time:** 5:30 pm to 7:30 pm with dinner provided

- Sept. 12- “Critiquing Girl World”
- Nov. 14- “Culture Jamming and PGing Ads”

For more information or to register your daughter, please contact Hannah or Dana at 717-243-3818.

YWCA Carlisle Welcomes Unleashed Potential

In July, YWCA Carlisle entered into an agreement with Unleashed Potential to utilize our full-size gymnasium to its fullest potential year-round. Upon visiting YWCA Carlisle, you may notice some improvements to our gymnasium as a result of the new emphasis on basketball. We are excited to be a part of their growing business which serves a diverse group of aspiring athletes in the area and we hope to partner with them on some future programs to enhance confidence and develop well-rounded student athletes. For more information, visit unleashedpotential.com.
November 2, 2017
6:00 pm

YWCA Carlisle’s
Annual Meeting
&
Awards Presentation
to be held in gymnasium
at 301 G Street, Carlisle

Presentation of the 2017
George Award
&
Racial Justice Award

Employment Opportunity

YWCA Carlisle Preschool is looking for attentive and
caring substitute teachers and aides.
Must be able to obtain background clearances and have previous
experience working with children.
Contact Adrienne Dugan at 717-243-3818.

Save the Date

PURSEabilities
Empower women and girls at
YWCA Carlisle
Purse Auction
Get your fashion fix while
supporting YWCA Carlisle!

Date:
Friday, March 23, 2018