

eliminating racism
empowering women
ywca
carlisle & cumberland county

October 2024

National Week Without Violence

A week to raise awareness and engage in action to end violence.



National YWCA has dedicated this year's theme to **Financial Trauma: From Financial Abuse to Safety and Justice.**

By focusing on financial trauma, YWCA aims to deepen the conversation around economic harm and its roots in systemic inequities, policies, and practices. Financial abuse is a common yet often overlooked form of control that leaves individuals vulnerable and trapped in cycles of violence. This year's theme seeks to address not only the personal impacts of financial abuse but also the broader societal structures that perpetuate financial trauma, particularly for marginalized communities.

Throughout Week Without Violence 2024, we will explore pathways to financial safety and justice, equipping survivors with the knowledge and resources they need to rebuild their financial independence. Together, we can raise awareness, advocate for equitable policies, and support survivors in reclaiming their financial freedom.

How can you get involved in Week

without Violence?

Join us during National Week Without Violence!

Walk the Mile (held on October 24) will bring community members together to show the importance of ending violence against women and girls. This new walk is your opportunity to show your support and walk for peace.

October 24, 2024

Thursday 5:00 pm - 6:30 pm



WALK THE MILE

Because **HERstory Counts**

Week Without Violence

**Sign Up to
Walk!**



October 21st -25th
Join us to raise awareness to end
violence against women and girls.

eliminating racism
empowering women
ywca
carlisle & cumberland county

ywcacarlisle.org

We are excited to host Walk the Mile: Because HERstory Counts event as an initiative in our efforts to promote awareness and support for survivors of violence.

Your participation not only helps us raise awareness but also directly supports our Sexual Assault and Human Trafficking services. Funds raised during this event will go towards providing vital resources and assistance to survivors, ensuring they have access to the care and support they need.

We need YOU to come out and Walk the Mile with us! Together, let's take a stand against violence and show our commitment to creating a safer, more supportive environment for everyone. Join us as we walk for change, healing, and hope!

[Register to Walk!](#)

A Special Thank You to Our Sponsors:

Silver Sponsor:



Water and Refreshments Sponsor:



Finish Line Sponsor:



Water and Refreshments Sponsor:



Our Committee Members Help to make Walk the Mile Because HERstory Counts possible

David Park

Your outstanding and longstanding support has helped to grow our mission and bring us here to build Walk the Mile. Thank you for your unwavering support. Your belief in our work not only strengthens our initiatives but also empowers us to make a meaningful impact in the lives of those we serve.

Lauren Perchinski

Your dedication and perseverance has helped to connect Walk the Mile to our community; your support of Walk the Mile and to survivors of sexual assault is inspiring to us all.

Jeff Englehart

Your unwavering support of our mission and your cheerful spirit is truly astounding. Brimming with ideas and enthusiasm, you inspire those around you to engage, uplift, and advocate for change. Thank you for standing with us as we work together to make a difference. Your contributions and dedication are invaluable to our success!

Bethany Arnsberger

Your excitement and enthusiasm to support survivors is inspiring, your approach to the committee has made a huge impact. Your ability to get others to join in on the mission and spread the word helps to make this happen.

Josh Perchinski

Your unwavering commitment to our mission has been pivotal in the growth and development of Walk the Mile. Thank you for your steadfast support. Your dedication not only strengthens our initiatives but also inspires others to stand alongside us in the fight against violence.

David Miller

Your knowledge and expertise helps to grow and engage the community. Thank you for helping to guide and support Walk the Mile as we built the walk to be visible and engaging.



We are excited to have you come out! A huge thanks to DJ Joe George for his enthusiasm and support for Walk the Mile.

Haven't met DJ Joe George? Come out, and experience the excitement he brings.

Cohick and Associates will come out with three teams to walk the mile! Thank you for the support you bring!

Carlisle Young Professionals is coming out as well! Your support and promotion of Walk the Mile is more than we could ask!

Thank You Cumberland County Commission for Women for your excitement and participation in Walk the Mile! We're enthused for your support!

Get Out the Vote

Thank you to everyone who joined us at GOTV. With beautiful weather, games, and popcorn, It was a great time to learn about, and register to vote.

Thank you to everyone who came out, especially those who hosted tables!

We appreciate the League of Women Voters, the Cumberland County Democratic Committee, the Cumberland County Republican Committee, Cumberland Valley Rising, Rick Christy, Eric Settle, Kelly Neiderer, Jean Foschi, Kaytee Isley and USPS for coming out and showing that our community cares about civic engagement!

Thank you to our volunteers as well! Notably the Girl Scouts who brought their troop to help make this day happen!

Although our Get Out the Vote event has passed, it's not too late to register! The registration deadline is October 21st!

[Register to Vote!](#)



More than Bruises Panel

We had a great time at the More than Bruises Panel hosted by Domestic Violence Services of Cumberland and Perry County! It was a great opportunity to learn more and meet community members!

**YWCA Carlisle and Cumberland County
2024 Carlisle Chamber of Commerce Mixer**

Thank you to everyone who joined us for a fantastic evening at the Chamber Mixer! We'd like to extend a special thank you to Josie's German Cafe and Market for providing delicious Oktoberfest-themed food and to Market Cross Pub for delicious beer that kept everyone coming back for more throughout the night. From networking and great conversations to exciting raffle prizes, it was a night to remember!



eliminating racism
empowering women

ywca

Carlisle & Cumberland County



We are back to school and
supplies are needed for the
Pad Pantry!

*Pad
Pantry*



How can you Help?

Drop off a donation of product at
YWCA Carlisle & Cumberland County!

301 G St Carlisle, PA 17013 717-243-3818

October Events

Come out and join us in October!

There are many events you can come out to enjoy!

Qi Gong: Every Thursday 3:15pm- 4:15pm

Al-Anon: Every Wednesday 12:00pm-1:00pm

October 5: 10:00 AM - 3:00 pm National Night Out - Lower Allen Township

October 9th: Second Season

October 17: 6:00 - 7:00 pm: Domestic Violence Service Candlelight

Vigil

October 24th: 5:00 - 6:30 pm: Walk the Mile Because HERstory Counts.

October 31: Halloween

Visit our community calendar to learn more about events!

[Access Our Community Calendar Here!](#)



eliminating racism
empowering women
ywca
carlisle & cumberland county



LUNCH & LEARN

Every 2nd Wednesday
of the month @ 12:00 PM

YWCA Carlisle & Cumberland County
301 G Street, Carlisle PA 17013

Please join us for our 60+ women's group.
We'll be meeting monthly to learn, laugh
and meet new people. Bring your own
lunch and we will provide refreshments.

JOIN US →



For More Information Visit
www.ywcacarlisle.com



Our next Second Season Session is just around the corner! This monthly gathering is an empowering space for women to connect, share insights, and grow together. This month League of Women

Voters is coming out to help us learn more about voting and being diligent in informing ourselves about how elections affect us! Be sure to mark your calendars. We're excited to continue building this dynamic community! We can't wait to see you there!

Join Us this October! Help survivors and make a change!



VOLUNTEERS NEEDED

eliminating racism
empowering women
ywca
carlisle & cumberland county

Train to be a Volunteer Advocate for your community!

Attend specialized sexual assault counselor training through YWCA Carlisle and learn how to support survivors of sexual assault and their significant others through critical advocacy, non-judgmental emotional support, crisis counseling, and resource information.

**Believe
Support
Advocate
Volunteer**

Our Volunteer Program requires 40 hours of training

Come join us!

Email SBaum@ywcacarlisle.org



October



YWCA Carlisle and Cumberland County

Email Shelley to get started!

Victims Needs Survey (VNS)

The Pennsylvania Commission on Crime and Delinquency would appreciate your willingness to participate in a brief survey that will play a vital role in its ongoing efforts to enhance resources within your community. Thank you so much for your valuable contribution.

1. The **Victims Needs Survey** was designed to gather insights from individuals within our community. It aims to assess the personal experiences of potential victims of crime, their awareness of available support services, and their ability to access these resources.

Additional Opportunities

Volunteers Make a Big Difference!

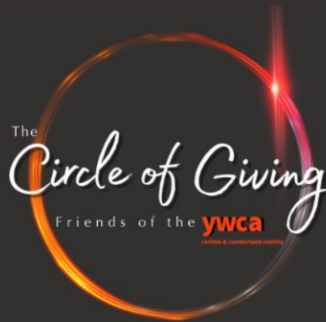
YWCA Ambassadors

Join our new ambassador team and help us share the amazing YWCA programs across the county at public events and share our mission with the community. Our ambassadors will receive training and mentorship opportunities within the organization. We are excited to have you join us on this new venture.

For more information, email
Blaine Rizzo
brizzo@ywccarlisle.org



[Email Blaine Rizzo](mailto:brizzo@ywccarlisle.org)



Join us on the groundbreaking journey of The Circle of Giving for Friends of the YWCA Carlisle & Cumberland County and be a part of something extraordinary from the very beginning!

With a combined total contribution of \$150 or more throughout the year, enjoy insider perks such as:

- an exclusive pass to the Circle of Giving cocktail reception,
- privileged access to insider information on upcoming programs and events,
- and an array of additional surprises waiting to unfold!

Ready to take the plunge? Donate today and make an investment in the critical programming provided by the YWCA Carlisle & Cumberland County today. Thank you!

Donate Today!



YWCA Carlisle & Cumberland County | 301 G Street | Carlisle, PA 17013 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!