

Speak Up! Speak Out! Speak Up! Speak Out!

# WOAR

## Bringing Communities Together To End Sexual Violence

### ABOUT US —

**WOAR** is a non-profit organization in Philadelphia, Pennsylvania whose mission is to eliminate all forms of sexual violence through specialized treatment services, comprehensive prevention education programs, and advocacy for the rights of victims of sexual assault.

Fall 2008

Volume 7, Issue 2

### WOAR's New Location



**Speak Up! Speak Out!** is WOAR's biannual newsletter. To subscribe, please contact us at (215) 985-3315. If your address has changed, please remember to update your address!

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Estelle Faust  
*Office Manager*

WOAR was so excited to move in December 2006 from Locust Street to 17<sup>th</sup> and Arch only to find out 6 months later that the building was sold. So after just settling in, Carole Johnson, our Executive Director, and David Swan, our Chief Financial Officer, started the tedious task of finding a new home for WOAR. Carole wanted to find a new location in Center City because she felt it was convenient for the clients. David, being the financially sound person he is, was concerned about the increase in rent over the previous year. After looking at several locations they agreed on One Penn Center at Suburban Station.

Our move was a piece of cake! David lined up the new telephone system and arranged for the computer network to be up and running within two days after we arrived. WOAR moved on Saturday, May 17, 2008; boxes were unpacked and

the office was set up and open for business by Tuesday, May 20, 2008.

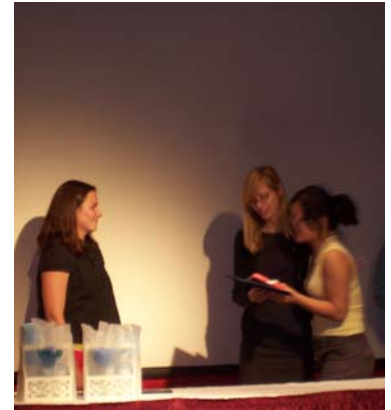
The entire staff, Board, volunteers, and clients are very pleased with our new location. Our new location provides easy access to all forms of transportation including more accessibility to parking. Individuals accompanying clients to WOAR can shop and eat in Suburban Station, sit in Love Park, or visit the new Comcast building while waiting.

WOAR is now located at One Penn Center at Suburban Station, 1617 John F. Kennedy Boulevard, Suite 1100, Philadelphia, PA 19103. Our phone numbers and email addresses remain the same.

WOAR is looking forward to having an open house on September 25, 2008 from 4:30 pm to 6:30 pm. There will be refreshments, as well as the official unveiling of our new website and letterhead.

Speak Up! Speak Out!

## Volunteer Recognition



*WOAR and HERO Hotline volunteers at WOAR's Annual Meeting and Volunteer Recognition Dinner.*

“Volunteers provide counseling on WOAR’s 24-hour hotline and to survivors at Episcopal and Jefferson Hospitals during weeknights and weekends.”

Rachel Andes  
*Crisis Intervention Counselor*

On June 20, 2008, WOAR held its Annual Meeting and Volunteer Recognition Dinner at Dave and Buster’s. Volunteers were recognized for their hard work and dedication to the hotline and ER counseling. Two new board members were ratified at the event- Mary O’Brien as Board Vice President and Caitlin Ryan as Board Treasurer.

Volunteers provide counseling on WOAR’s 24-hour hotline and to survivors at Episcopal and Jefferson Hospitals during weeknights and weekends. Volunteers for the HERO hotline for Spanish speakers were recognized as well. Awards were given to volunteers who completed over 100 hours of service.

The Board of Directors, Staff, and the people aided by WOAR are very grateful to the volunteers for their efforts in support of survivors of rape and sexual assault. Thank you to all our volunteers!

If you are interested in volunteering at WOAR, please contact Carey Fritz at 215-985-3315 ext. 191.



*WOAR Executive Director Carole Johnson (left) and WOAR Board President Juanita Solomon speak at the Annual Meeting and Volunteer Recognition Dinner.*

### 100 Hours and Over

- Rita Isabel Banegas
- Ruchama Bilenky
- Liz Buckingham
- Luisa Cuenca
- Beth Gross
- Remedios Guzman-Urbina
- Lucy Haley
- Stephanie Ireland
- Christina Karian
- Peffin Lee
- Clarisa Ponce
- Esther Robledo
- Stephanie Routson
- Aida Stetson
- Kelly Walch
- Rachel Warner
- Shirley Wright
- Tori Wright



Amber Crawford-Wagman and Jill Maier

“We will miss your  
dedication, your  
willingness to  
speak to the press,  
your laughter, and  
most all, your  
friendship.”

## WOAR is Losing a Talented Counselor

Jill Maier  
Director of Counseling  
Services

Amber Crawford-Wagman leaves WOAR at the end of August 2008. Amber began at WOAR as a graduate intern in the counseling department in 2004 and was hired in 2005 when she graduated from The University of Pennsylvania with her master’s degree in social work. WOAR quickly realized what a dedicated employee we had in Amber as she quickly became an indispensable member of the team.

There are so many ways to describe Amber – staff member, colleague, and friend. Amber is a strong and passionate counselor who has particular strength and love for working with children. Amber has brought many things to the department, including her passion for the work, her empathy for the clients, and her strength in training the community on issues of sexual violence.



Amber speaking at WOAR’s “Take It All Back!” event in April.

During her years at WOAR, Amber expanded her role as a counselor and regularly provided trainings throughout the community, worked with interns and volunteers, and actively participated in several committees on issues of violence throughout the city. Most notably, Amber worked with *The Vagina Monologues* group at The University of Pennsylvania and was named a “Vagina Warrior”. She also assisted in the development of several training curriculums – including *Girl-Power!* and *Wheyl* – and spoke at several “Take Back the Night” marches across Philadelphia.

Together Amber and I co-organized WOAR’s now-annual *Take It All Back* event. I remember sitting in her office one day speaking

about our interest in WOAR sponsoring a large event in April to honor Sexual Assault Awareness month. Amber and I looked at each other and said, “Well, let’s do it!” And that is one of the many ways I will remember Amber: once she puts her mind to something she gives 150% until the job is done. WOAR has now had 3 successful years of *Take It All Back* events. The event will not be the same without her!

Amber has been a valuable staff member and will be sorely missed. She, her husband, and baby-to-be will be moving to York, Pennsylvania. We all wish her the best of luck in her future. And I know I can speak for all the staff, particularly us in the counseling department, when I say we will miss your dedication, your willingness to speak to the press, your laughter, and most all, your friendship.

Speak Up! Speak Out!



Walk with WOAR counselor, Carrie Lee

## Take It All Back 2008

“We truly believe that awareness is our biggest tool in ending sexual violence.”

Amber Crawford-Wagman  
Counselor

In recognition of April being Sexual Assault Awareness Month, Women Organized Against Rape hosted its third annual “**Take it All Back**” event. Taking the idea of “Take Back the Night” one step further, “Take it All Back” is a daytime event to dispel the myth that sexual assaults occur *only* at night. According to

the Pennsylvania Coalition Against Rape, at least 1/3 of rapes occur during the daytime. This event celebrated the stories of survivors of sexual abuse and all the friends and family members who helped them heal in the aftermath of violence. At our first **Take It All Back** event, the Mayor’s Office and the Council of the City of Philadelphia named April 29, 2006 as Women Organized Against Rape Day. As a

special addition to this year’s **Take It All Back** event, we began a tradition that we hope to carry on for years to come – our very first **Take It All Back Community Walk to End Sexual Violence!**

The walk began at 30<sup>th</sup> Street Station and was attended by about 75-100 people. Participants raised over \$3,300! As a group we walked from 30<sup>th</sup> Street Station through the University District, up to 40<sup>th</sup> and Wal-



Walk



Lunden Abelson, WOAR counselor, with children’s art project



*Performer, Monica McIntyre at our raffle table*

-nut, where we ended at the Rotunda. Once we arrived at the Rotunda, our official "Speak Out" event began. This year was comprised of so many wonderful musicians and survivor speakers who moved everyone in the audience with their beautiful music and words of strength. Also included was a self-defense demonstration and several art projects for children and adults. We continued our raffle drawing tradi-

tion and raised over \$400 in ticket sales, with people winning wonderful prizes like Phillies tickets, jewelry, triathlon training, and yoga sessions! We hope that this event grows with each year and reaches out to more people, because we truly believe that awareness is our biggest tool in ending sexual violence. Please keep your eye out for our next Take It All Back event in April 2009!

*For more information about Take Back the Night, please visit [www.takebackthenight.com](http://www.takebackthenight.com).*

*For more information and statistics on sexual assault, please visit the Pennsylvania Coalition Against Rape website at [www.pcar.org](http://www.pcar.org).*



*Carole Johnson (WOAR Executive Director), Juanita Solomon (WOAR Board President), and Azucena Ugarte (Women Against Abuse)*



*Performer (This was her 2<sup>nd</sup> year!)*

Speak Up! Speak Out!

## WOAR Moves into Academia!

Jill Maier  
Director of Counseling  
Services

An exciting new project has been in the planning stages in the Counseling Services Department for the last few months. Jill Maier, Director of Counseling Services, and Dr. Eleonora Bartoli, Director of Graduate Programs in Counseling Psychology at Arcadia University have been working together to offer a graduate level course for Arcadia students to learn the dynamics of sexual violence and how to work with survivors in the community.

Beginning in Fall 2008, the course will be offered with Jill Maier as the professor. This is a unique class as the students will be instructed at the WOAR office and observing services provided to survivors throughout the city. The course gives students the opportunity to be trained as a Sexual Assault Counselor by completing the 40 hour state mandated training that is offered by the WOAR staff, respond to hotline calls, spend a day in court with a WOAR legal advocate and observe a program with a WOAR Education Specialist.

This is a wonderful opportunity for WOAR to help train psychology students so they will be equipped to help rape survivors when they work with them in their future careers. We hope this course will serve as a model for other graduate programs to stress the importance of teaching their students about sexual violence and the psychological impact of trauma.

Thank you to Arcadia University for their vision and welcoming WOAR into their community. For more information, please contact Jill Maier at [jill@woar.org](mailto:jill@woar.org).

“We hope this course will serve as a model for other graduate programs to stress the importance of teaching their students about sexual violence and the psychological impact of trauma.”

## WOAR on the Web



In addition to our new logo, WOAR is debuting a new look online. Please visit our new website at:

<http://www.woar.org>

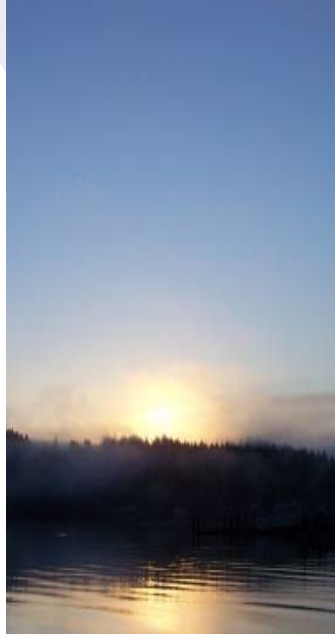
Bookmark us and check back often for news, events, and updates!

## Pearls of Wisdom: Tomorrow Will Come

Adina-leywa Terrell

So often we get distracted by the hardships of life. Some of us buy into the lie that a brighter tomorrow will never come for us. We tell ourselves that what happened yesterday and today is all that awaits us tomorrow. We dare not entertain the possibility that tomorrow can be different than yesterday or even today.

One thing I know for sure is that tomorrow is going to come whether we choose to accept it or not. What we have control over is how we choose to live our lives each day. Tomorrow doesn't have to be a barrier or obstacle to your growth.



You can choose to walk into your tomorrow from a place of strength and empowerment. You can choose, instead, to look at your tomorrow as the "first day of the rest of your life." And tomorrow you get to decide how your day will begin and end.

Will you go through life as a victim or survivor? I know you have an inner strength deep within you that wants tomorrow to be different, brighter, or simply better than the day before. But, it all starts with you. You have to decide that you are worth living your life. Remember, tomorrow will come whether you sit on the sidelines or whether you choose to participate in the journey of your life.

*Do you have news, ideas, and/or articles to contribute to the WOAR newsletter? We welcome new contributors! For more information, please contact Belda Chan, Community Outreach Counselor, at [Belda@woar.org](mailto:Belda@woar.org) or (215) 985-3315 ext. 185.*

## Welcome to WOAR's New Staff Members!



**Rachel Andes, Crisis Intervention Counselor**

While receiving my BA in Psychology at Penn State University, I volunteered at the Women's Resource Center in State College. Upon graduation, I moved to Philadelphia and worked at ChildLink as a Case Manager providing Early Intervention Services for children under three with developmental delays in their own homes. I began WOAR's SAC training in Spring of 2008 to become a volunteer at WOAR and became a staff member in April 2008 as a Crisis Intervention Counselor. I am very excited for the opportunity to advocate for survivors through the work that is done at WOAR.

**Carey Fritz, Crisis Intervention Counselor**



Hello! I am excited to be joining WOAR! My previous work co-facilitating Intergroup Dialogue workshops in anti-oppression and alliance-building sparked my curiosity in counseling surrounding those issues. I grew up in Oakland, California and made the big journey to the east coast last November. I wanted to connect to that work in Philly, so I looked for volunteer opportunities in sexual assault prevention and intervention. However, when the volunteer position led to a job opportunity, I quickly jumped on applying. I feel privileged to work with WOAR because I am learning so much about the Philadelphia community and its politics. I am also grateful for the chance to challenge my current skills in direct service. Beyond WOAR I am currently working on my certification to teach yoga at PowerYogaWorks. I hope to offer free classes to WOAR clients in the future. Until then, feel free to join me in sweating out some toxins at the bright yellow studio near Drexel University. I also enjoy spoiling my 14 year old mutt, who is kind enough to let me hang out with her as we explore Philly's many neighborhoods. I also like to relax by creating batik-artwork (let me know if you want a class), cooking, and watching movies. Please stop by the crisis office and say hello!



Bringing Communities Together To End Sexual Violence

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<http://www.woar.org>

## Healing through support, education and advocacy

### Thank You to Our Funders!

Pennsylvania Coalition Against Rape, Violence Against Women Act (Campus Community Consortium Grant and STOP Grant), Pennsylvania Commission on Crime and Delinquency (VOCA), Community Behavioral Health, Philadelphia Department of Human Services, Philadelphia Department of Public Health-Division of Maternal Child and Family Health, Philadelphia Bar Foundation, Philadelphia's District Attorney's Office, Philadelphia School District, UPenn Center for the Treatment and Study of Anxiety, Verizon, Women's Way and our numerous individual donors for supporting us in our mission to eliminate sexual violence.

**We could not do it without you!**

## Please Consider Donating to WOAR

WOAR's continued success is a direct result of your help. Your donation to WOAR funds our many services and programs. Thank you for your support and consideration. Every dollar counts!

Here is an example of how your donations help:

- \$5 - Art Therapy Supplies**
- \$10 - Therapeutic Children's Book**
- \$20 - Group Counseling Session**
- \$50 - Individual Counseling Session**

Please remember that all donations are tax-deductible.

To donate, please detach and mail to:

### WOAR

1617 John F. Kennedy Boulevard  
One Penn Center—Suite 1100  
Philadelphia, PA 19103

Please make checks payable to **WOAR**.

Your name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

Email \_\_\_\_\_

A copy of the official registration and financial information for WOAR may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.