

JOIN US AND CASSANDRA POWELL FOR SOUND HEALING & MEDITATION



WHOLE WOMAN
WELLNESS FESTIVAL

SOUND
HEALING &
MEDITATION

CASSANDRA
POWELL

@LIGHTOFLOVINGKINDNESS

SAT. MAY 7TH | 1:00 PM
lululemon experiential store
Chicago, Illinois



RSVP

[wholewomanwellness.eventbrite.com](https://www.wholewomanwellness.eventbrite.com)

@SISTAAFYA

History

Mujeres Latinas en Acción is the longest standing Latina-led organization in the nation, offering community services that empower Latinas and their families, and supports them as they survive, heal, and thrive within our programs.

Did you know?


- **Open Doors.** Community members seeking domestic violence or sexual assault services can walk into our offices from 9:00 a.m.- 5:00 p.m. Monday through Friday without an appointment.
- **Bilingual Staff.** All of Mujeres' staff is Spanish and English speaking.
- **Safe Space.** Our offices are a safe space for Latinas and their families, immigrants, and survivors of domestic violence and sexual assault.
- **Volunteer Opportunities.** Trained volunteers help support community members across all of our programs. For more information, email mail@mujereslat.org or contact our offices below.
- **Stay #EnAccion.** Follow us on social media for updated information about our events, trainings, advocacy efforts, and more!


**Mujeres' 24 Hour
Domestic Violence
Crisis Line**
312-738-5358
**Chicago Rape
Crisis Line**
888-293-2080


Pilsen Headquarters
2124 W. 21st Place
Chicago, IL 60608
773-890-7676

Brighton Park
4700 S. California Ave.
Chicago, IL 60632
773-890-8620

North Riverside
7222 W. Cermak Rd. 509
North Riverside, IL 60546
708-442-1299

 @MujeresLatinas

 @MujeresLatinas
EnAccion

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www.mujereslatinassenaccion.org

Domestic Violence Program

For the healing and prevention of domestic violence, we offer crisis intervention, a 24 hour crisis line, individual and group counseling, adult and child therapy, court advocacy, community education, professional and volunteer trainings, and referrals to shelters and other resources.

Sexual Assault Program

For the healing and prevention of sexual violence, we offer crisis intervention, individual and group counseling, adult and child therapy, legal and medical advocacy, community education, professional and volunteer trainings, and referrals to other resources.

Parent Support Program

We offer parenting education sessions in Spanish to improve interpersonal relationships in families. We also offer individual and group counseling for parents and operate the only free Supervised Visitation & Safe Exchange services for low-income families in Chicagoland.

Latina Leadership

We offer the only leadership program that is designed for Spanish-speaking immigrant survivors of sexual and domestic violence. Participants develop leadership skills and self-confidence, and identify community issues and advocate for change.

Empresarias del Futuro

Educational training program in Spanish for women interested in beginning or expanding their small business, leading them on the road to obtaining financial independence.

Community Engagement & Mobilization

Mobilizes community members to become civically engaged around issues of economic justice, immigrant justice, gender-based violence, and women's health.



MISSION

Apna Ghar provides critical, comprehensive, culturally competent services, and conducts outreach and advocacy across communities to end gender violence.

PURPOSE

Apna Ghar seeks to end gender violence through a three-pronged, solutions focused approach of highly effective and innovative **services** for survivors and those who perpetrate harm, **advocacy** and community **outreach** and accountability.

OUR SERVICE MODEL



Together with the Center for Urban Research and Learning at Loyola University, we developed a comprehensive, culturally competent model designed specifically for the population we serve that reflects a holistic understanding of the macro- and micro- level barriers faced by immigrant survivors of gender violence.

OUTREACH

We conduct outreach to raise awareness about gender violence, and community education to provide information on available resources, ways to help, and ways to shift community and societal norms. We provide the 40-hour domestic violence training, language advocacy training, and technical assistance to partner organizations.

HISTORY

Apna Ghar was founded by pioneering and activist women committed to the empowerment of survivors of gender violence particularly from immigrant, refugee and marginalized communities. Since its incorporation in 1990, Apna Ghar has grown in size and scope to provide holistic, culturally appropriate and innovative programming to address the multiple barriers faced by vulnerable groups.

IMPACT

Each year:

- **1,400+** services seekers receive crisis intervention services
- **600+** adults and children receive comprehensive and in depth services
- **10,000+** people receive information and training on gender violence
- Our program participants come from **65+** countries
- Our staff provides services in **20+** languages

DIRECT SERVICES

24-Hour Crisis Line

Crisis support is available 24 hours a day, 7 days a week by phone, text and email. We provide crisis counseling, advocacy, safety planning, information, resources and connection.

Safe Home/Emergency Housing

Our safe home provides a culturally sensitive, secure and healing environment for survivors to begin their journeys of healing and rebuilding. Residents are supported 24/7 by trained agency staff members.

Transitional/Second Stage Housing

Our transitional housing apartments provide stable, long-term housing for the families we serve so they can achieve their goals of stability and self-sufficiency. Residents are supported throughout their stay by our trained staff.

Case Management/Social Services Advocacy

Case management services help survivors develop action plans for safety, stability and self-sufficiency. Our trained staff help program participants identify and address critical needs and connect to resources to achieve their housing, health care, employment, educational, financial and other goals.

Counseling

Individual, group and family counseling for both adult and child survivors enables them to process and heal from the trauma of abuse, using psycho-social education, narrative therapy, support groups, expressive art therapy, conflict resolution, and other modalities.

Legal Advocacy

Our advocates guide survivors through the legal system and help access available legal remedies, including civil and criminal orders of protection, pressing criminal charges, obtaining crime victims' compensation, filing for divorce, custody, and support, as well as accessing immigration remedies through protective statutes such as the Violence Against Women Act. We operate a volunteer attorney led family law clinic in partnership with Chicago Volunteer Legal Services (CVLS).

Supervised Visitation & Safe Exchange Services (SVSE)

SVSE creates a safe and healing environment for children to interact with visiting parents who have caused harm to the families. Our trained staff support these parents in repairing relationships with their children.



1 out of 3 women

will experience gender-based violence in her lifetime.



47%

of transgender people are sexually assaulted at some point in their lifetime.

Children who witness or experience violence are at serious risk for lifelong physical and mental health problems.



What is Gender Violence?

Violence committed against someone because of their real or perceived gender

Partner abuse, Child abuse and Elder abuse

Physical, sexual, emotional, verbal, and psychological abuse

Financial abuse

Restricting movement, and withholding essentials

Stalking

Surveillance and cyber-stalking

Trafficking, labor and sexual exploitation

Forced or early marriage

State sanctioned violence

Approximately **1 in 10 Americans aged 60+** have experienced some form of **elder abuse.**

In all societies,

women and girls are subjected to physical, sexual and psychological abuse that cuts across lines of income, class and culture.

24 hours a day 7 days a week 365 days a year

Apna Ghar's availability for survivors of gender violence from underserved, marginalized and vulnerable communities.

Immigrant and Refugee Survivors Face Unique Challenges

LANGUAGE BARRIERS

ECONOMIC BARRIERS

IMMIGRATION & LEGAL BARRIERS

THREATS, INTIMIDATION & ISOLATION

USING CITIZENSHIP OR RESIDENCY PRIVILEGE

WITHHOLDING DOCUMENTS & FINANCES

COMMUNITY & EXTENDED FAMILY NORMS



24-Hour Crisis Services

Crisis Line

773.334.4663
or 800.717.0757

Text

773.899.1041

Email

help@apnaghar.org

Uptown Headquarters

4350 N Broadway, 2nd Floor
Chicago, IL 60613
773.883.4663

Skokie Location

8324 Skokie Blvd
Skokie, IL 60077
847.983.4099

Ashburn Location

7924 S Pulaski Rd
Chicago, IL 60652
773.697.3272



Website

www.apnaghar.org

General Email

info@apnaghar.org

Social Media

Facebook.com/ApnaGharInc
Twitter and Instagram
@ApnaGharInc
linkedin.com/company/apna-ghar-inc.

AMERICAN INDIAN EDUCATION PROGRAM



CHICAGO PUBLIC SCHOOLS

Do you know an American Indian or Alaska Native descendant student attending a Chicago Public School?

They could be eligible for our program's FREE services. Students and parents are welcome to either visit our office or contact, Program Manager, Lisa Bernal for more information about the program's qualifications and services. Lisa can be reached at 773-534-2735 or lkbernal@cps.edu

Benefits of the Program:

- Access to Academic & Cultural workshops designed for parents and students
- College Planning, Scholarship, ACT prep assistance, Essay writing workshops
 - Educator lesson plans, books, resources and professional development
 - Free citywide one-on-one after-school tutoring and homework help
 - Meet Speakers, Activists, Artists, Educators from Indian Country
 - Meet other Chicagoland Native students and families
 - Parent and student advocate support in schools
 - Cultural presentations at schools
 - Lots of goodies and FUN!




PLEASE SPREAD THE WORD ABOUT US!



SUPPORT LOCAL BUSINESSES



JT Master Barber
312-576-7954
411 East 71st Street, Chicago
 **@JTMasterBarberof Precision**

Bubblez
Speciality: Beautician
312-386-0678



 **@Be"O"riginal**
 **@BEORIGINAL429**



*Bethesda Behavioral
Health Services, LLC*

<https://bethesdabehavioralhealth.com/>



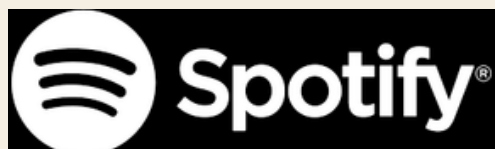
CHICAGO TORTURE JUSTICE CENTER

The Chicago Torture Justice Center seeks to address the traumas of police violence and institutionalized racism through access to healing and wellness services, trauma-informed resources, and community connection. The Center is a part of and supports a movement to end all forms of police violence.

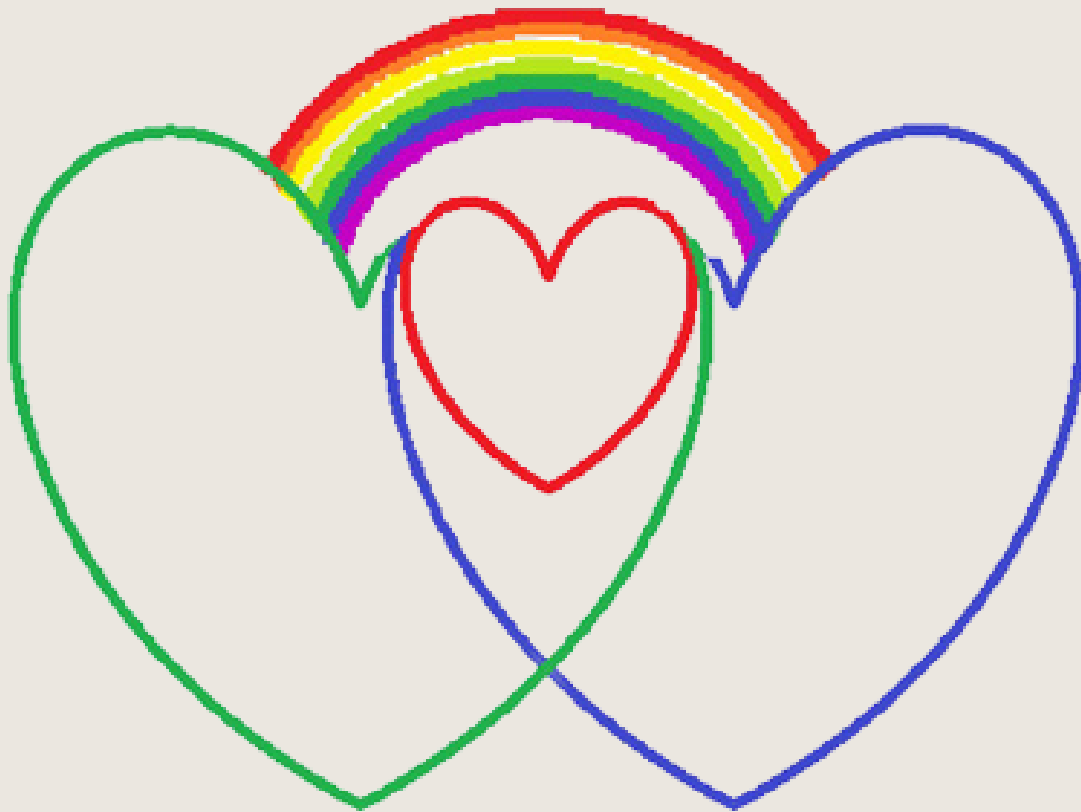
Website: <https://www.chicagotorturejustice.org/>

NATE GILHAM (HE/HIM)

is the Clinical Director at the Center, providing individual and group support. Nate has been a Licensed Clinical Professional Counselor since 1996 and maintains a private practice in the south suburban area of Chicago. Nate is a native of Chicago and Englewood. As the first generation of his family to be born in Chicago he has personally witnessed how Englewood was transformed from a Mecca for Black families seeking opportunity in the north to a community plagued by politically motivated disinvestment. Joining CTJC provides an opportunity to advocate on behalf of communities in Chicago that have experienced the same types of disinvestments, brutalization, and discrimination as Englewood. Nate's focus is to educate providers and communities on the impact of race-based stress and trauma, and to partner with others to build resilience among the city's residents.



Check out Torture Survivors Speak
#torturesurvivorspeak



Illinois Association for Couples and Family Counseling

WANT TO BE PART OF A GREAT
DIVISION, IACFC, MAKE SURE YOU
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COUNSELING ASSOCIATION.

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[HTTPS://WWW.ILCOUNSELING.ORG/](https://www.ilcounseling.org/)