

**The Women’s Help Center, Inc.**

**2018 Annual Report**

**MISSION**

~Striving to end domestic violence through empowerment, support and education~

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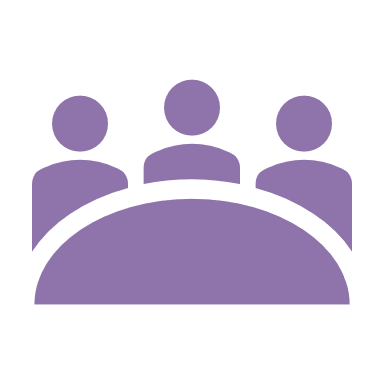
**94 Adults/68 children found refuge in our emergency safety shelter**

**1,474 shelter nights provided to adults/907 to children/youth**

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**626 Primary Prevention Programs provided**

**Reaching 20,161 persons**

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**161 Education/Awareness programs were provided**

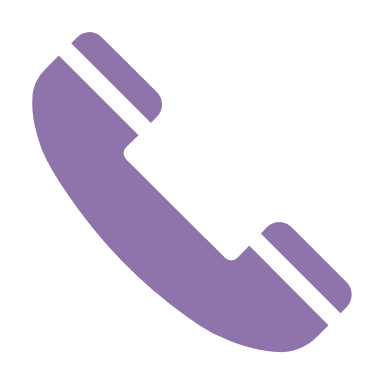
**178 Events**

**Reaching a total of 5,405 people**

**Group Counseling Hours**

**Adult- 575**

**Children/Youth- 44**

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**969 Crisis/Hotlines Calls Received**

**The Women’s Help Center, Inc. hosted a free-of-charge Near-Fatal Strangulation Training May 31, 2018. Presented by Lt. Dan Rincon of Alliance for Hope International For first responders, judges, prosecutors, and advocates of Cambria and Somerset Counties**

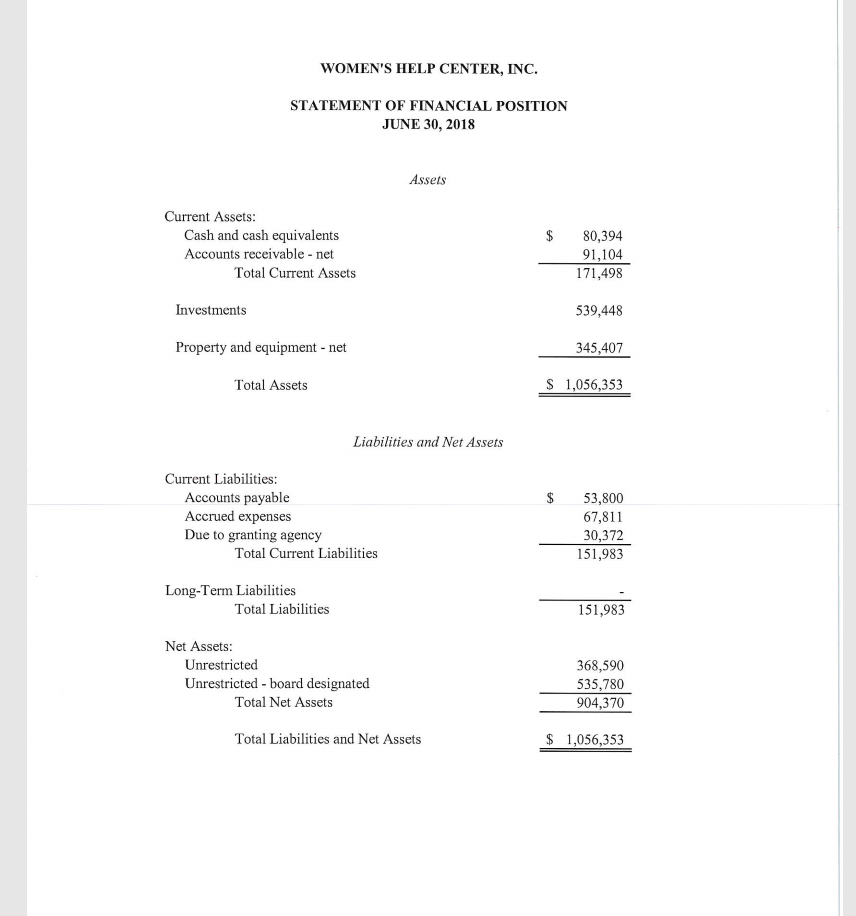
**WHC went to The Training Institute on Strangulation Prevention to become Certified through their 4-day Advanced Course on Strangulation Prevention and won first place for most dedicated team**

**Provided Holiday Sponsorships to 32 families**

**Conducted two strategic planning meetings including staff, board, and community members**

**Provides Group Counseling to many organizations in Cambria and Somerset County inlcuding the Cambria County prison, Community Action Somerset, an emergency shelters for at risk youth, and a day school for children with mental/behavioral issues**

**Expanded Trauma Informed Yoga Groups**

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