JANUARY IS NATIONAL HUMAN TRAFFICKING AWARENESS MONTH!

ANNOUNCEMENTS
A very warm welcome to our newest staff members...
Yanna Colon, PREA Advocate
Christina Batista, Bilingual Trauma Therapist
Brenda Luna, Bilingual Rape Crisis Training Advocate
Lynda Bagley, SART Coordinator
Carmen Palacios, Bilingual FJC Advocate
Mary Sofianos, Legal Advocate
Tiffany James, Yonkers Site Director

...as well as our newest volunteers!!!
Stephanie, Jacky, and Wanja!

Position Changes Within VAS
Mark Cardona, Assistant Director
Maria Alexander, WP Site Director

Special thank you to...
Emma, our intern at the Mt. Vernon site

Michelle James for 18 years at VAS and the lasting impact she has made. The best of luck on your new endeavors.

STATISTICS
HELPLINE CALLS: 103
PREA CALLS: 66
TOTAL CALLS: 169
HOSPITAL ACCOMPANIMENTS: 9
CAC ACCOMPANIMENTS: 47
OTHER ACCOMPANIMENTS: 74
COMMUNITY PRESENTATIONS: 29
TOTAL CLIENTS SERVED: 523

PROGRAM UPDATES
Follow us on INSTAGRAM @westcopvas

COMING SOON! We are currently working on establishing a LIVE CHAT option on our helpline

UPCOMING EVENTS
- APRIL is Sexual Assault Awareness Month
- Sexual Assault Awareness Month Event - TBD
- Nat'l Crime Victim's Right's Week - April 7-13th
- VAS Art Show - Tuesday, April 9th 5:00-7:30pm
  Held at Mercy College in the Rotunda Room 555
  Broadway, Dobbs Ferry, NY 10522
HIGHLIGHTS
On October 23rd, VAS hosted an event to commemorate Domestic Violence Awareness Month titled, "Paint it Purple!" Survivors who attended created paintings using the paint pour method led by our very own, Brittany Mendez. The purpose of this event was to promote empowerment and healing through creative expression. Each participant's painting was unique to their own experiences—the only similarity connecting the paintings together were the shades of purple used.

A special shoutout to volunteer Laila M. for providing a wonderful array of refreshments!

SELF-CARE CORNER
SELF-CARE (NOUN): THE PRACTICE OF TAKING AN ACTIVE ROLE IN PROTECTING ONE'S OWN WELL-BEING AND HAPPINESS

SELF CARE TIP #2: DEVELOP AN ATTITUDE OF GRATITUDE

TAKE TIME TO REFLECT EACH DAY. WRITE DOWN THE BEST PARTS OF YOUR DAY OR WHAT YOU ARE THANKFUL FOR. MAKE A POINT TO TRY AND ALWAYS SEE THE POSITIVE SIDES OF ANY SITUATION.