

**RELIGIOUS
DIVERSITY**

An overview of the major world religions, with a concentration on Christianity, Hinduism, Islam, Judaism and Buddhism. What are their commonalities and differences? To build an awareness of religious understanding and tolerance.

Sexual assault is an act of violence. It is devastating to the victim and their family. What are some of the reactions to being sexually assaulted? How can you help a victim of sexual assault?

**SEXUAL
ASSAULT**

**SEXUAL
HARASSMENT
IN THE
WORKPLACE**

Designed for businesses and organizations whose employees work closely with clients and the public and might be victims of sexual harassment. What constitutes sexual harassment? What is the best way to handle it? What are employee rights and employer obligations?

"I can purchase a home or rent an apartment in any area of town I want to; my only limitation is money. I know that the people that are making decisions that affect my life are the same race as I am."

**WHITE
PRIVILEGE**

White privilege is socially invisible and not something we think about in our everyday lives, but we should have an awareness of the benefits we receive by being white and how the rules of our society are stacked in our favor.

**YWCA
SERVICES**

Summary of all YWCA services that are available in a six-county area, including our emergency services, 24 hour help line and shelter programs.

ywca
eliminating racism
empowering women

The YWCA of Lewiston, ID - Clarkston, WA is dedicated to building a strong community by actively promoting the empowerment of women, the elimination of prejudice and racism, the value of diversity and the right to a life free from violence, poverty, and oppression. It is guided by a common vision: peace, justice, freedom and dignity for all people.

To provide safety and support through advocacy and education while working toward social change.

To provide families with a safe environment and foster independence through advocacy and education.

To provide resources for people in crisis.

ywca
208-743-1535



CLUB DRUGS/DATE RAPE
DRUGS • CRISIS
INTERVENTION • CULTURAL
DIVERSITY • CUT OUT
DOMESTIC VIOLENCE
• CUTTING/SELF-INIURY •
• DOMESTIC VIOLENCE
• DOMESTIC VIOLENCE IN
THE WORK PLACE • EFFECTS
OF DOMESTIC VIOLENCE
ON CHILDREN • GENDER
DIFFERENCES • HEALTHY
RELATIONSHIPS FOR
TEENAGERS •
HOMELESSNESS IN HER
SHOES I • IN HER SHOES II
• NATIONAL HATE TEST •
RELIGIOUS DIVERSITY
• SEXUAL ASSAULT •
SEXUAL HARASSMENT IN
THE WORKPLACE • WHITE
PRIVILEGE • YWCA
GENERAL SERVICES

ywca

Lewiston, ID - Clarkston, WA

Workshops
&
Presentations

300 Main St.
Lewiston, ID 83501
208-743-1535



CLUB DRUGS
DATE RAPE
DRUGS

An overview of date rape drugs. What they are and what they do. How to protect yourself.

People in a crisis or an emergency can experience a range of physical and psychological symptoms that affect their daily life and their relationships. What you can do to help people in crisis and what services are available in our area.

CRISIS
INTERVENTION

CULTURAL
DIVERSITY

Designed to promote sensitivity to cultural differences and similarities. How all cultures have 'hidden rules' and how they affect our behavior.

Because salon professionals might be the only contact an abused woman might have where she is not accompanied by her abuser, this workshop is designed to enable them to recognize the signs of domestic abuse, what to say and where to send them for help.

CUT-OUT
DOMESTIC
VIOLENCE

CUTTING
SELF-INJURY

Why do people hurt themselves? A discussion on the dynamics of self-injury, including what family or friends can do to help and ideas on how the self-injurer can develop healthier coping skills.

What it is (types of abuse). Dynamics of power and control. Why women don't leave. How to help someone that is a victim of domestic violence.

DOMESTIC
VIOLENCE

WORKSHOPS can be tailored to fit the needs for your organization or group. With the exception of *In Her Shoes* and *Cut-Out Domestic Violence*, all trainings can be customized for presentations lasting from 15 minutes to an hour and a half. Workshops are free and are interactive and designed to work with large or small groups.

Awareness of DV issues and how they affect the workplace. What employers can do. The importance of safety planning.

DOMESTIC
VIOLENCE IN
THE
WORKPLACE

EFFECTS OF
DOMESTIC
VIOLENCE ON
CHILDREN How children are used by the abuser. Different parenting skills needed by a woman in an abuse relationship. Discussion of solutions.

Do men and women communicate differently? Do women really have a sixth sense? Do men and women laugh at the same things? Includes a short video on the invisible rules that affect communication between the sexes.

GENDER
DIFFERENCES

HEALTHY
RELATIONSHIPS
FOR
TEENAGERS

Mutual respect, honesty and trust are three of the most important aspects in a relationship. How does your relationship rate? Learn the warning signs you would see in a controlling and abusive relationship - and what keeps a relationship healthy. What to say to a friend that is in an unhealthy relationship.

How and why people become homeless. The effects of homelessness on families and children. Are there homeless in our valley? What services are available. How you can help.

HOMELESSNESS

An interactive workshop where participants take the roles of diverse battered women as they seek assistance from a variety of resources. Each resource represents an institution or service that women encounter when they attempt to escape, such as the court system, doctors and shelters. Each 'station' may be a resource, or a barrier. The *In Her Shoes* workshops demonstrate that escape from abuse is often complicated, unpredictable and, sometimes, impossible. Participants will be aware of the severe challenges faced when trying to leave an abusive situation and be able to answer for themselves, "why doesn't she just leave?"

IN HER SHOES I
Living with
Domestic
Violence

IN HER SHOES II
Economic
Justice &
Domestic
Violence This workshop focuses on women leaving an abusive situation who have no financial resources and how this impacts their decision and ability to leave their abuser. The perspective of the batterer is also represented in this version.

Originally run on the USA Network, *Erase the Hate* is a video with short vignettes exploring hidden prejudices on such topics as race, sexual orientation, disabilities, ageism and religion. Gives participants the opportunity to compare their opinions and reactions with others around the country.

NATIONAL HATE
TEST - Erase
the Hate