



**Zonta Service Committee** prioritizes service to women at risk in our community. Partnering with **Sanctuary Night and Maryhaven** we work to meet the unique needs and requests of the organizations to empower vulnerable women who have been impacted by homelessness, abuse, addiction, trafficking, and overall gaps in the system that continue to keep women in marginalized positions.

**Sanctuary Night** is a sacred space serving vulnerable women who are at risk for sexual exploitation that need a place to rest, eat, connect, and get desired resources. It is a vibrant community led by survivors and champions to promote the flourishing of all who sit at our table.

During our drop in hours, they provide a meal, coffee, clothing, hygiene items, showers, laundry, and a health clinic. Most importantly, a safe space and community with other women.

### **Impact**

- Opened in May 2022 on Sullivant Ave and are open 5 days a week, 34 hours total. Recently opened a drop in space in the Linden area, with limited hours but plans for growth. The goal is a 24/7 drop in center
- Nine Peer Support Specialists run the day to day operations and use their lived experience to truly connect and uplift our guests.
- In 2023 they have served over 500 unique women with thousands of visits!
- Busiest time continues to be 9am when doors first open
- **Monthly reach**
  - ✓ Women served -521 (30-60 day)
  - ✓ Breakfast—252
  - ✓ Lunch – 191
  - ✓ Dinner – 82
  - ✓ Clothing – 324
  - ✓ Hygiene – 161
  - ✓ Showers – 141
  - ✓ Medical Services - 30

Since 2021, Zonta has provided monetary donation, cars full ( at LEAST 20!!) of coats, blankets, clothing, hygiene items and snacks, 2 large meals, decorated for Christmas.

**Maryhaven** started 70 years ago as **Mary's Haven**, a women centric organization dedicated to helping women addicted to alcohol. Maryhaven has grown and evolved over the years to meet the changing needs of our communities but has maintained a focus on women and their specific and unique recovery needs.

**Facts on Women and Addiction:**

- ✓ Women exposed to sexual abuse, domestic violence and psychological or emotional trauma are at increased risk of addiction.
- ✓ Women are the fastest growing group becoming addicted.
- ✓ Women can become addicted more quickly than men and are more likely to become addicted to opioids than men.
- ✓ 4.5 million US women over the age of 12 have a substance abuse disorder
- ✓ Women who experience anxiety or depression may be more likely to use substances that lead to addiction.
- ✓ Nearly 90% of pregnancies among substance abusers are unplanned
- ✓ Women exposed to sexual abuse, domestic violence and psychological or emotional trauma are at increased risk.
- ✓ Over 300 women per year are served

Our Zonta club sponsors the Zonta toybox in the Women's Center., purchasing new toys 4 times a year. Children visiting their mom at the facility have the opportunity to choose one small new toy to take home. The goal of the toybox is to make the visit with mom in the unfamiliar setting more positive and less frightening. We have collected donations for the women, including art supplies, journals, undergarments, shoes and miscellaneous clothing. We have provided and served a Thanksgiving meal and a celebration of the start of spring



All Zontians are encouraged to support our service projects, either through active committee membership or helping collect items. You aren't expected to buy needed items, but consider posting donation flyers at your church, workplace, social media and neighbor sites to involve others in our project!

Consider writing some inspirational cards and messages to the women served by the agencies, or suggesting other ways we can best support these vulnerable women in need.

Help advance our mission of working together to build a better world for women and girls.

***Zonta stands for women's rights. We advocate for equality, education and an end to child marriage and gender-based violence.***