

MAY 4-5, 2026

Advocates' Training & Networking Event



STILL STANDING, STILL STRONG

25 YEARS OF POWER & PROGRESS



**Atlantic Sands Hotel & Conference Center
Rehoboth Beach, DE**

www.dcadv.org/retreat

Welcome!

We're glad you're here.

For 25 years, and long before, advocates and victim service providers have shown up, stood firm, and pushed forward. **You are the essence of this work**- the ones who answer the call, the voices for justice, and who keep moving even when the path is uncertain. In the face of challenge, change, and adversity, you've led, you've innovated, and **you've made progress possible**.

This milestone is more than a reflection of time; it's a celebration of impact and power. Think of all the lives changed, the voices lifted, the systems challenged and transformed because you refused to stand still. Every connection you build, every moment of care you offer, every barrier you help dismantle- it's all strength in action. It may not feel like it at the time, but that's **progress and impact**.

At DCADV, we are proud to create a space rooted in connection, inclusion, and respect, where every person is welcomed, valued, and heard. This community is stronger because of its diversity, and this space is yours. Come as you are, bring your full self, and know that **you belong here**.

This event is more than a conference; it's a chance to refuel, reconnect, and rise together. It's a space to share what sustains you, to learn from one another, and to strengthen the practices that will carry this work forward. **We know that taking care of ourselves and each other isn't extra- it's essential**. Take this time to recharge, celebrate, be proud of how far you've come, and get ready for what's next.

We are still standing, still strong, and we're just getting started.

Joe Jen Su Courtney Anna
Jacqueline Sher Deanna Elaine Prof

HELPFUL TIPS TO IMPROVE YOUR CONFERENCE EXPERIENCE



Each day will start on the **3rd floor in the Swan Ballroom**. Breakfast and a buffet lunch will be available each day in the **Sandpiper Room** (behind the Swan Ballroom).

There will be refreshments available in the **Sandpiper Room (3rd floor)** during the morning break and **outside the 4th floor workshop rooms** during the Monday afternoon break.

There will be sign-in sheets in each workshop room. If you don't see one, check with the workshop monitor. Sign in to make sure you get credit for attending!

Public restrooms are available on the **2nd and 3rd floors**.

Free parking is available in the hotel lot for overnight guests. Parking is also available in the hotel lot for daytime guests requiring accessible spaces. Free street parking is available on the streets surrounding the venue for daytime guests. Meters are **not** in effect during our event.

If you are staying overnight at the Atlantic Sands Hotel, **check out is at 11:00 a.m.** To minimize disruption to presenters and other attendees, please make arrangements to check out of your room before workshop sessions begin.

The Atlantic Sands is a **non-smoking facility**. We strive to ensure the comfort and safety of conference participants by encouraging a smoke-free and fragrance-free environment.

Our Exhibit Hall will be available throughout the entire conference **outside of the Swan Ballroom on the 3rd floor**.

We recognize that discussing the many aspects of trauma can be difficult, and at times emotionally overwhelming. If you need to take a few minutes to yourself to reflect, regroup, or recharge, we encourage you to visit our Quiet Room (located in **the Crane Room, on the 4th floor**). Please seek support from DCADV or other program staff as needed. DCADV staff have **blue flags** on their name badges.

All workshops count toward Training and Education hours for DCADV Domestic Violence Specialist (DVS) Certification. Interested in becoming certified? Please visit www.dcadv.org/DVS to learn more.

Evaluations and certificates will be sent electronically. Keep an eye on your email for a message from info@cmemails.dcadv.org!



MONDAY, MAY 4

8:00 - 9:00 AM	REGISTRATION BREAKFAST	<i>Club Lounge (lobby level) Sandpiper Room (3rd floor)</i>
9:00 - 10:15 AM <i>SWAN BALLROOM 3rd floor</i>	<p>Welcome & Opening Remarks: Sue Ryan, Executive Director, Delaware Coalition Against Domestic Violence</p> <p>Keynote Panel: Still Standing. Still Strong. Still Showing Up.</p>	
10:15 - 10:30 AM	BREAK	<i>Snacks available in Sandpiper Room (3rd floor)</i>
10:30 AM - 12:00 PM	WORKSHOP SESSION #1	
<i>SANIBEL (4th floor)</i>	1A) Caring for Children Who Have Experienced Traumatic Events	
<i>DOLPHIN (4th floor)</i>	1B) Cultura and Compassion: Supporting Latino Survivors	
<i>OSPREY (2nd floor)</i>	1C) Healing Through Storytelling	
12:00 - 1:15 PM	LUNCH	<i>Swan Ballroom</i>
1:15 - 2:45 PM	WORKSHOP SESSION #2	
<i>OSPREY (2nd floor)</i>	2A) Making Friends & Breaking Down Silos: Practical tools for community collaboration	
<i>DOLPHIN (4th floor)</i>	2B) Understanding Delaware's Fatal Incident Review Team	
<i>SANIBEL (4th floor)</i>	2C) Culturally-Informed Care: Best Practices for Serving Survivors of Color	
2:45 - 3:00 PM	BREAK	<i>Snacks available on 4th floor</i>
3:00 - 4:30 PM	WORKSHOP SESSION #3	
<i>SANIBEL (4th floor)</i>	3A) Cultural Humility in Advocacy: Navigating Systems Without Losing Survivors	
<i>DOLPHIN (4th floor)</i>	3B) Fair Housing for Domestic Violence Advocates	
<i>OSPREY (2nd floor)</i>	3C) Centering Survivorship and Fostering Wellness Practices for Healing and Resilience	
5:00 - 6:00 PM	<p>FUN AT FIVE <i>sponsored by the Women of Color Task Force</i> <i>Kiwi's Kove (boardwalk level)</i></p>	



8:00 - 9:00 AM		REGISTRATION BREAKFAST	<i>Club Lounge (lobby level) Sandpiper Room (3rd floor)</i>
9:00 - 10:15 AM SWAN BALLROOM 3 rd floor	Recognition of DV Specialists: Courtney Winkler, Training & Outreach Coordinator, Delaware Coalition Against Domestic Violence Keynote: From Impact to SHIFT: Rewiring the Nervous System for Power, Choice & Community Change		
10:15 - 10:30 AM		BREAK	<i>Snacks available in Sandpiper Room (3rd floor)</i>
10:30 AM - 12:00 PM		WORKSHOP SESSION #4	
SANIBEL (4 th floor)	4A) Strength-Based Engagement: Practical, Trauma-Aware Tools for Advocates		
DOLPHIN (4 th floor)	4B) Collective Advocacy for Criminalized Survivors		
OSPREY (2 nd floor)	4C) The Advocate's SHIFT: From Survival to Sustainable Strength		
12:00 - 1:15 PM		LUNCH	<i>Swan Ballroom</i>
1:15 - 2:45 PM		WORKSHOP SESSION #5	
OSPREY (2 nd floor)	5A) Finding Yourself Within the Red Flag		
DOLPHIN (4 th floor)	5B) How Gun Safety Policy Prevents Domestic Violence		
SANIBEL (4 th floor)	5C) Trauma in Childhood: The Brain Architecture Game		
2:45 - 3:00 PM		Day Ends	<i>Safe travels!</i>

Continuing Education Approval

This course, DCADV's In-Person 25th Advocates' Training & Networking Event "Still Standing, Still Strong: 25 Years of Power and Progress on May 4 – 5, 2026; course # 2026050405, provided by Delaware Coalition Against Domestic Violence is approved for this continuing education event by the NASW-DE Continuing Education Approval Collaborative. CE Approval Collaborative Approval Period: April 15, 2026, through January 31, 2028. Delaware social workers will receive up to 9.5 CE credits for participating in this course.



KEYNOTE SESSIONS

Monday, May 4, 2026 | 9:30 AM - 10:15 AM
Swan Ballroom | 3rd floor

Still Standing. Still Strong. Still Showing Up.

What does it take to stay in victim advocacy for 15+ years- and still believe in the work? As we celebrate these years of power and progress, join us for a panel of seasoned advocates who are still here- still committed, still passionate, and still standing strong. In an honest and energizing conversation, panelists will share why victim advocacy matters now more than ever, how they've navigated secondary trauma, and the real-world strategies that have helped them build sustainable, impactful careers. This session offers reassurance, practical wisdom, and a hopeful reminder: while the work is hard, it is deeply valuable.

Panelists:



Barbara T. Benezet, DVS
Advocate, CHILD, Inc.'s
Domestic Violence
Advocacy Program



Nancy Castellanos
Program Director,
Abriendo Puertas at
People's Place



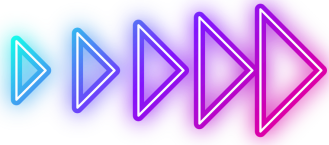
Diedra Harper
Associate Director of DV
Sheltering Services,
CHILD, Inc.



Jennifer Kutney-Soper
Victim Services
Specialist, Delaware
Department of Justice



Juan H. Rodriguez, DVS
Men's Group Facilitator,
Turning Point at
People's Place



KEYNOTE SESSIONS

Tuesday, May 5, 2026 | 9:30 AM - 10:15 AM
Swan Ballroom | 3rd floor

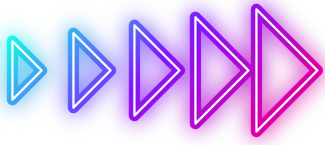
From Impact to SHIFT: Rewiring the Nervous System for Power, Choice & Community Change

Domestic violence does not only impact relationships — it imprints the nervous system. In this keynote, Tara Gush shares a brief personal story before guiding participants through an accessible understanding of how trauma reshapes the brain, body, and decision-making process. Through her SHIFT Framework, she explores how nervous system regulation restores choice, strengthens critical thinking, and rebuilds resilience — not only for survivors, but for the advocates who support them. Participants will gain trauma-informed insight into how survival responses influence behavior and how regulation creates space for safer decisions and sustainable healing. This session bridges lived experience, neuroscience, and community impact, inviting critical thinking and meaningful conversation about what it truly means to create and sustain safer, more inclusive communities across Delaware.

Presenter: Tara Gush



Tara Gush is a transformational coach, speaker, and founder of The Kollektive Shift. Her work bridges neuroscience and embodiment, guiding individuals to understand how the nervous system shapes every choice they make. After breaking cycles of generational trauma, addiction, and abuse in her own life, Tara discovered that survival patterns don't disappear with time — they repeat until awareness creates shift. Creator of the SHIFT Framework, Tara teaches self-awareness, healthy discernment, integration, functional boundaries, and trust as pathways to resilience. Through breathwork, nervous system education, and disciplined action, she empowers others to rewire familiar patterns and step into aligned leadership. Tara believes the world reflects our internal state and that sustainable transformation begins within the body. Her mission is to create collective shift — because when one nervous system learns safety, families change, and when families change, communities follow.



WORKSHOPS

SESSION 1

Monday, May 4, 2026 | 10:30 AM - 12:00 PM

1A) Caring for Children Who Have Experienced Traumatic Events

SANIBEL ROOM, 4th floor



P. Mindler

Presenter: Philinda Mindler, *Program Manager, Children & Families First*

Children who have experienced trauma often struggle with trust, emotional regulation, and behavioral challenges—making it essential for caregivers, educators, and professionals to understand their unique needs. This session will discuss trauma-informed strategies to create safe, supportive environments for healing. The session will also highlight the importance of self-care, providing tools to manage stress and prevent burnout. Join us to deepen your understanding and make a lasting difference in the lives of the children you support!

1B) Cultura and Compassion: Supporting Latino Survivors

DOLPHIN ROOM, 4th floor



F. Moreno

Presenters: Francisca Moreno, *DVS, Trainer* and Erin Muñoz, *Intern, Domestic Violence Coordinating Council*

This training aims to highlight the best practices and create awareness about how domestic violence specifically affects the Latino community. The Latino community is one of the fastest-growing groups in the United States, yet it is often misunderstood. Instead of solely focusing on the challenges they face, this training takes a strengths-based approach, celebrating the norms and practices that make up the Latino community. The presenters will provide real-life examples and recommendations to help attendees improve the experiences of Latino survivors.



E. Muñoz

1C) Healing Through Storytelling

OSPREY ROOM, 2nd floor



T. Thomas

Presenters: Tamara Thomas, LPC, *Founder, Transpire Wellness*; Shawkeya Johnson, *Founder, Tips & Toes, LLC*; Dawn Z. Moore, *Community School Specialist Prince George's County Public Schools*



D. Moore

“Healing through Storytelling” creates a safe, intimate space for individuals to share personal narratives, confront trauma, and embrace the strength of self-determination. This unique event includes panel discussions, open dialogue, and guided journaling exercises, allowing participants to reflect on their own journeys and explore new pathways to healing.



S. Johnson

SESSION 2

Monday, May 4, 2026 | 1:15 PM - 2:45 PM

2A) Making Friends & Breaking Down Silos: Practical tools for community collaboration

OSPREY ROOM, 2nd floor



S. Reaves

Presenter: Sonya Reaves, *Education Coordinator, Dr. Carol B. Berz Family Justice Center*

Too often, agencies get focused on solving community problems in isolation, leading to burnout and resource wastefulness from reinventing the wheel. This highly interactive session is designed for non-profit managers, government agency leaders, and community organizers looking to build meaningful cross-sector partnerships. Utilizing proven community building resources and tried and true methods, we will move beyond discussion and engage in facilitated networking and hands-on strategic planning. Participants will leave with a concrete, individualized outline for their next community event series, forge new professional friendships, and create a stronger, more efficient community-wide impact.

2B) Understanding Delaware's Fatal Incident Review Team

DOLPHIN ROOM, 4th floor



L. Cuevas

Presenter: Lauren Cuevas, *Judicial Secretary, Family Court of the State of Delaware* and Sara Paris, *Senior Administrator, Domestic Violence Coordinating Council*

This session introduces participants to Delaware's Fatal Incident Review Team (FIRT) and its critical role in addressing domestic violence fatalities. Participants will explore why fatality reviews matter, how Delaware's team works, what can be learned from Delaware's fatality & near-fatality data, and how it compares to national trends. The session will highlight key findings and patterns, equipping participants with a deeper understanding of how systemic review processes with a multidisciplinary approach can inform policy, improve services, and ultimately save lives.



S. Paris

2C) Culturally-Informed Care: Best Practices for Serving Survivors of Color

SANIBEL ROOM, 4th floor



L. Forney

Presenter: Leah M. Forney, *Founder/CEO, Purposely Faithfull, LLC*

Survivors of color often face unique cultural, historical, and systemic barriers when seeking support for domestic and sexual violence. This workshop explores culturally informed care as a critical framework for improving engagement, safety, and outcomes for survivors of color across domestic violence, sexual violence, dating violence, and stalking services. Participants will examine how standard intervention models can unintentionally exclude or harm marginalized survivors and learn practical strategies for adapting advocacy, safety planning, and collaboration to better reflect cultural context. This session emphasizes relationship-centered practice, cross-system collaboration, and actionable shifts that advocates and service providers can implement immediately to strengthen culturally responsive survivor support.



Scan this QR code to learn more about the presenters or visit www.dcadv.org/retreat.

SESSION 3

Monday, May 4, 2026 | 3:00 PM - 4:30 PM

3A) Cultural Humility in Advocacy: Navigating Systems Without Losing Survivors

SANIBEL ROOM, 4th floor



B. Coco

Presenters: Bailey Coco, *PFA Compliance Coordinator* and Tamara Wilson, JD, *Protection from Abuse (PFA) Child-Related Relief Facilitator, Family Court of the State of Delaware*

Advocates often support survivors while navigating complex, under-resourced, and inequitable systems. This interactive workshop explores how cultural humility and trauma-informed practice can strengthen survivor-centered advocacy when working across courts, legal systems, and community partners. Using real-world scenarios, participants will examine power, bias, and access barriers that disproportionately impact marginalized survivors. Attendees will leave with practical tools to support survivor autonomy, strengthen cross-system collaboration, and sustain equity-driven advocacy, all while continuing to stand strong in the face of evolving challenges.



T. Wilson

3B) Fair Housing for Domestic Violence Advocates

DOLPHIN ROOM, 4th floor

Presenters: Nick Beard, Esq., *Staff Attorney* and David Zisser, Esq., *Staff Attorney, Community Legal Aid Society, Inc.*

Too often, agencies get focused on solving community problems in isolation, leading to burnout and resource wastefulness from reinventing the wheel. This highly interactive session is designed for non-profit managers, government agency leaders, and community organizers looking to build meaningful cross-sector partnerships. Utilizing proven community building resources and tried and true methods, we will move beyond discussion and engage in facilitated networking and hands-on strategic planning. Participants will leave with a concrete, individualized outline for their next community event series, forge new professional friendships, and create a stronger, more efficient community-wide impact.

3C) Centering Survivorship and Fostering Wellness Practices for Healing and Resilience

OSPREY ROOM, 2nd floor



P. Jacobs

Presenter: Pamela Jacobs, *CEO, National Resource Center on Domestic Violence*

Each of us experiences harm in this life and has inherited the harm of those who came before us. This harm shapes the way we see and move through our world and brings great strengths and lessons to inform our way forward. We speak of resilience as a human capacity to navigate this harm, but rarely as an opportunity to create wellness as a pathway to healing. This session invites participants to reflect on what they carry from their experiences and how these stories shape their work. Participants will identify strengths rooted in survivorship, practice wellness tools that foster resilience, and build capacity to challenge harmful norms in ways that support healing and resilience for themselves, their organizations, and their communities.

SESSION 4

Tuesday, May 5, 2026 | 10:30 AM - 12:00 PM

4A) Strength-Based Engagement: Practical, Trauma-Aware Tools for Advocates

SANIBEL ROOM, 4th floor



R. Harris

Presenters: Rona Harris, *Founder and Executive Wellness Director*, and VerRona Harris, *Facilitator, LoveEtcetera: Wellness, Wisdom and Wealth, LLC*

Strength-Based Engagement equips advocates and helping professionals with practical, trauma-aware tools to build trust, reduce conflict, and strengthen communication with individuals experiencing stress or instability. This interactive workshop introduces simple, effective strategies for engaging clients, youth, parents, and community members using emotional regulation, reflective communication, and accessible activities—including the Build-A-Burger Emotional Expression Tool. Designed with adult learning best practices, the workshop uses a teach-back model that encourages participants to practice and demonstrate key concepts. Through guided discussion, small-group activities, and peer learning, participants will apply strategies to real-world scenarios and explore how to adapt them across diverse cultures, developmental stages, and service settings. Attendees will also learn practical ways to de-escalate challenging moments and foster safer, more supportive interactions. Participants will leave confident and prepared to immediately apply these tools in their work.



V. Harris

4B) Collective Advocacy for Criminalized Survivors

DOLPHIN ROOM, 4th floor

Presenter: Cindene Pezell, Esq., *Director of the National Defense Center for Criminalized Survivors at the Battered Women's Justice Project*

Victims who have been arrested in the context of surviving abuse need advocacy that aligns with their legal rights and options. This session will explore the importance of partnering with the criminal defense community in service of criminalized survivors. Participants will discuss some of the widely-held misconceptions that advocates and defense attorneys hold about one another, and learn strategies for identifying and dismantling the barriers that jeopardize impactful work on behalf of criminalized survivors.

4C) The Advocate's SHIFT: From Survival to Sustainable Strength

OSPREY ROOM, 2nd floor



T. Gush

Presenter: Tara Gush, *Breathwork and Transformation Coach, Collective Shift*

Building on the keynote, this interactive workshop invites advocates to explore the deeper impact of trauma on the nervous system — not only for survivors, but within themselves. Participants will learn to recognize the signs of hypervigilance and hypovigilance that often accompany high-stress advocacy work and discover how these states influence perception, communication, and decision-making. Through guided breathwork and practical nervous system education, attendees will experience simple regulation tools that restore clarity and resilience in real time. Using the SHIFT Framework and a guided SOULSCAPE reflection process, participants will examine five key areas of their lives to identify where stress, depletion, or misalignment may be affecting their capacity. This session creates space for critical thinking, embodied awareness, and meaningful conversation about what it takes to sustain strength — individually and collectively — while continuing to build safer, more inclusive communities across Delaware.

SESSION 5

Tuesday, May 5, 2026 | 1:15 PM - 2:45 PM

5A) Finding Yourself Within the Red Flag

OSPREY ROOM, 2nd floor

Presenter: Nina Morales-Perez, PhD, CA, *Sexual Assault Therapist, ContactLifeline*

Red flags are known as a warning, and in friend groups, calling someone a red flag is not a nice phrase. Learning how to find yourself within the red flag is empowering for you and for the people we serve. This workshop will allow you to notice the red flags we ignore, as well as recognize ourselves within the red flags.

5B) How Gun Safety Policy Prevents Domestic Violence

DOLPHIN ROOM, 4th floor



T. Murphy

Presenter: Traci Murphy, *Executive Director, Coalition for a Safer Delaware*

How does Permit to Purchase impact domestic violence? How can Lethal Violence Protective Orders prevent domestic violence? Firearms regulations play a critical and lifesaving role in DV. The presenter will offer data and evidence that outlines how Permit to Purchase and LVPO - two broadly different policies - work together in Delaware's violence prevention landscape and how they couple with other integral policies to shape safety outcomes.

5C) Trauma in Childhood: The Brain Architecture Game

SANIBEL ROOM, 4th floor



A. Carcirieri

Presenters: Ava Carcirieri, PhD, *Sexual Violence Prevention Coordinator* and Amber Twyne, *Sexual Violence Program Specialist, Delaware Alliance Against Sexual Violence*

In this 90-minute tabletop game created by developmental psychologists in 2009, participants will have hands-on experience learning about the early brain as it develops. The game will enhance audience's understanding of how trauma can derail brain development and the facilitator will discuss how these experiences can shape our adulthood as well as childhood. The Brain Architecture Game is a powerful tool for understanding the importance of relationships in brain development, and a great opportunity for interaction, group work, and creativity.



A. Twyne

Join the Women of Color Task Force for



FUN AT FIVE

MONDAY, MAY 4 @ 5 PM
KIWI'S KOVE

MUSIC SNACKS CASH BAR NETWORKING



DCADV's Upcoming Events

- June 3-4, 2026: DV101
- June 10, 2026: Webinar with Sean's House
- June 23, 2026: Webinar: VAWA Confidentiality: Protecting Survivor Privacy, Safety, and Choice
- July 21, 2026: Webinar (provider-focused): Looking at the Whole Picture: Domestic Violence, Mental Health, and Pathways to Help
- July 28, 2026: Webinar (general public): Looking at the Whole Picture: Domestic Violence, Mental Health, and Where to Turn
- October 8, 2026: Purple Ribbon Event
- December 9, 2026: DCADV's Annual Meeting

Visit www.dcadv.org/events for more info!



A VOICE FOR TODAY & FUTURE GENERATIONS

About Us

What Is Your Voice, Inc. (WIYV) is a nonprofit organization dedicated to empower survivors through evidence-based, survivor-centered services that foster long-term healing, stability, and self-sufficiency.

Our Mission

We empower and support survivors of domestic violence, human trafficking, and related crises by providing skilled Peer Support Advocacy, holistic care, and pathways to long-term independence. Through a structured and therapeutic model, we guide individuals and families toward healing, self-sufficiency, and community reintegration.

Our Focus Areas

- Housing
- Job Training
- Mental Health
- Education
- Addiction Recovery
- Advocacy



Case Management

Survivors receive guidance, lived-experience support, and the tools to rebuild their lives.



Trauma Informed Counseling

Compassionate counseling creates a safe space for healing and resilience.



Life Skills

Practical workshops help survivors build confidence and prepare for independence.



Advocacy & Justice

Guiding survivors through legal systems with support, dignity, and strength.



Employment Support

We connect survivors with job resources, training, and opportunities to achieve financial independence.



Housing

Safe emergency and transitional housing offers survivors stability as they rebuild their lives.

Call us for more info



+302-467-3310

EIN - 47-2276605

whatisyourvoice.org

helpline@whatisyourvoice.org



Need to chill out for a few? Head to the Quiet Room in the Crane Room on the 4th floor!

Are you interested in becoming certified as a Delaware Domestic Violence Specialist?

If you provide domestic violence direct services or work for a domestic violence prevention program, you are likely eligible!

Visit www.dcadv.org/DVS to download the Application Guide and learn more!



Save the Date!

Purple Ribbon

Oct. 8, 2026



Delaware is the traditional and current homeland of the Lenape and Nanticoke People who have lived in this region for thousands of years.

Lenape, whose name means “the People,” are “the first people of the first state.” The Lenape hold nature as sacred, and they are committed protectors of the environment.

The name Nanticoke means “people of the tidewaters.” The Nanticoke are proud of their ancestors, culture, and their tribal community today.

DCADV engages in this land acknowledgement to note both the historical and current strength of the Lenape and Nanticoke People, to advance equity, and to highlight the importance of working in collaboration with our Tribal partners to end and prevent domestic violence.



Scan to learn more about the Lenape People.



Scan to learn more about the Nanticoke People.

DCADV is grateful for the opportunity to partner with and support Delaware’s tribal communities.

DCADV is committed to **engaging in action** that builds our relationship, offering support, and sustaining our commitment to our Tribal communities.

DCADV has and will continue to **advocate for state funding** to support the work of the Lenape and Nanticoke People.

DCADV will continue to **partner with** the Nanticoke Indian Association to provide training on domestic violence.

DCADV has provided **financial support** to help in their efforts to expand their website to include community resources.

Founded in 1994, the Delaware Coalition Against Domestic Violence (DCADV) is Delaware’s federally recognized state domestic violence coalition. The staff, board, members, and volunteers of DCADV work with our member organizations and allies to support the empowerment of victims of domestic violence and their children through access to services and legal remedies. DCADV also seeks to change the societal conditions that support sexism, racism, homophobia, and other oppressions and which contribute to the continued presence of domestic and sexual violence in intimate relationships.

The Delaware Coalition Against Domestic Violence envisions a First State where safe, healthy, equitable relationships, families and communities thrive.

WE ASKED, "WHAT ENCOURAGING WORDS DO YOU HAVE FOR YOUR FELLOW ADVOCATES/SERVICE PROVIDERS?"

A setback is only a set up for a comeback!

YOU matter. -Demetrius Harmon

Our multidisciplinary team of colleagues provides mentorship, perspective, and strength for the hard work we do every day with victims and survivors. Rely on your professional network!

"SELF-LOVE IS THE GREATEST MIDDLE FINGER OF ALL TIME."

The work we do isn't easy, but it is deeply meaningful. Touching even one person makes all the difference. Even when we don't see it, we are changing lives.

Alguien te está mirando con orgullo mientras cumples tus sueños. Es una niña pequeña, tiene tus ojos y tu pelo.

**Rest is a strategy.
Rest is resistance.
and Rest is Activism.**

Being an advocate has shaped me in a positive way by helping me see the change and light I can bring to someone's situation no matter how big or small. Be the change you want to see.

"Be brave enough to be bad at something new." Jon Acuff

When we meet people where they are, we offer them dignity, not judgment—and that's where transformation begins.

You're doing work that creates quiet, invisible impact every single day. Even when it doesn't feel like it—you are making a difference.

They may not always follow your guidance, but survivors appreciate you more than you will ever know. Simply being there encourages them to realize it is possible to be free of Domestic Violence.

"You can do something every day, as long as you know it is not every day for the rest of your life."



Don't forget to take care of yourself while doing the work.

"The arc of the moral universe is long, but it bends toward justice" -Dr. Martin Luther King Jr. Doing this work will inadvertently help you recognize and take steps towards improving any unequal, unhealthy or disrespectful relationship behaviors and patterns in your own life and recognizing the importance of self care and personal growth. This work will shape how you parent and helping your kids understand what things like respect and boundaries look like and also how to be a courageous bystander.

Just remember to give yourself space to recharge. For me that often meant leaving my workspace to sneak outside for a few minutes. (There is so much power in the phrase "I'll be right back.")

"Alone we can do so little; together we can do so much." – Helen Keller.

Give yourself the grace and patience you give to your clients. We are often our harshest critics.



Live a full life. Your job is only a portion of who you are - you need a full life to inoculate yourself against burnout and compassion fatigue. Do things you enjoy every single day and plan things to look forward to!

THERE'S NOTHING BETTER THAN THE SIGHT OF SOMEONE REALIZING THEY'VE BEEN SEEN AND HEARD.

Remember This: You are allowed to choose peace without explanation. You can move slowly You can breathe deeply You can honor what YOU need Nothing about your worth is tied to how much you do or how much you endure. Your value is in who you are.

Take care of yourself and preserve your mental health

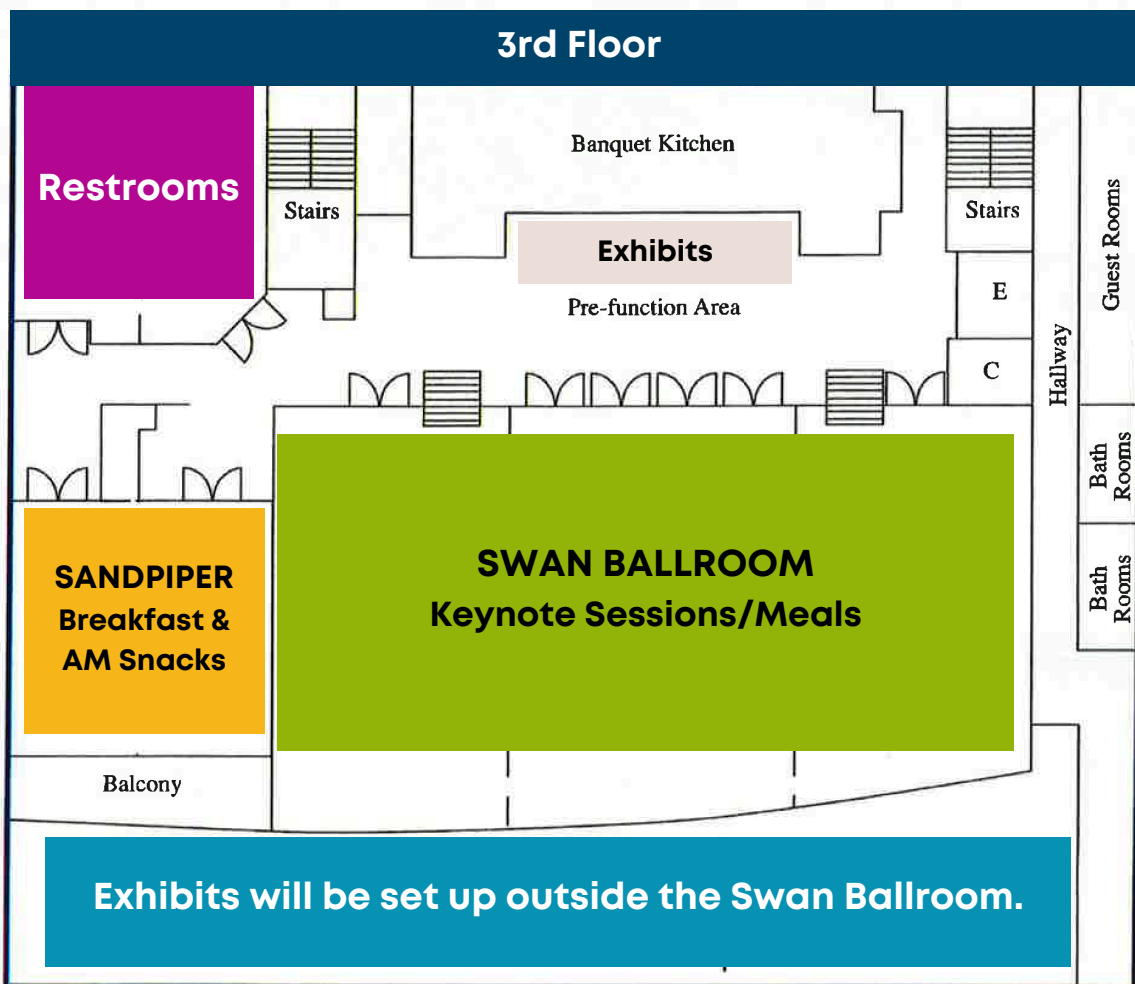


"People believe in what they believe in, in order to survive" Secondary trauma is something that workers in our field sometimes have to take on in order to better assist people, we have to learn to observe and not absorb.

The ripples of the care you provide extend way beyond the circles you work in

There is absolutely no excuse for abuse.

Over the last 25 years I've learned how validation is such a small step in advocating and helping a client. That's just the beginning and if you stop there you will keep your client stuck, tied just to the connection and some ruminate there for years in their abuse and injustices even through therapy and with advocates. They can stay stagnant as they flip back through the pages of their life story reading over and over and never being brave enough to flip the page and write something new. Challenge yourself to dive into learning all your community resources. Learn to go beyond the validation and seek to help your client write a new story and establish the supports and tools they need to create a safe and thriving life that they've always been deserving of. It takes grit and tenacity to fight through awkward and uncomfortable vulnerabilities. But, on the other side there is never regret. When you see the rising and blooming of success and joy your clients. But most importantly they must choose this you can only encourage and present all options but you cannot convince or "do for" clients or it'll brew resentment and further the clients loss of control of their life.



**The FUN AT FIVE EVENT will be held in Kiwi's Kove on the Boardwalk level.
 REGISTRATION and INFORMATION are located in the Club Lounge behind
 the Lobby.**