

ASK for Help – We Got Your Back!

Women Against Abusive Relationships (WAAR) After Shelter Kare (ASK)



What is ASK?

ASK is a project that will assist participants with getting their lives back on track after experiencing an abusive relationship by addressing some **Social Determinants of Health (SDOH)**, which are "... the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks." *

Social Determinants of Health (SDOH)

Economic Stability

- Reduce the proportion of persons living in poverty
- Increase employment among the working-age population
- Reduce the proportion of families that spend more than 30% of their income on housing

Neighborhood and Built Environment

- General – Increase the proportion of adults with broadband access to the Internet
- Physical Activity – Increase the proportion of adults who walk or use bicycles to get to and from places
- Transportation – Increase trips to work made by mass transit

Why is ASK needed?

- **ASK** helps domestic violence victims and survivors get their lives back on track after leaving the shelter.
- **ASK** supports domestic violence victims and survivors in avoiding a return to abusive relationships and in recognizing and avoiding future unhealthy relationships.
- **ASK** provides peer group sessions.
- **ASK** offers support to mothers experiencing postpartum depression.
- **ASK** promotes self-awareness, self-acceptance, self-love, and self-sufficiency.
- **ASK** provides education on the key elements that define a healthy relationship.

What will ASK do?

Health and Wellness

- Fitness Memberships
- Physical Fit Assessment
- Wellness Assessment
- Nutrition Counseling
- In-person and virtual fun workout activities

Job Training/Entrepreneurship

- Microsoft 365
- Tablet
- Internet Service
- Referrals to Job Readiness Programs
- Entrepreneurship Resources

Healthy Family Lifestyles

- Adult, Child, and Infant CPR
- Family Field Trips (encourages family bonding)
- Retreat for participants that complete the program

Parents "R" Protectors**

- Nurturing and attachment
- Knowledge of parenting for child and youth development
- Parental Resilience
- Social connections
- Concrete supports for parents
- Social and emotional competence of children

Online and Virtual Private Support Group

Healing Space for WAARiors

- Healing Talks with Peers and Professionals on Various Topics
- Multiple Groups Based on Age and Culture
- Emergency Basic Need Funds
- Online Courses – Relationships (Unhealthy & Healthy)
- Financial Empowerment through Huntington Bank and other Professionals

info@waarheals.me • 412-818-3225 • www.waarheals.me

* Source: Social Determinants of Health - Healthy People 2030 | health.gov.

** Source: <https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/>.

Let the Healing Begin!