

# ZONTA CLUB OF SANTA CLARITA VALLEY



Member of Zonta International  
Advancing the Status of Women Worldwide

## Program Events Report

### 'ZONTA SAYS NO" - 16 Days of Activism Worldwide Project

- Girls Robotics - Science, Technology, Engineering, Math (STEM)
- Domestic Violence Advocacy Program (DVCAP)
- *Lifeforward* Workshop Series for Women

Presented by Phyllis Walker, Foundation Trustee  
February 10, 2014

\*Advocacy \*Service \* Awareness

[www.scvzonta.org](http://www.scvzonta.org)

# “ZONTA SAYS NO” to Violence Against Women & Girls Project

November 25 – December 10, 2013

- Zonta Clubs in 67 countries represented one voice to “Say No” to violence against women and girls during these *16 days of Activism*.
- The Zonta Club of SCV, in partnership with the SCV Domestic Violence Center, displayed a “Mountain of Shoes” in the Valencia Town Center Mall; each pair had a tag attached with the age and name or initials of a victim of domestic violence – red shoes represented those who lost their lives. Information was provided to raise awareness of domestic violence in the SCV.



“Mountain of Shoes” Display



**16 Days of Activism** Proclamation  
Presented by City Council to Zonta Club  
of SCV 11-26-13

# GIRLS ROBOTICS PROGRAM

Science, Technology, Engineering , Math (STEM)

## Beginning (Feeder) Team

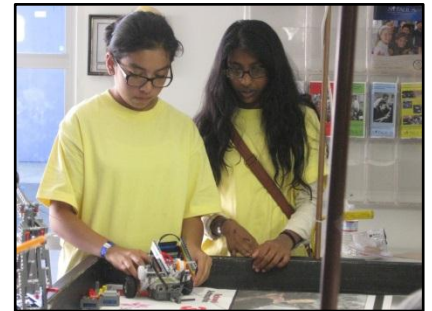
- Girls in the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grades are accepted in the Girls Robotic Program at the Boys & Girls Club in Newhall to begin learning how to design, build, program and operate their Lego robots.
- When they articulate into the Junior High program, they will have STEM skills to become part of the competitive team.



# Girls Robotics Competition - 2013

## Junior High (Competition) Team

- A team of girls at Placerita Junior High in Newhall competed in Lego League Competition in Orange, CA in November, 2013.
- The team didn't place, however, they enjoyed the event and will continue in the Girls Robotics program in January.



# DOMESTIC VIOLENCE COURT ADVOCACY PROGRAM (DVCAP)

- The DVCAP assists Domestic Violence victims gain confidence and be successful in removing themselves from violence. Seventeen Certified Court Advocates have completed the state mandated 40 hour Domestic Violence training plus Neighborhood Legal Services training. Three Advocates completed training in July, 2013.
- Advocates assist clients who are in crisis mode to complete extensive Restraining Order forms on-line in a safe and friendly atmosphere; after review by an attorney, the client can file the documents with the court clerk, usually the same day. Clients are counseled about what to expect and what is expected of them when they go to court. i.e., their demeanor, attire and how to address the judge.
- New and continuing clients receive services from Court Advocates to prepare Temporary Restraining Orders and Restraining Orders and other legal assistance at three-hour Clinics available twice per week.

# *Life*forward Workshop Development



*Life*forward  
Believe, Build, Be.

EMPOWERMENT

&

SELF-SUFFICIENCY

## **Free Workshop Series for Women**

Content for the coming year's workshop series is formulated at a yearly June Brainstorming Meeting with our partners:

- Single Mother's Outreach
- Domestic Violence Center
- Habitat for Humanity SF/SCV Returning Women Veterans
- LA County Department of Child & Family Services serving Foster Moms.

Surveys and recommendations from previous attendees are considered to develop timely and meaningful topics.

# *Lifeforward* Workshops Marketing

## E-Mail Lists

- Partners
- Non-Profit Organizations, Therapists, etc. — “Please post the attached *Lifeforward* workshop flyer. Advise anyone who might be interest and could benefit from this informative and timely workshop.”
- Past Speakers
- Past Attendees from June 2011 – Present: “You are invited to attend the upcoming *Lifeforward* workshop on November 16, 2013 – 10 am – 12:30 pm.” Bring neighbors and friends who would like to attend

## Hand Deliver for Posting

Libraries, Churches, etc.

## Available for Pick-up at Events

Expos, Meetings, etc.

## Pilot Project

Social Media *Meet-Up*– 3 month trial (started 12-21-13)

# E-MAIL CONTENT

(Current Flyer & Workshop Schedule Attached)



*A Free Workshop Series for Women*

## **AVOID HOLIDAY STRESS**

SAVIA COMMUNITY CENTER  
23780 Newhall Avenue, Newhall, CA

Saturday, November 16, **2013**  
10:00 a.m.-12:30 p.m.



Lifeforward workshops are sponsored by Zonta Club of Santa Clarita Valley in collaboration with Single Mother's Outreach, Domestic Violence Center, Habitat for Humanity SF/SCV Returning Women Veterans and LA County Department of Child & Family Services serving Foster Moms.

**ALL WELCOME!!**

*See the attached flyer for additional information*



# E-mail Response

**From:** Aldo Marin [mailto:marina@dcfs.lacounty.gov]

**Sent:** Saturday, November 02, 2013 2:51 PM

**To:** 'walkerp@socal.rr.com'

**Cc:** Vega, Michelle; 'Backstrom-Hunter, Tamara'; Wayman, Rosalind; Jamie Cantor

**Subject:**

Zonta *Lifeforward* Workshop - "Avoid Holiday Stress - Learn Techniques to Relax & Enjoy the Holidays!" Saturday, Nov. 16th

Thank you Ms. Walker.

We have posted the flyer on our intranet and on our DCFS website to promote the workshop on avoiding holiday stress.

Aldo Marin

DCFS Office of Board Relations

425 Shatto Place

Los Angeles, CA 90020

# Free Workshop Series for Women - 2013

## **Jul 20<sup>th</sup> - Continue My Education – Why? Why Not?**

Deborah Rio, Dean, Enrollment Services- COC; Renard Thomas, Director of Adult Reentry & Veterans Center- COC; Cheryl Wasserman- Golden Oaks Adult School; Cherise Moore, Ph.D., Sr. Researcher, CALPRO/ Member Golden Oak Adult School Advisory Committee

## **Aug 17<sup>th</sup> - Life Balance and Goal Setting** - Peggy Edwards,

Principal of Ellis/Edwards and Karen Maleck-Whiteley, Certified Hypnotherapist &-Owner of Balance Point Spa

**Sep 21<sup>st</sup> - Anger Management - *A moment to exhale!*** - Dr. Patricia Patton, Therapist & Specialist in Anger Management.

**Oct 19<sup>th</sup> - Increase Self Esteem & Feel Good!** - Shana Williams, Life Coach – Facilitator, interactive shared experiences

**Nov 16<sup>th</sup> - Avoid Holiday Stress – *Relax & enjoy the holidays!*** – Dr. Marilyn Ruman, Therapist & Specialist in Stress Management; Yoga Instructor, Rebecca Ryan of Yoga Yoga in Newhall  
**December – Dark**

# Free Workshop Series for Women - 2014

## **Jan 18<sup>th</sup> - Learn to Network, Write a Resume, Interview -**

Panel Presentation facilitated by Phyllis Walker, Adjunct Prof., Univ. of Redlands: Speakers - Wendy Amara - Transformational Life Coach, Anthony Michaelides - Director COC Career Center; Jo Ann Rodriguez, Retired Aerospace HR Manager

## **Feb 15<sup>th</sup> - Understanding & Filing Taxes**

Laura Peckham - CPA,  
Soren McAdam Christenson LLP

## **Mar 15<sup>th</sup> - Your Health & Well-Being! *Eat Right & Exercise* –**

Registered Dieticians & Nutritionists, McKenzie Hall & Nina Gasow; “Dance to the Music” - Certified Jazzercise Instructor, Shauna Parnell Smith

## **Apr 26<sup>th</sup> - Women’s Health Issues – *Take Care of Yourself!* –**

Robin Bernhoft, MD – Women’s Issues ; Dr. Jeffrey Shapiro (Natureopathic)- Importance of Sleep; Dr. Roger Desa (Certified Chiropractic Wellness Practitioner) Stress-related health problems and benefits of massage therapy & demonstration

## **May 17<sup>th</sup> - Divorce and Family Law Issues? - Steven Chroman, Esq.**

## **Jun 21<sup>st</sup> - Sources of Child Support - *Obtain Answers to Your questions!* - Steven Chroman, Esq.**

# Popular Workshops

## Anger Management – A Time to Exhale!

Dr. Patricia Patton, Therapist & Anger Management Specialist Newhall, CA, talks to the audience about recognizing anger “triggers”, what to do and how to avoid them – personally and in others!



## Your Health & Well Being - Eat Right & Exercise!

- Registered Dieticians & Nutritionists, McKenzie Hall & Nina Glasow, prepare a meal.
- Shauna Parnell Smith, Certified Jazzercise Instructor, leads “Dance to the Music”



# ZONTA CLUB OF SANTA CLARITA VALLEY SAYS

## THANK YOU

Los Angeles County Commission for Women for the \$1,500 donation for our program activities/events:

- Girl's Robotics Program - \$450
- Domestic Violence Court Advocacy Program - \$450
- *Lifeforward* Workshop Series for Women - \$600