



# Phoenix

New York Asian Women's Center

Admin: 212-732-0054 Hotline: 1-888-888-7702 Website: [www.nyawc.org](http://www.nyawc.org)

September 2012

## HAPPY 30TH ANNIVERSARY, NYAWC!

Thanks to you, NYAWC has grown from a graduate school student project to become the largest pan-Asian domestic violence organization in the nation today. Survivors deserve more than the abuse they've endured. We are very grateful to you for supporting our efforts to instill hope, confidence and harmony in their lives.

Please join NYAWC on October 18<sup>th</sup>, 2012 as we celebrate 30 years of empowering women and children to live free of violence. Our joyous 30<sup>th</sup> anniversary Benefit gala will be held at the beautiful Edison Ballroom.

Tickets: \$250. To purchase tickets, please visit <http://bit.ly/NYAWCGala>

For more information, please contact Vicki Shu at [vicki@vsplanningllc.com](mailto:vicki@vsplanningllc.com) or (646) 502-5337.

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\* As of 9/14/12

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**NYAWC**  
New York Asian Women's Center

**30TH ANNIVERSARY**

**PHOENIX AWARDS GALA**  
Auction, Cocktails, Dinner

THURSDAY 10.18.2012  
EDISON BALLROOM  
6:30 - 9:00 PM  
TICKETS: \$250

Phoenix Sponsor: Ong Family Foundation

Tickets can be purchased at [www.nycharities.org](http://www.nycharities.org), keyword: NYAWC

For Sponsorship Opportunities, Contact Vicki Shu at [info@vsplanningllc.com](mailto:info@vsplanningllc.com)

240 WEST 47TH STREET NEW YORK, NY 10036

## WE GROW WITH YOUR SUPPORT

### Thank you to:

Hedge Funds Care, the Korean American Community Foundation, the Rocking Moon Foundation, TJX Foundation, the Fifth Avenue Presbyterian Church, and all of our recent donors for their generous support.

### Special thanks also go to:

The New York City Council's Domestic Violence Empowerment Initiative, Manhattan Borough President Scott Stringer and City Council Members Margaret Chin, Leroy Comrie, Daniel Dromm and Peter Koo for securing discretionary funds for NYAWC programs.

## TEAM NYAWC TAKES ON CHALLENGE OF ING NEW YORK CITY MARATHON THIS FALL

**Wanda Cole-Frieman** is running in the 2012 ING NYC Marathon on behalf of NYAWC. She and more than a dozen other Team NYAWC runners are also raising money to help provide better services for domestic violence survivors and their children. Cole-Frieman runs in hopes of **“changing the world, one good act at a time.”**

“I believe in giving back to our world and to our people,” she says. “I am honored to help NYAWC.” And NYAWC is honored to have you run on our behalf, Wanda!

Support Team NYAWC runners who run on behalf of the brave women and children we serve!

Send donations via mail or visit:  
<http://www.nyawc.org/events/ingmarathon>



## DAT GRADUATION HOSTED BY MOCA



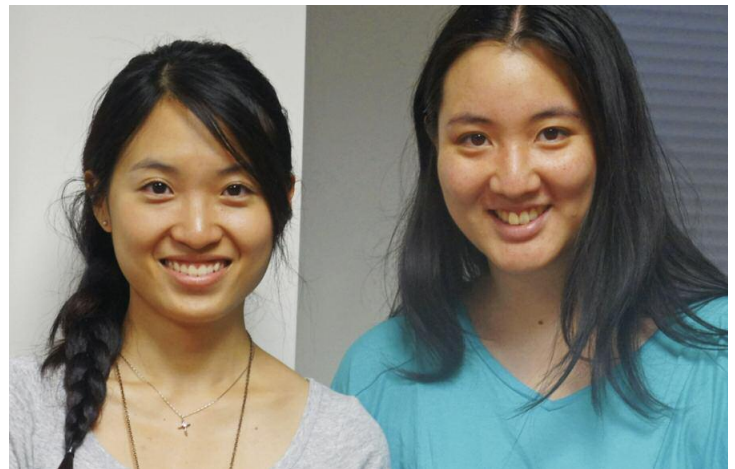
On June 30th, at the **Museum of Chinese in America** (MoCA,) thirteen students graduated from NYAWC's DAT (Drawing and Truth) mentoring program. DAT promotes creativity and self-reflection using digital art.

“We want to expose our kids to different things. Through the process, they not only learn different skills but gradually build up their self-esteem, which prepares them for future challenges,” said Jennifer Chen, Children's Program Manager. Moms, siblings and NYAWC celebrate the DAT students' accomplishments.



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## NYAWC'S CHILDREN'S PROGRAM STAFF: JENNIFER CHEN & JEAN TANG



Jean Tang (left) and Jennifer Chen (right), both art therapists, spearhead NYAWC's Children's Program.

**Q: How many languages do you know?**

**A:** English, Chinese...and body language! It's the only way to be able to serve families speaking over 10 other languages and dialects.

**Q: Who's the tougher art critic?**

**A:** Jean has higher standards when it comes to art. She's been known to gently encourage students to try again.

**NYAWC's Children's Program helps children, heal from the trauma of family violence, break the cycle of violence and see a brighter future.**

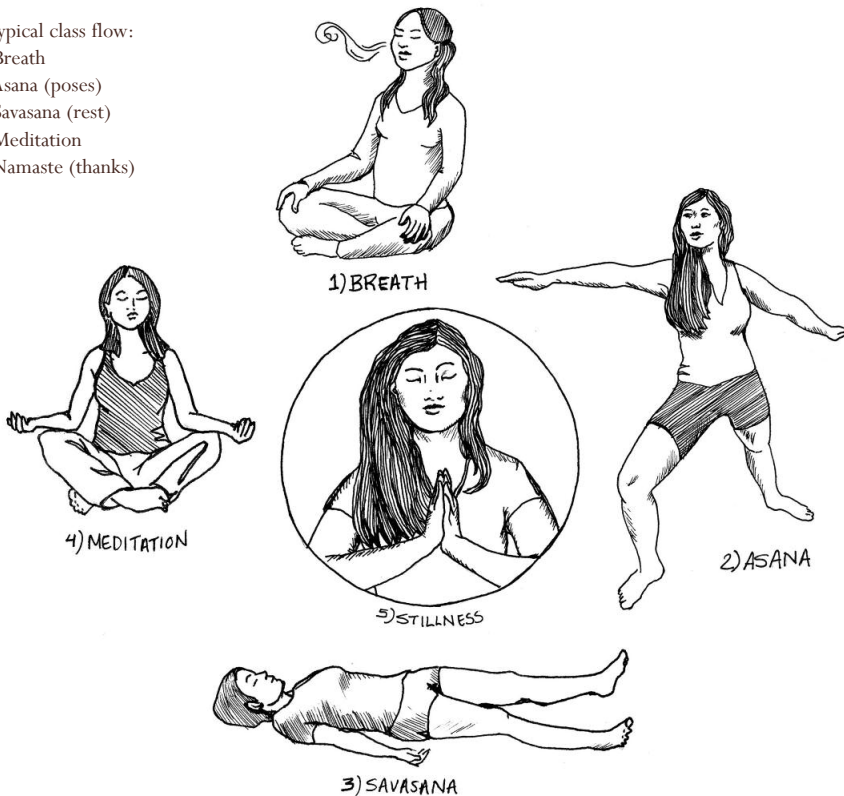


## OM... ASIAN WOMEN EMPOWERMENT (AWE) PROGRAM OFFERS TRAUMA SENSITIVE YOGA

Trauma-sensitive yoga is a highlight of the Saturday AWE program. Jana Lavin, an experienced, certified yoga instructor, runs every class under **trauma sensitive yoga principles**, like using invitational language such as, “as you are ready,” or “if you like.”

A typical class flow:

1. Breath
2. Asana (poses)
3. Savasana (rest)
4. Meditation
5. Namaste (thanks)



One favorite pose among the women is tree pose. **“When you stand in tree pose, it can feel very empowering.”** Lavin shared an instance where one of the women attempted tree pose and fell, noticeably struggling and upset. She mustered her strength and got back up, smiling. Indeed, through the trauma sensitive yoga classes and other strength and wellness services, **AWE empowers survivors one tree pose at a time.**

### The Rewards of Volunteering at NYAWC

What do Leo Pyzynski Jr. and Sachiko Eguchi have in common? Both share a strong desire to empower women and children survivors of domestic violence and human trafficking. They bring this passion to their volunteer work at NYAWC.

As volunteers, Leo and Sachiko see the direct impact of their efforts. Leo volunteers with the Children’s Residential Program while Sachiko educates New Yorkers on the prevalence of human trafficking in the city through Project Free. “Volunteering provides first hand exposure to issues you might read about, see things from ‘the other side,’ and get outside of your comfort zone,” says Leo.

#### What are you waiting for?

Join our **100+** volunteer team to enrich the lives of women and children survivors!

Please contact Nicole Kubon at [nkubon@nyawc.org](mailto:nkubon@nyawc.org) or 212-732-0054 ext. 127.

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**What is the significance of the phoenix?**

The phoenix is a mythological bird reborn from fire and ashes. The New York Asian Women's Center chose the phoenix as its logo to symbolize the strength of the women who have overcome domestic violence.

☐ **Yes!** I want to help women and children live a life free of abuse.  
Please add me to the **NYAWC** mailing list.



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## Support NYAWC!

### Volunteer!

Join our dedicated group of volunteers to enrich the lives of women and children. For more info visit [www.nyawc.org](http://www.nyawc.org).

### Donate!

Checks payable to NYAWC  
can be mailed to:

**NYAWC**  
**32 Broadway, 10th Floor**  
**New York, NY 10004**

**Attn: Development  
Manager**

**Or donate online at  
[www.nyawc.org](http://www.nyawc.org)**

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*Your contributions will help provide  
emergency shelter, counseling,  
advocacy, and other crucial services to  
abused women and their children.*