The Women’s Safe House has already helped 196 women and children who were escaping violence in 2019. July was a busy month around the shelter with fun activities for the families. We were grateful to have Santa’s Helpers come to the shelter and give presents to the women and children. We also had a family paint night where an instructor volunteered her time to teach the families how to paint a beautiful picture.

Now that we are in August, we are gearing up for the school year, we need your help getting items for the children that are heading back to school. You can see what is needed on our Amazon Wish list. We are looking for uniforms for all sizes. They can be gently used, as long as there are no stains or rips.

We are also in need of new pillows for the shelter. Every woman and child that enters gets a new pillow that they take with them when they leave. Last year around this time you all helped us get enough pillows to last through the year. If you can help again please email Burgandy at bfitzhenry@twsh.org

Adverse Childhood Experiences

Research has shown that children that have Adverse Childhood Experiences (ACEs) Can Be Prevented. While ACEs can be very damaging to children, we all can play a huge role...
Experiences (ACEs), have a higher likelihood of developing chronic disease later on in life.

The TED Talk by Dr. Nadine Burke Harris, explains the impact that ACEs can have on a child's future.

Watch Here.

To understand more about ACEs you can take the quiz here.

More Resources to Understand ACEs: Ace Response CDC Aces Connection Aces Too High

The CDC outlines the following tips for preventing ACEs:
- Strengthen economic support to families
- Change social norms to support parents and positive parenting
- Provide quality care and education early in life
- Enhance parenting skills to promote healthy child development
- Intervene to lessen harm and prevent future risk

The CDC has a great video that explains how we all can come together as a community to help children that maybe affected by an adverse childhood experience.

Watch Here.

Volunteer

We are looking for volunteers for our Golf Tournament.

This is a fun way to get involved with many opportunities throughout the day. You can sign up online by clicking here.

Contact Burgandy at bfitzhenry@twsh.org or 314.772.4535

Ways to Donate

Our Wish List

Our current list of needed items are:
- Household cleaning items
- Small kitchen appliances
- Toilet Bowel Cleaner & Brushes
- Small trashcans
- Laundry Baskets

Support the House Today

No woman or child should have to live in violence. That is why The Women’s Safe House is here.

In 2018, we provided 14,401 nights of
- Bath towels (New)
- Pillows (New)
- Blankets (New)
- Clothes for boys age 6 - 16 (new or gently used)
- Uniforms sizes 3T - 14/16
- Tennis shoes for both girls and boys of all ages and sizes (new or gently used)

If you have items on this list to donate please email Burgandy at bfitzhenry@twsh.org

You can also shop our Amazon list and have it sent directly to us without any hassle of planning a time to meet.

Amazon List

Upcoming Events

TWSH Golf Tournament
Monday, August 19th
11 AM - 7 PM

Get your golf team together and swing into action by attending our 27th Annual Golf Tournament. Proceeds benefit woman and children fleeing domestic violence. Just by enjoying a beautiful day on the course you are helping those in need in our community.

The Courses at Forest Park - 6141 Lagoon Dr, St. Louis, MO 63112

Register Here

Thank you to our Master's Level Sponsors
Yas, Brunch!
September 15th
10:30 AM - 1:00 PM

Join our Young Professional Board as they host their 2nd brunch event. There will be delicious food, mimosa’s, and awesome raffle items, so don’t miss out! Brunch is in Boundary located at the Cheshire Hotel. Complimentary Valet is provided.

There are sponsorship opportunities available.

Register Here

Visit our Website