

A publication of AWARE, Inc.
 (Aiding Women in Abuse & Rape Emergencies).
 Serving the communities of Elfin Cove, Gustavus, Haines, Hoonah, Juneau, Klukwan, Pelican,
 Skagway, Tenakee Springs and Yakutat.

DOVE TALES

Thoughts & Thanks from Saralyn!

I've got a GREAT BIG news and a GREAT BIG thank you to the Rasmuson Foundation. The Rasmuson Foundation, just days ago, awarded AWARE \$1,000,000 for our extended stay shelter for women and families leaving our emergency safe shelter. The new facility, to be built adjacent to AWARE, is planned to have 6 housing units- 4- 2 bedroom units and 2 efficiencies. We're also planning some communal space- for children and community meetings- and office space.



**Executive Director
Saralyn Tabachnick**

Women and families staying at AWARE have left their homes and are in need of safety. They and their children have been in harm's way, and the safety and security offered at AWARE are paramount to their healing. Imagine a deeper level of safety and stability that can be established before moving on to independent living- I think it's something any of us at AWARE have been imagining for many years. We are now closer to making this dream come true. The Rasmuson Foundation has been awarding grants in Alaska since 1955, and with the round of awards recently announced, has surpassed \$200 million in total grantmaking.

The foundation has been a wonderful partner to AWARE over the years, supporting many capital improvements for the shelter, and awarding me a Sabbatical in 2007. Their care and concern for the folks who use our domestic violence and sexual assault services is palpable, and manifests in many many ways. The million dollar award includes \$850,000 outright, and \$150,000 in match, which means, you, our community supporters, have an opportunity to double your donations! We are planning for our capital campaign- if you would like to support AWARE in our efforts, please contact me directly at 586-6623. Thanks to all for sharing in our joy!

Other News from AWARE

Our emergency safe shelter has been busy- in April we provided over 700 nights of safe shelter for survivors of violence, in May we provided over 900 nights, and in June, easily over 600. We generally average between 400 and 500 nights/month. Thanks to the AWARE staff and volunteers who have stepped up, pitched in, offered to help and helped, in small and big ways to ensure

we are providing the best services possible, to lessen the impact of trauma on survivors of domestic violence, sexual assault, child abuse, and their supportive family; and those working with AWARE to celebrate and honor actions and activities that build strength and confidence, respect for other and self, so that violence no longer seems the best or easiest choice. If you would

like to volunteer to support AWARE's work, please contact us at 586-6623. Our next volunteer training will be offered in August-September!

I extend my deepest gratitude to the AWARE staff, on the front lines, who work with commitment and dedication to be the change. **Continued on Page 4.**

SUMMER 2012

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us ... It lends promise to the future and purpose to the past. It turns discouragement to determination."

~Samuel Smiles



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Communicating with your Child

Effective communication is a key to the health of our relationships with those who treat us with respect. Communication is comprised of both speaking and listening. However, studies estimate that between 70% and 90% of what we communicate, we do not with words but through subtle, nonverbal gestures/body language. As a parent it can be difficult to communicate effectively with our children to convey the love and care we feel for them as well as our expectations, with firm, healthy boundaries.

One effective tool in creating an environment where your child feels respected and appreciated while also being held accountable is with an "Instant Empathetic Response." It can be difficult to deliver messages with empathy and kindness when a child has misbehaved. We may want to respond with anger, resentment, sarcasm, or long lectures. However, when a parent is able to respond with a simple and consistent empathetic response, it helps the child learn that their parents care about them and there is no use arguing because that parent is going to stand firmly in their decision.

A couple examples of great logical and loving empathetic

responses include identifying with the child's feelings:

"That is very sad."
"Bummer."
"Oh...this is hard."
"I don't know. What do you think?" and,
"I will love you no matter what."

When we can, we respond to children with praise and positive reinforcement. This helps a child build self-esteem and learn how to trust other adults as well as protect themselves when they don't feel safe (such as talking to a trusted adult). Remembering to tell your child when you are proud of them or give them a hug or kind word any old time, or creating a special family time- a game night or a picnic on a weekday- goes a long way in helping your child feel safe and loved.

When the time comes for accountability, there are a few simple guidelines:

-Consequences are logical. Then they make sense for the mistake or misbehavior. One example for a younger child is if they hit another child with a toy, they lose the privilege of playing with that toy and perhaps that other child. An example for an older child is if they forget their raincoat

they may get wet as they wait outside for the school bus.

-Consequences are provided with love. They are delivered with sincere empathy rather than anger or sarcasm.

-Consequences are enforceable. A parent must be able to follow through. For example, if you are going to ground your teenager for a week it must be that full week, no more, no less. This both assists the child in knowing you are a truthful person as well as helping create a feeling of safety through consistency.

-Consequences are over when they are over. Children will not benefit from having their mistakes being dwelled upon so that a parent "can be sure they learned a lesson." The lesson came through with the appropriate consequence.

If you have further questions or concerns about these and other parenting experiences, please consider contacting a children's program staff member here at AWARE or feel free to attend our free weekly parenting group from noon to 1:00 p.m. on Thursdays. Some of this article utilized information from the Love and Logic Institute which is another wonderful parenting resource available online.

~Rachel Brown, Children's Counselor



"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others."

~Anthony Robbins



The Evolution of JBAP

The Juneau Battered Accountability Program has worked successfully as a 48 week batterers intervention program since 2005. Part of its success has come from facilitators connection to the needs of participants and community stake holders. JBAP has taken the steps to continue evolving! This

evolution will incorporate a new tiering system that will allow more men to be held accountable for their actions and allow longer monitoring for more severe offenders. We are also using the recently updated Duluth Curriculum that includes revamped exercises and vignettes with more focus on the Equality

Wheel or what a healthy relationship should look like. This exciting next step for JBAP will make it a stronger piece in Juneau's communities coordinated response to Domestic Violence. For more information on this transition contact facilitators at 523-4942.

~Michael Mennis



A Poem: When Men Do Nothing...

By Stephen McArthur (Inspired by Martin Niemoller's "When they came for me...")

First, he began to tell her what to wear, and I did nothing because, obviously, he cares what she looks like.

Then, he came home from a bad day at work and told her the house looked like crap and said she was a pig, and I did nothing because it is his house, isn't it?

Then, he started calling her bitch and stupid fat whore when he was angry, and I did nothing because I give money to breast cancer research and wear a pink ribbon;

Then, he warned her not to go anywhere with her bitchy best friend, and I did nothing because he was just trying to protect her;

Then, when she did meet her best friend for lunch, he put his fist through the wall a foot from her head, seething with anger and spittle, and I did nothing because he did tell her not to, didn't he?

Then, he told her not to go anywhere without him, and I did nothing because it's not really my business;

Then, when she did, he showed her the gun he bought, and I did nothing because I am active in the peace movement;

Then, when she threatened to call the police, he told her they wouldn't believe her, and I did nothing because the cops can handle this type of thing;

Then, when she told him she didn't want to have sex anymore and he forced her, I did nothing because she's his wife, isn't she?

And then, when she said she was leaving him, he said he would commit suicide if she did, and I did nothing because it was just an idle threat;

And then when she did leave, he found her and shot her, and I did nothing because it was too late.

And besides, isn't there some kind of woman's group that could have dealt with this?

Check out the Council on Domestic Violence & Sexual Assault's (CDVSA) website for links for their Bystander Intervention Media Campaign commercials, now playing on T.V. <http://dps.alaska.gov/CDVSA/campaigns.aspx>. These are the latest Public Service Announcements in the state's efforts to change social norms around violence include two PSAs focused on safe actions bystanders can take to prevent or address sexual assault or domestic violence.

The Ripple Effect

The beginning of summer is an ideal time to pause and honor the investment that Juneau men and boys are beginning to make with ending gender violence. In particular, it is important to see how these efforts can ripple out from a few people and begin to mobilize a community. Thunder Mountain High School Boys Basketball Coach John Blasco is a beautiful example.

Coach Blasco began implementing Coaching Boys into Men (a Coaches Leadership Program that partners male coaches to help young male athletes practice respect towards themselves and others) with his team in 2010. Through consistent and meaningful conversations with his team along with setting a positive example, he began to notice a change. The team began to examine their beliefs and behaviors around respect towards women and girls, and

they began to open up with him — and other teammates — about related topics not usually discussed on the boys' basketball court. In short, the boys began breaking out of the "Man Box," what our society often expects boys to be: tough guys who do not express any emotion except anger.

Coach Blasco's team began to appear in public service announcements, on posters for Alaska Men Choose Respect, and as enthusiastic volunteers for community violence prevention events, such as Walk A Mile in Her Shoes and Girls on the Run 5k events. These young men have become role models not only for their classmates and the many hundred younger kids in Juneau, but also for a number of adults. And Coach Blasco has grown in his role, too, gaining a deeper understanding of issues behind gender violence. He has also begun taking a more public

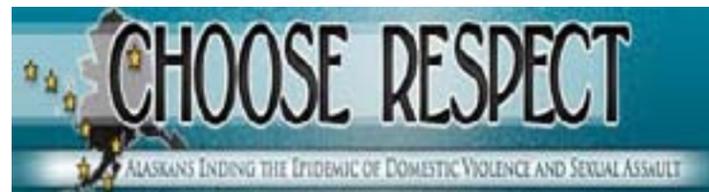
role, speaking at the 2012 Choose Respect Rally on the Capital Steps along with Lt. Governor Mead Treadwell. (The entire Thunder Mountain Boys Basketball Team was there to cheer Coach Blasco on!).

So, how does Coach Blasco's ownership with ending gender violence affect Juneau? His example has helped inspire JDHS Boys Basketball Coach Robert Casperson, who will begin Coaching Boys into Men™ with his team during the 2012-13 season. And when the Thunder Mountain team held their pledge drive to never commit, condone or remain silent about violence against women and girls at a game last winter during a game against JDHS, Coach Casperson — along with all of his assistant coaches, the entire team, and 150 spectators — took this pledge. And so it begins.



"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

~Scott Adams



Other News Continued from Page 4...

They have been tremendously supportive these past few months, during times of significant need. Roxanne returned to AWARE after brain surgery, and continues to improve. Ellen

begins her leave of absence to spend more time with her children. Rachael is preparing for a new position at Madsen Development, our Americorps (Kerry and Christine) and Jesuit Volunteers (Irene and Michael)

are coming to the end of their year's service. Sarah Newsham is leaving her Volunteer Coordinator position, taking off for Australia. Thanks to those moving on, and to those continuing here at AWARE. Let the ripples roll.



We Have Not Come to Take Prisoners

We have not come to take prisoners,
But to surrender ever more deeply
To freedom and joy.

We have not come into this exquisite world to hold ourselves hostage from love.

Run my dear,
From anything

That may not strengthen
Your precious budding wings.
Run like hell my dear,
From anyone likely
To put a sharp knife
Into the sacred, tender vision
Of your beautiful heart.

We have a duty to befriend
Those aspects of obedience
That stand outside our house
And shout to our reason

"O please, O please,
Come out and play."
For we have not come here to take prisoners
Or to confine our wondrous spirits,
But to experience ever and ever more deeply
Our divine courage, freedom,
and Light!

~Hafiz



As We say Goodbye & Thank You to our Volunteers

To Michael & Irene--Jesuit Volunteers!



This is the time of year at AWARE when we start organizing good-bye parties for our Jesuit Volunteers. They are making their travel plans and talking with family and friends about what comes next...and we begin to realize how much we'll miss them! This year, we have been fortunate to have a wonderful pair of volunteers who brought skills with them that made this year special for other staff, and our participants.

Michael is a second year JV- his first year was with a legal clinic in California. He arrived on our doorstep with more legal knowledge than I could have hoped for. He was ready to work with the men in our batterer program, fortified with the stories and experiences of women who've been victimized. He is easy to talk with, funny to be around, and projects an air of calm that I find very comforting. He is methodical and organized. So we quickly paired him with one of our most creative and outgoing advocates, Lily Schmitz, to facilitate JBAP. I was fortunate to watch real growth take place as they learned to speak each other's language, not without bumps in the road, but with a lasting connection.

Irene worked with women and children in the shelter. She was and is a teacher, both for children and for staff. She is one of the hardest workers I've met. I had to beg her to take some time off, and even then she'd show up in the notes from advocates on shift because she called in or stopped by. In the advocacy world, we try to avoid the word "save"...but Irene really did save us when our Advocacy Services Coordinator was on emergency leave. She wrote schedules, she oversaw documentation, she organized advocates to get things done. I believe the Universe provided Irene to us this year for a reason, and she made the Universe quite proud.

With much love and a little sadness, I bid our volunteers a happy journey as they return to friends and family. I know we will continue to hear about their accomplishments and successes over the years.

~Mandy O'Neal Cole

...and From Our Legal Advocate

Jesuit Volunteer Michael Mennis has been serving AWARE's Legal Advocacy Office on Mondays and Tuesdays since he arrived in September 2011. He shares his service with AWARE's Juneau Batterer's Accountability Office. Before arriving at AWARE, Michael worked for a year as a Legal Advocate in Oakland, California and brought to us his experience of supporting victims of domestic violence and sexual assault with family law issues. He continues Anne Bennett's legacy, the monthly Legal Clinic, offering a group meeting with a lawyer from Alaska Legal Services who speaks about family law and answers specific questions to the group. Michael's tenure at AWARE ends with the summer. Our office will miss your gentle and wise support to those you serve and those who work with you. We are all deeply grateful for all that you have contributed.

~Swarupa Toth



Christine Lowery--Children's Advocate Americorp!

Christine came to us in times of uncertainty; the beginning of each year brings volunteers with whom we have never worked, or even met in person. This year, however, my uncertainty turned quickly to delight when I discovered that Christine the Americorps was exactly what the doctor ordered:

And when the weather is wet, Christine doesn't fret, If there is work to be done, Christine thinks it's fun! The kids will remember their friend Christine forever. Hand-made cards by Christine are the tops, Beautiful also are her dark, shiny locks. I feel real pride with Christine by my side, Groups and outings are a joy for the kids,

In Christine they can trust when sharing the skids. Whatever will we do, if we have to give her up? And start all over again, with a pup? Christine, I think, we will see again, As a co-worker, comrade, confident, & friend.

~Meghan DeSloover



It's been so nice when Christine cooks rice,

Keri Dixon--Girls on the Run Americorp!

It is with tremendous gratitude and joy that I write this farewell to Keri Dixon who has served as AWARE's Prevention Americorps for the past 9 months. At Girls on the Run we say the finish line is just the beginning-Keri is crossing the finish line in the completion of her Americorps term at AWARE, yet at the beginning of honing in her skills for a long life of service and mentoring, social justice and health promotion. Keri works with one pointed focus on her goals with a genuine and open

heart and brilliant mind. Girls on the Run of Southeast Alaska and AWARE, Inc. are honored to thank Keri for helping to shape, document, nurture, and transform programing in ways that will continue to impact hundreds of girls and women for years to come. Keri has given our community a great gift of her time and heart. We would like to send Keri off to North Carolina with many wishes for a smooth transition, surround by supportive family and friends, open to personal and professional growth and

much joy. Keri has accepted a position as a mental health nurse working directly with adolescent youth and we are so excited for this next step in her professional life. Keri Dixon, I will miss you, AWARE will miss you, girls and parents, coaches and site liaisons from Girls on the Run will miss you. Wherever your path leads you, may you continue to change the world one girl at a time---and know that you are always welcome to come home to your Alaskan Family.

~Ati Nasiah



As We Say Goodbye to Staff...

Rachael Helf--Business Manager!

For the past seven years, our Business Manager, Rachael Helf, has quietly, behind the scenes managed the well-oiled machine of AWARE's business. A no-nonsense, straight forward, bottom line kinda gal, we have come to know Rachael's huge, golden heart. Often she can be seen with her left hand fixing someone's computer and her right arm cuddling an infant.

The go-to babysitter, Rachael had the added quality of being a wonderful advocate giving moms the break they needed to make it through a challenging day. She somehow managed to train a group of not-for-profit staff members to get our personnel forms, purchase orders, timesheets, leave slips, chores (you get the picture...) turned in in a timely manner, while

tracking AWARE's income and expenses by multiple grants, and maintaining the safety and security of our building and property. All that while parenting her own kids whom we have come to adore as our own family. There aren't adequate words to express how much we love and will miss you, Rachael. Each of us wishes you the very best on your next adventure- you DESERVE it!!



Thank You Sarah Newsham--Volunteer Coordinator!

We also say goodbye to Sarah Newsham, AWARE's Volunteer Coordinator for the past 5 months. Sarah will be off to explore Australia for a few months and then will be moving to California. Thank you Sarah for your

time spent introducing, nurturing, listening to, and building up AWARE's team of volunteers. Whether it be our recycler, Friday cook, Wed. fry-bread and Runza makers, bread baker, master gardener, and cleaners! Without your

dedication and help to this facet of AWARE, we wouldn't have as clean or as welcoming and beautiful of a building as we do now. So, thank you and good luck on behalf of AWARE staff and the residents we serve!



Volunteer Spotlight: Recycler Paul Berg!

Six small trashcans with a mishmash of milk jugs, juice containers, tin and soda cans, towering piles of cereal and Costco boxes, and several bags of shredded paper. Add in a few more boxes with overflow. 50+ staff members and residents can produce a van full of items each week. And each week, in the rain, in the snow, and even in the sunshine, Paul Berg volunteers to load, haul, sort, and dump our plastics, papers, glass, tin, and aluminum.

Paul started volunteering at AWARE several years ago when he was running the private school Thunder Mountain Academy. He and his students did a yearly spring clean of the property. When he learned that AWARE needed a dedicated volunteer to help with the recycling, he stepped into that

job. It's become something his entire family is involved in; his wife Virginia loans her vehicle when AWARE's van is out and their son Kris takes over the task when Paul is out of town. Paul expressed how he and his family feel an obligation to give back to the community, especially since Alaska has given so much to them.

There is a lot more time in each week than the hour and a half Paul spends at AWARE and the recycling center. He is a math instructor at the Johnson Youth Center and started the gardening project there. He spends time each summer running a training camp for new teachers in rural Alaska, drawing on his own experience teaching both in rural Alaska and on the Pine Ridge Reservation as a Jesuit Lay Volunteer. Paul writes; his

articles have been in the Juneau Empire on social services in rural Alaska, and he has also written for the US Department of Education, the MacGraw college textbook company, and is working on publishing a book about his experiences in the military in Vietnam and the parallel to the 1890 Wounded Knee Massacre. Our recycling, our sticky containers and piles of paper, is taken care of each week. Paul shared that he gets back more than he gives (I'd vote that we all get something mighty great out of it). Thank you, Paul, for your dedicated time and energy, making sure that our shelter is inviting and as green as possible! If you happen to be at the recycling center and see Paul with 17 milk jugs and 8 boxes of paper, make sure to thank him from all of us!



ANDVSA's Welcomes Emily Wright to Legal Team!

We are happy to introduce Emily Wright who is the new Legal Advocacy Project Director for Alaska's Network against Domestic Violence and Sexual Assault. She works to train, mentor and support legal advocates in Alaska. And we are particularly fortunate that she is right here in Juneau's ANDVSA office!

Emily is a graduate of the University of Alaska Fairbanks with an undergraduate degree

in English Literature. She also has a Masters in Teaching from the University of Alaska Southeast. After spending several years teaching High School English in a small island community in Maine, Emily moved to Boulder Colorado where she received her law degree from the University of Colorado.

While in law school Emily focused on juvenile and family law. She continued this focus

after law school, first clerking with a judge in Denver, and then working as a Deputy District Attorney. She has extensive experience working with juveniles in the criminal and drug court systems, and has worked with victims of both domestic violence and sexual assault as a prosecutor. Emily is excited to be back in Alaska, and we are delighted she is here!



A “Kneaded” and Loved New Volunteer!



Piles and piles of fry bread rise in AWARE's kitchen each week, thanks to Maureen Brown. She spends an afternoon each week making the bread and teaching residents and staff her secrets.

2012 Spring Season GOTR Wrap-Up

Girls on the Run completed a three month long season with a 5k fun run at Riverbend Covered Play Area on Saturday, May 5th. Five teams, sixty-one girls, thirty-six coaches, fifty running buddies, many parents, community supporters, and volunteers came out to celebrate each participant. The day was filled with hair decorating, face painting, poster making, cheering, and running. Everyone had fun hula hooping and dancing to girl-power music.

AWARE Inc. is the affiliate of Girls on the Run International

for Southeast Alaska. We want to thank all school counselors, teachers, parents, caregivers, and participants for your dedication and support of Girls on the Run of Southeast Alaska.

Thank you to: Our outstanding hardworking 5k Committee: Katie Smith, Carolyn Lenhart, Electra Gardinier, Vera Lumbab, and Race Coordinator Extraordinaire Paul DeSloover; our generous donors: Hearthside Books, Safeway, Fred Meyer, Superbear, A&P, Roswick-Giles' Alaska Music One, and Glacier Pediatrics; the

fabulous Juneau Jumpers for providing an entertaining and dynamic jump rope performance; delightful Big Brothers Big Sisters volunteers for supporting the Happy Hair table while creative and artistic Juneau Youth Services volunteers painted faces. Great appreciation also goes to program funders: The City and Borough of Juneau Youth Activity Grant, Alaska Ski for Women, and Rainforest Pediatrics.

Thank you Juneau! We could not celebrate the success of Juneau Girls on the Run without you!



“Do not worry if you have built your castles in the air. They are where they should be. Now put the foundations under them.”

~ Henry David Thoreau



Shelter Wish List

AWARE is in constant need of certain items listed below. We appreciate your generosity. Your donations help us cut our operating costs and are tax-deductible to the extent allowed by law.

Laundry detergent	Tampons	Twin sheets/blankets (white)
Bus tokens	Towels	Diapers & Wipes (all sizes)
Toilet paper	New sweat suits, socks, underwear (all sizes)	
Kitchen utensils	Copy Paper	3-5 quart saucepans
Movie, swim, skate rink, & climbing wall passes		Stamps for residents to mail letters
Office Supplies (pens, post-it notes, paper clips, etc.)		Your time as a volunteer

AWARE Partners with Local Consignment Shops

AWARE, Alaska Dames & Gents, The Closet and Mommy 'N Me are working together to help women in need! Women's and children's clothing can be donated to AWARE's account at any of these three stores. When a woman and/or child comes to the shelter in need of clothing, she/they will receive a gift certificate in a pre-determined amount and will then be able to choose clothing that fits their bodies & needs at the time. For more information, contact AWARE at 586-6623. Below is contact information for each of the stores:

Alaska Dames: 9131 Glacier Hwy., #6, 790-3263
 The Closet: 619 W Willoughby Ave., 723-6828
 Mommy N Me: 9121 Glacier Hwy., 789-1811



Thank You to AWARE's HEART Staff!

Thank you to the members of AWARE's HEART Staff (24/7 Hospital Emergency AWARE Response Team), as well as to member Shannon Bible who will be taking time off to have her baby in July – thank you Shannon for your consistent and caring attendance to this special service and best wishes for an easy delivery and healthy baby! Thanks to all

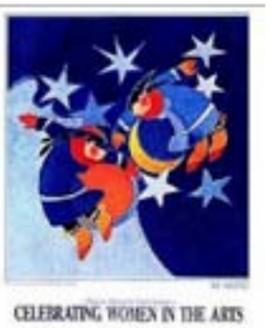
our HEART staff who advocate in the moment for victims of domestic violence and sexual assault who as a result need emergency room services. We partner with the SART nurses (Sexual Assault Response Team) and other members of a community SART team including the Juneau Police Department to provide careful and comprehensive support

to a victim including the follow-up she may need in months to come. AWARE's team is comprised of AWARE advocates and/or those who have been trained by AWARE. The HEART mission has a unique calling. If you feel drawn to this kind of service, contact Swarupa for more information.



WOD 2013 Nominations...

Nominate a 2013 Woman of Distinction today! Deadline is September 24, 2012. Please visit our website www.awareak.org to download an application or call Mandi J. at AWARE 586-6623 for more information.



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