

HOW CAN I SUPPORT JCADA'S MISSION?

JCADA relies on the dedication of the community to fulfill its mission of supporting victims of domestic abuse to become empowered and live safely, educating the community about domestic abuse and appropriate responses, and preventing future generations from suffering domestic abuse.

What are the ways I can help JCADA now?

Host a cell phone drive! Do you have any old, unused, or broken phones just lying around? Consider donating them to JCADA. How does it work? You simply donate your old, unused, or broken phones to JCADA (no cords necessary) and JCADA ships them off. The company we work with clears the phones of old data and breaks them down for parts. JCADA then gets a percentage of the proceeds. The newer the phone, the more JCADA gets! Live far away? Not a problem. JCADA can mail you shipping labels, which you can use to send off your donated phones for free!

Collect gift cards! Some of JCADA's clients are not able to meet their basic needs and therefore need assistance in the form of gift cards. By giving victims of power-based violence gift cards, as opposed to physical donations, JCADA is also giving them back the power to purchase what they want, something many of them lost during the abuse. Whether they're \$5 or \$500, JCADA accepts all gift cards to any location.

Invite JCADA to speak to your group! Are you a part of a group that is interested in learning more about the dynamics of power-based violence, or simply more about JCADA and what we do for the community? Consider inviting JCADA to give one of its many trainings to your group. Educating the community is an important step in changing the culture, which allows power-based violence to continue.

Bring an AWARE® workshop or training to your group! Based on CDC best practices for promoting healthy teen relationships, our AWARE® Program opens the door for young people to start examining their friendships and relationships while offering educators and youth service providers a unique and tested approach to address this tough subject. AWARE®'s trainings for youth service professionals also help train the influential adults in teens' lives how to recognize the signs of dating abuse and how to help teens access the resources available to them.

Donate! The generosity of the community is what allows JCADA to keep its services 100% free to all those who need them. By donating, you are giving JCADA the greatest support of all - the ability to help those suffering in our community in an accessible manner. You can donate online at jcada.org/donate or via check by mail to PO Box 2266, Rockville, MD 20847.

If you or someone you know is suffering from the effects of power-based violence, please call JCADA's free and confidential helpline at 1-877-88-JCADA(52232). JCADA is committed to providing high-quality services to all residents of the Greater Washington DC community 14 years of age and older without regard to race, national origin, ability, background, faith, gender or sexual orientation.

