



2 West Street

Danbury, CT 06810

Phone: 203-731-5200 Fax: 203-731-5207

Website: [www.wcogd.org](http://www.wcogd.org)

Email: [womenscenter@wcogd.org](mailto:womenscenter@wcogd.org)

Facebook: [https://www.facebook.com/pages/The-Womens-Center-of-Greater-Danbury/140116302702053?ref=tn\\_tnmn](https://www.facebook.com/pages/The-Womens-Center-of-Greater-Danbury/140116302702053?ref=tn_tnmn)

Twitter: <https://twitter.com/WCofGD>

**Contact:** Patricia A. Zachman, M.Ed., President & CEO.

## **\$16,500 grant sustains local women's empowerment series**

DANBURY, June 24—The Women's Center recently received \$16,500 from the Fairfield County Community Foundation's Fund for Women and Girls to support the Center's "Thriving Women" support group program.

Thriving Women and Thriving One are free and confidential facilitated groups that meet three times weekly. The meetings are safe places for women to focus on sustaining healthy relationships and changing or transitioning out of unhealthy relationships. They also explore how to cope with the anxiety, depression, anger, and substance abuse that can be common responses to relationship issues.

During the 2013 fiscal year, the Women's Center served a total of 26,125 adults and children in its 13-town service area through three major programs, Domestic Violence Services, Sexual Assault Services and Resource Services.

These services, provided by specially trained and certified staff and volunteers, include: crisis intervention, including two 24-hour hotlines and emergency response to area hospitals and police departments; emergency shelter for adult and child victims of domestic and sexual violence; individual and support group counseling; individual and system advocacy; comprehensive community education, primary prevention and training programs for a wide range of audiences from pre-school to senior citizens.

Pat Zachman, president & CEO, said: "This additional funding could not have come at a better time, as the fiscal climate continues to challenge nonprofits to do more and more with less and less. The Fairfield County Community Foundation not only recognizes this, but has stepped up their efforts to support organizations in meeting the increased demand for their services. We are very grateful to them for their continued assistance."

The Fairfield County Community Foundation promotes the growth of community and regional philanthropy to improve the quality of life throughout Fairfield County. Individuals, families, corporations and organizations can establish charitable funds and contribute to existing funds. The Foundation provides philanthropic advisory services, and develops and leads initiatives to tackle critical community issues. It is in compliance with the Council on Foundations' national standards for community foundations. The Foundation has awarded over \$168 million in grants to nonprofits in Fairfield County and beyond. For more information, visit [www.fccfoundation.org](http://www.fccfoundation.org).

The Women's Center provides free and confidential services to prevent or lessen the trauma associated with domestic violence, sexual assault and other major life transitions to thousands of women, children and men annually. The programs of the Women's Center are supported by state and local government, area United Way agencies and the people and businesses in the communities we serve including Bethel, Bridgewater, Brookfield, Danbury, Kent, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman, Warren and Washington, CT.

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