



Women's Shelter Outreach Toolkit

YOUR COMPLETE GUIDE TO PLANNING
AN EVENT IN YOUR AREA



TRANSFORMING INTERCONNECTING PROJECT PROGRAM
Total Women's Health via the Dermatology Gateway

ABOUT THE WOMEN'S SHELTER OUTREACH INITIATIVE

Currently women in shelters have access to programs that will help them stabilize themselves for the future, however, these programs do not address the “whole woman”.

Through the dermatology gateway, our work will touch on diverse interrelated issues concerning the whole woman and her body/mind systems including: nutrition, wellness, self-care, skin care, and social skills. Other topics address: aging, self-esteem, hormonal changes, stress management, body image, weight, gynecologic concerns, acne, etc.

By addressing the whole woman and her body/mind systems it will change the way she feels about herself and self-worth. Once she leaves the shelter, she will leave with new empowerment skills and will be able to enter back into society with the confidence that she can be successful.

The mission of this initiative is to lift up women in need. By treating the total woman, we will address all her needs. We will teach them skin care, oral hygiene, self-care habits, nutrition, and social skills so that they may go out into the world and be the best versions of themselves, inside and out.

INITIATIVES

General Skincare

We will provide free dermatologic consultations and skincare to women in need.

- Through this program women in shelters who may not have access to healthcare, can be given the option to visit you in your office for a pro-bono consultation to treat a spectrum of skin conditions including acne, eczema, psoriasis, anti-aging issues, and more!
- We will also provide interactive discussions and products for women to use so that they may continue their skincare, and self-care, outside the clinic, to build their confidence and help them succeed.

Nutrition

Without the necessary resources for proper nutrition, it is difficult for women to maintain a clean diet and healthy lifestyle. Healthy nutrition mitigates the likelihood of developing chronic diseases such as hypertension and diabetes.

- As part of this program, we will provide interactive lectures and discussions on topics such as “Nutrition on a Budget” and “Reviewing The Food Pyramid”.
- We will show these women how to make appropriate nutritional choices that will help prolong their lives and improve their general health.
- Fresh fruits, vegetables, and whole grains are more expensive, and harder to come by for Shelters. As part of the initiative, we will plant a community garden and teach the women how to plant, grow, and maintain it. If planting a garden isn't feasible, we can also supply the shelter with 1 or 2 pots and seeds that you can incorporate into your session. Ultimately teaching them sustainability for their future.

Social Skills

We want to help women re-enter the world with dignity and confidence. Excellent social skills are an essential accoutrement in moving forward in today's complex professional environment. These are skills used on a day to day basis in the workplace.

- Participants will learn dining etiquette, grooming, social skills and appropriate dinner conversation.
- With the help of the WDS, these women will find the strength within themselves to start anew confidently, with a sense of well-being and self-respect.

Self-Care

Everything you need, your courage, strength, compassion, and love is already within you. This program helps women learn how to care for their mind, body and soul through sensory, emotional, spiritual, physical, and social self-care techniques.

- Participants will learn how to calm their mind and fully engage with their emotions and values.
- Participants will be given journals to express themselves.

GETTING STARTED

1. **Select a Shelter**
2. **Select a Date & Time**
3. **Select the Type of Event and Decide on Programming**
4. **Determine if Food & Beverage Will be Served**
5. **Determine Need for Posters, Takeaway Bags, & Other Materials**
6. **Host Your Event & Take Photos/Video**
7. **Recap & Wrap Up**

BEGIN PLANNING YOUR EVENT

Select a Shelter

Have you been in touch with a shelter? Is there a local shelter that resonates with you? Do you need assistance selecting a shelter?

If you already have a shelter in mind, you are one step closing to completing your service outreach event. If you have a contact at the shelter, connect them with WDS staff, so we can help with all the logistics of the event. If you have a shelter, but no contact, let WDS staff know, and we will assist in finding the right person to contact to get the event going.

If you need assistance selecting a shelter, the WDS staff can help! Let us know where you are located and your availability, and we will work with you to select the right shelter for your event.

When selecting a shelter it is essential to set up a meeting with the CEO or Executive Director to start building a relationship. The WDS Staff can help you schedule these meetings and support you with anything you may need. By creating these relationships we are ensuring a successful event and partnership.

Select a Date & Time

Work with the contact at the shelter to determine the right day and time host your event.

Events should be scheduled no less than 30 days in advance. If advance notice is given (60-90 days), WDS staff may be able to procure more items, catering options, and local sponsors for your event.

Select the Type of Event and Decide on Programming

Our events focus on total Women's health via the dermatology gateway. This can include, but is not limited to:

1. Skincare on a Budget – [View the Skincare Syllabus Here](#)
2. Nutrition on a Budget – [View the Nutrition on a Budget Syllabus Here](#)
3. Social Skills – [View the Social Skills Dining Syllabus Here](#)
4. Self-Care – [View the Self-Care Syllabus Here](#)

Past events have also included:

1. Yoga/Meditation
2. Exercise with bands
3. Community Gardening
4. Financial Budgeting

Use your creativity! If you have other ideas for programming, the WDS staff is happy to help you create a program that captures your passion.

Once you decide on what types of programming you would like to have at your event, the WDS staff will work on providing you with PowerPoints, pamphlets, and any other materials you may need to make the event a success.

Determine if Food & Beverage Will be Served

If you would like to include a healthy meal and beverages, let WDS staff know, and we will work with your shelter to determine the caterer, the menu, and will have everything delivered ready for your event.

Determine Need for Posters, Takeaway Bags, & Other Materials

Posters can be provided to announce your event to the shelter and assist with getting participants registered beforehand. WDS staff will need **no less than 25 days prior notice** to have posters designed, printed, and delivered to the shelter.

WDS PHYSICIANS LEADERS MENTORS
Women's Dermatologic Society

Jenesse Center, Inc.
DOMESTIC VIOLENCE INTERVENTION & PREVENTION PROGRAM

Empowering the total woman!
SKINCARE WORKSHOP

Join us for a lesson on health, well-being and self-respect...

DR. PEARL E. GRIMES
President, Women's Dermatologic Society

You don't want to miss this *fun* and *amazing* educational workshop with renowned clinician, Dr. Pearl E. Grimes.

**SATURDAY
JUNE 16, 2018**
10am – 1 pm

You'll learn about

- Skincare**
Cleansers, moisturizers, anti-aging products, remedies for acne *and more*
- Nutrition**
Eating healthy and how your diet affects your skin
- Social Skills**
Communication skills: verbal, non-verbal, body language, personal appearance

- ✓ Breakfast and lunch will be provided
- ✓ Childcare will be available
- ✓ Free dermatologic consultations

Workshop presented by
Women's Dermatologic Society

Please sign up by June 11th with: Alice Brown, Charmine Davis or Wendi Cole

WDS PHYSICIANS LEADERS MENTORS
Women's Dermatologic Society

FAITH HOUSE

Empowering the Total Woman!
BODY, MIND & SKINCARE WORKSHOP

Join us for a session on health, well-being, and skincare

**Wednesday
July 11, 2018**
6:00pm – 7:00pm

You'll learn about

- BODY**
Exercise with bands
- MIND**
Guided Meditation
- SKIN**
Affordable Skin Care Products
Why use Sun Protection?

Workshop presented by
Women's Dermatologic Society

Once an estimated number of attendees is determined, let WDS staff know how many adults and kids you are expecting. WDS staff will assemble takeaway bags with samples of sunscreen, hygiene items, hair products, lotions, educational materials, and more! The bags will then be shipped to either you or the shelter in time for your event. It is appreciated to **have 10 days prior notice** of the amount of bags needed.

If your event needs any special materials such as construction paper & markers, work out bands, gardening gloves & supplies, let the WDS staff know, so we can procure the items in a timely manner.

HOST YOUR EVENT

Host your Women's Shelter Outreach Event & Take Photos if Appropriate

The day of the event everything should be in place. WDS will make sure catering is delivered, the takeaway bags are ready, and all other materials are on site to help make your event a success.

Please work with shelter staff to determine who and what can be in any photos we may use on the WDS website and in the WDS newsletter. We would love to receive action shots, but please respect the privacy of all attendees. If no photos are allowed inside and during the event, see if it is allowed to take a picture of yourself, any other WDS volunteers, and any staff members outside the location.



RECAP & WRAP UP

Write a Recap

Let us know how the event went! Write a small recap, 1-2 paragraphs, about the event. Share with us any great moments, what transpired, and how many were in attendance. Email the recap and any photos to WDS staff to highlight on our website and newsletter, and share with our sponsors.

Let WDS staff know if anyone else helped make this event a success. The volunteers that helped out deserve to be recognized for giving their time to this initiative.

Thank Those Who Made Your Event Successful

Consider sending thank you notes when appropriate to WDS volunteers, shelter staff, and local sponsors who helped make the event possible. WDS staff can supply you with WDS notecards and mailing addresses or emails if needed.

Feedback

We need your help to make this initiative and process the best it can be! Let us know if you have any comments or suggestions on what worked well, what could have gone better, and what you would do differently next time.

Consider Hosting Another Event!

Our Shelter Outreach Initiative can't function without volunteers like you! Consider hosting another event at the same shelter, or a different one!

QUESTIONS

If you have any other questions, or need more help, please reach out to Program & Administrative Manager, Amber Ascher at ascher@womensderm.org or 414-918-9887. We are happy to help in any way that we can!



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