



SHADE Information

SHADE Program Specialist
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At A Glance

Our Mission

YWCA Metro St. Louis is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

Our Services

Safety, Security, and Stability: Supporting the Whole Woman

Safety

- Sexual assault services
- Individual/group counseling
- Domestic violence help
- Crisis intervention
- Legal advocacy
- First responder training
- 24-hour crisis line
- Safety education

Security

- Housing support
- Individual counseling
- Case management
- Economic sufficiency and financial literacy support
- Transition from homelessness
- Completing education

Stability

- Head Start and Early Head Start Accredited child education
- Pre-natal care
- Programs for children 0 through 5 years
- Employment search
- Job skills training and counseling
- Ongoing life skills training
- Money management

SHADE

- **Sexual Health & Disability Education**
- **Comprehensive 8-16 week
individual/group sessions**
- **Staff Trainings**
- **Caregiver Trainings**

Program Goals

- **Increase skills related to personal safety and healthy boundaries**
- **Increase skills to safely navigate their community**
- **Develop / maintain natural and formal supports**

Students

- **Special School District**
 - **Vocational Skills Program**
- **Community Organizations**
 - **St. Louis ARC**
 - **Sunnyhill Inc.**
 - **Easterseals**
- **Individuals**

Class Topics

- **Feelings**
- **Boundaries, Communication, Consent**
- **Public vs. Private**
- **Relationship Types**
- **Getting to Know Someone**
- **Getting Closer (Dating)**
- **Getting Help (Recognizing and Responding to Abuse)**
- **Reproductive Anatomy**
- **(Puberty)**
- **Sexual Activities**
- **Pregnancy and STIs**
- **Safer Sex**
- **Sexual Decision-Making**

Successes

- **Returning to Work**
- **Prioritizing Safety**
- **Navigating Difficult Conversations**

Thank you for your time!

For a copy of this presentation or to discuss SHADE services, please email Samara at:

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