WOMEN 4 WOMEN

"Together to Heal, Build and Thrive"

Winter 2025 Newsletter

Dear Supporters,

Temperatures have dropped, the holiday season swept us away from our routine and now we are faced with an important question:
What's next for 2026?

At Women4Women ("W4W") we are focusing our energy on steadily growing our impact. We onboarded 2 new volunteers on the team and 25 clients in need of assistance. We have developed new relationships

with partners such as a somatic yoga practice called FutureSeeds. We are working on developing a 5-year fundraising strategy and **we need *your* help**! If you are a fundraising expert or know someone who could help, email us.

A woman leaving her dismissive partner to rise to the challenge of starting her new business. A mother dedicating her life to reconnecting with her only son in an unbalanced legal battle.

These are some of the real stories motivating us this winter to build a brighter future. We need your support to uplift and empower women. Every donation counts. We are currently looking for a **fundraising expert** and a **clinical supervisor**. If you or someone you know has those talents, please reach out to us!

Four years after Women4Women was born, I decided to make a monthly contribution to the organization. I invite you to consider doing the same as it allows the organization to remain steady in a somewhat turbulent context. Any amount counts. Give now and fuel our mission. Thank you as always for your leadership and support.

— Juliette Fisbein, Founder

* Photo: Fathema Zohura, Jennifer V., Laura S., Eugenia Joaquim.
Taken by Margaux Seffar

GIVE NOW

THRIVERS UPDATES

Since August, we have seen a tremendous surge in calls for support from more than 25 women. We are rolling up our sleeves. Our volunteer team is growing to meet their needs. And we are asking the community to rise to the occasion and consider making a donation during this Holiday season.

Moving past significant abuse and trauma, there are many women working to rebuild their lives and reach brighter futures. There are single mothers working two part-time positions to pay rent. There are women in their twenties applying for college while working barely minimum wage jobs, there are elderly and disabled women struggling to make ends meet. There is a mother of two living in her car awaiting approval for subsidies. All need safe housing. All need stable employment. All need support.

Let us introduce a few personal stories. A mother came to W4W for support around her abusive marriage. As the breadwinner with two teenage children, she was completely overwhelmed by her day-to-day responsibilities under the control of her husband. After a few months of intensive, personal support, we were able to identify strategies to help her feel respected and in control of her household. She now feels empowered and is working towards her personal goal. She knows we are behind her and that she is not alone.

Also, over the summer, we met a Thriver who had just left an abusive relationship. Alone and grieving, she was seeking a community to help

her heal. She decided to join our Sisterhood Café virtual support group and connected with other members to help her heal. Over the past several months, she has built many connections and is now a resource for others seeking help. We are very proud to have her join us as part of her healing journey.

In the last few months, the W4W Team identified Thrivers' 6 Essential Needs. Here is a little more about those. If you identify a specific bucket of interest, scan it and donate to be part of the solution!

SIX ESSENTIAL NEEDS

We host events to connect with our community, and also to learn more about Thrivers' struggles and opportunities. They allow us to be part of a greater cause.

Fundraising efforts directly impact the lives of families who face adversity in New York City. With this in mind, we will be focusing our efforts to support these main "**ESSENTIAL BUCKETS**":

- **Housing**
- **Education/Employment**
- **Childcare**
- **Mental & Physical Health**

- **Legal Services**
- **Emergency**

Our team carefully listened to Thrivers needs. Some live in Domestic Violence shelters. One woman lives in her car with her children. Other women temporarily find refuge at a friend's place. All of them - just like all of us - need safe, stable housing. All women who are healing from domestic violence want a brighter future, they are looking for scholarships to earn a degree or learn a new trade.

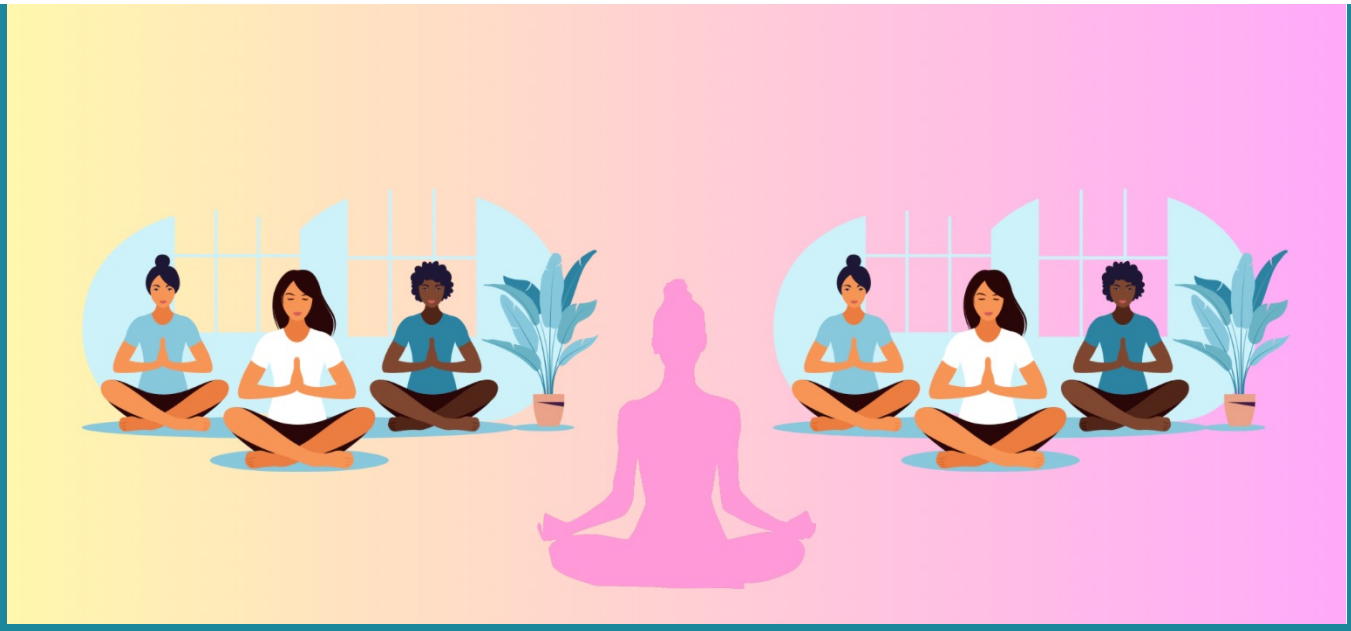
Each **Essential bucket** is intertwined and is crucial to Thrivers' building brighter lives and giving back.

If you are looking for a way to **make a meaningful gift** (perhaps in honor of someone?) please consider offering a **monthly contribution** to Women4Women. Any amount counts. Steady income helps us maintain operations during these unstable times.

MONTHLY CONTRIBUTION TO W4W

This is where your support is going!

WE LAUNCHED A PARTNERSHIP WITH FUTURESEEDS: WEEKLY HEALING YOGA!



Early December we started the pilot of a yoga series to **improve mental and physical wellbeing**. This is a compelling addition to the monthly "**Sisterhood Cafes**", a safe space to meet likeminded women, listen and share. Thrivers can also find valuable resources in the blog published monthly by Women4Women, "**Sisterhood Talk**". The blog features practical information about local job training opportunities, affordable family-friendly activities in the city, and more.

We are partnering with yoga studio **Future Seeds** to deliver free classes for up to 5 Thrivers each Friday. We are grateful for its founder **Asami Hakim** who is a trauma-informed practitioner. Asami, a Tokyo-born woman, was a Communication Officer with UNICEF in Iraq before returning to the tri-state area to teach yoga. She offers healing, somatic yoga sessions where the class focuses on breathing, meditation, slowing down and listening to one's body. Yogis also stretch muscles they didn't realize they had!

This is a very special opportunity for Thrivers to enjoy a moment of **self**

care and **self love**. It is a chance to focus on the mind and body.
Want to learn more? Email asami@thefutureseeds.com.

WE ONBOARDED 25 NEW THRIVERS

This year, 25 New Yorkers approached Women4Women seeking various forms of support.
They found us online, they were referred to us by the French Consulate or other nonprofit organization in the field. They are looking for guidance.

One woman, Laura, came to us after losing her parents in a tragic situation. She has suffered tremendous abuse and her partner never believed in her potential to start her own business. When she met with our social worker Sarah she found an ally. Sarah listened to her, she encouraged her. A few months later, with some seed funding from Women4Women, Laura was able to start selling soaps she makes at a local market in Brooklyn. This is the beginning of a new chapter! We wish Laura all the success she deserves, and look forward to being there every step of the way.

Photo: Laura S. / Taken by Olivia Kam

DOMESTIC VIOLENCE AWARENESS : THE COMMUNITY CAME TOGETHER!

Photos (top): Women4Women Team and Thrivers together during the Annual Benefit. Taken by Alan Kahn (bottom): 5K Runners and supporters during the 5K Run For Her Future. Taken by Lauren Demitrovic

We are so fortunate to have a strong, supportive community who rose to the occasion twice in October, during Domestic Violence Awareness Month.

Top photo: **ANNUAL BENEFIT**, October 18 2025 in Brooklyn. Thank you to all our donors who came to hear updates about our programs, and generously contributed to the Annual Benefit. In doing so, they supported families across New York City who are in need of legal

services, employment, therapy, childcare and more. We also introduced our new “Essential Needs” approach (read more below).

Bottom photo: **5K RUN FOR HER FUTURE**, October 25 2025 at Governor’s Island. Words can’t begin to describe the power of runners coming together with uplifted spirit despite the early morning hour and the ferry ride to get to the run. A competitive, yet fun annual event that brings families together for a great cause. We raised $12,000 (including pledges) and we were overjoyed by the strong commitment of our community. This event will happen annually and have a direct impact on the lives of Thrivers.

In summary, thank you to all of those who joined our Annual Benefit in Brooklyn, as well as to those who sponsored Thrivers to come to the event!
And for those who rolled up their sleeves, hustled their children at dawn to reach the race track in Governor’s Island, we are grateful for you too!

We invite you all (and your friends and colleagues) to join us next year as we gather again for these staple Women4Women events. Look out for dates to come next year!

And follow us on Instagram and LinkedIn!

WOMEN 4 WOMEN

Photos (from left to right): Sebastien Guinchard, Benjamin Fisbein, Juliette Fisbein & Fathema Zohura, other runners and supporters.

FUEL OUR WORK

Thanks for taking the time to read our Winter 2025 Newsletter.
Any questions? You can always reach us at **info@women4womenbk.org.**

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