

Women of Excellence

Each March during Women's History month, Women Aware sponsors the Women of Excellence Awards ceremony. As Women Aware's major fund-raiser, the event is designed to spotlight those women and men in our community that serve as leaders and role models. Nominations are made by individuals or organizations in the community to one of six categories.

- Women Striving to Improve Quality of Life
- Women Taking Risks
- Women Helping Women
- Women Developing the Community
- Young Women of Excellence (Nominees between ages 22-40)
- Women of Promise (Nominees up to age 21)

For more information, applications, or an appointment please call

Women Aware at
(712) 258-4174
1-800-465-6165

Every Woman's Bill of Rights

THE RIGHT TO BE TREATED WITH RESPECT.

THE RIGHT TO HAVE AND EXPRESS YOUR OWN FEELINGS.

THE RIGHT TO SAY "NO" AND NOT FEEL GUILTY.

THE RIGHT TO SAY "I DON'T KNOW."

THE RIGHT TO FEEL AND EXPRESS ANGER.

THE RIGHT TO FEEL AND EXPRESS A HEALTHY COMPETITIVENESS AND ACHIEVEMENT DRIVE.

THE RIGHT TO BE TREATED AS A CAPABLE HUMAN BEING AND NOT TO BE PATRONIZED.

THE RIGHT TO HAVE YOUR NEEDS BE AS IMPORTANT AS THE NEEDS OF OTHER PEOPLE.

THE RIGHT TO MAKE MISTAKES.

THE RIGHT TO DO THINGS THAT OTHER PEOPLE MAY NOT APPROVE OF.

THE RIGHT TO DO LESS THAN YOU ARE HUMANLY CAPABLE OF DOING.

THE RIGHT TO ASK "WHY?"

THE RIGHT TO ASK FOR HELP OR ASSISTANCE.

THE RIGHT TO HAVE A PREFERENCE.

THE RIGHT TO HAVE AND EXPRESS YOUR OWN OPINIONS.

- Author Unknown



A Resource Center For Better Futures

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(712) 258-4174

1-800-465-6165

www.womenawarecia.org



(A non-profit United Way
of Siouxland agency.)

What is Women Aware?

Women Aware is a non-profit organization that has helped thousands of Siouxlanders in their efforts to transform their futures. We provide supportive services for individuals and families in transition, to help them face and solve problems that may be difficult and sometimes overwhelming.

The Women Aware mission is to foster mobility toward emotional and economic stability by providing a comprehensive service delivery program free of expense. This program includes advocacy, education, information, counseling, referral, and needs assessment. There is a special focus on displaced homemakers and single parent homemakers in Woodbury County, Iowa and surrounding communities.

Funding Sources

LIVE UNITED



• **United Way of Siouxland**
unitedwaysiouxland.com

- Women of Excellence
- Tri-State Trails Tour
- Various grants, donations and contributions
- M.R.H.D



Women Aware Programs



Legal Advocacy

- Attorney referral service
All attorneys are fee-based; no free attorney services.
- Legal information about the marriage dissolution process
- Child support enforcement
- Conflict resolution

Counseling

- Available to both women and men
- Problem solving
- Needs assessment
- Referral to other agencies for specialized needs

Educational Goal Setting

- Financial aid information and referral
- Balance family, work, school and budget planning

Advocacy

- Resources to rebuild lives
- Divorce issues
- Child support recovery
- Child custody
- Sexual harassment
- Poverty issues
- Violence against women

Awareness (One-To-One or Group)

- Needs assessment
- Goal setting
- Living skills
- Crisis management planning
- Self-advocacy