

eliminating racism  
empowering women

ywca

YWCA RHODE ISLAND  
1867 - 2015

## WINTER SESSION 2014/2015



### NORTHERN RHODE ISLAND CAMPUS

REGISTRATION BEGINS: 11/10, SIX WEEK SESSION: 11/23/14 - 1/3/15

Closed: 11/27/14, 11/28/14, 12/25/14 and 1/1/15

See inside YWCA winter session brochure for additional offerings available at the Northern Rhode Island Campus along with programs and events available at Central Falls/Pawtucket Campus, Providence and statewide.

#### YWCA Mitten Tree Gives and Receives Warmth from December 1 - January 10

A Mitten Tree holds mittens, gloves, hats, scarves, socks and other warm clothing on its branches, typically for children. Anyone in need of these items is welcome to them. Donations of new items may be brought to Front Desk. Please leave labels and tags on, for information regarding the clothing materials and sizes. Thank you!



#### VACATION CAMPS

December 24, 26, 29, 30 and 31 for all. January 2 for Adventure Camp only. Reserve your child's space in a YWCA Vacation Camp. Register at Front Desk.

#### DOODLE BUGS

For children 2 years 9 months to 3 1/2. Theme: Winter Fun. Enjoy stories, games and activities. 9am-1pm, \$20/day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

#### BUSY BEE

For children 3 to 5 years of age. Theme: Dr. Seuss Days. Enjoy stories, games and activities. 9am-1pm or noon-4pm, \$15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

#### ADVENTURE

For children 5 to 12 years of age with groups divided by age. Junior Leadership option available for youth 13 and over. Weekly themes along with creativity and learning activities. Free snack, sports, arts/crafts, cooking, dramatic play, games and sledding at Cold Spring Park weather permitting. 6:30am-6pm, \$29/day. \$15/half-day (4 hours of your choice).

#### EARLY CHILDHOOD LEARNING CENTER

Open for child care at 6:30am. For details call Becky Wallace, Director of Early Childhood Education, 769-7450.

#### CHILD CARE

##### INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, parents can rely upon throughout the year. The Early Childhood Learning Center encourages healthy social, emotional, physical and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families. \*

##### PRE-PRESCHOOL

##### LITTLE LEARNERS

Pre-preschool for children 2 years 9 months to 3 1/2 years of age. With a consistent daily schedule modeled after our existing preschool program, children will be offered opportunities for socialization, creativity, and toilet training. Daily schedule includes circle time, songs, storytime, snack, play, and creative projects. 9am-noon. Two, three, or five day options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon. \*

##### PRESCHOOL

##### PRESCHOOL

The YWCA preschool is a developmentally appropriate program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment, and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful, and enriching. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Two, three, and five-day programs with morning, afternoon or full day options available. Licensed by Rhode Island Department of Education and by Rhode Island Department of Children, Youth and Families. \*

#### STEPPING STONES

Unique transitional program for children whose parents are postponing Kindergarten entrance. YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Small class size allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by Rhode Island Department of Children, Youth and Families. \*

#### EXTENDED DAY PROGRAMS:

YWCA offers programs to help accommodate a parent or guardians' schedule. \$6/hour

#### EARLY BIRDS

Children enjoy activities in a classroom environment from 6:30-9am then are escorted to respective classrooms.

#### LUNCH BUNCH

Children eat lunch in a social environment then are offered activities and gym/playground from noon-1pm. Lunches brought from home.

#### AFTER PRESCHOOL CARE

Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm.

#### YOUTH ENRICHMENT

Open for youth enrichment at 6:30am. For details call David Lovett, Youth Enrichment Program Coordinator, 769-7450.

#### YOUTH ENRICHMENT

##### APPLE

Youth Enrichment **APPLE** Curriculum: Academics, Physical Education/Recreation, Prevention, Leadership, and Empowerment.

For students attending any Woonsocket elementary school (public or private) and the Woonsocket Middle School. Mon.-Fri., 2-6pm (3 day minimum). Before school option avail-

able beginning at 6:30am (not available for Woonsocket Middle School). Children are bussed to/from YWCA and their schools, enjoy a free afternoon snack, participate in weekly themed fun activities and special events, and offered homework help. The program builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities and skills for school success and a productive future. Activities geared towards fostering individual creativity, imagination, and cognitive development. \*



#### SERVICES FOR FAMILIES WHEN IT SNOWS, WE'RE OPEN

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 5 to 15 when school is cancelled due to inclement weather and during school vacation. In order to participate, you must register your child in advance, 769-7450.

#### BEFORE KINDERGARTEN CARE & AFTER KINDERGARTEN CARE

Transportation provided. Flexible hours. Qualified, friendly staff will provide enrichment activities for your child in safe indoor and outdoor environments. Morning: gross motor play in gymnasium, creative play, free play, table games, and time to eat (breakfast brought from home). Afternoon: sports classes, gymnastics, homework time and youth enrichment activities. Licensed by Rhode Island Department of Children, Youth and Families.

#### BEFORE SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

Transportation provided. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. The program focuses on a youth's individual needs. We provide a safe, nurturing and enriching program, which parents can rely upon throughout the year, especially after school, school vacations and during the summer. Licensed by Rhode Island Department of Children, Youth and Families. Program encourages healthy social, emotional, physical, and cognitive development through weekly themes and creative activities.

● YWCA Rhode Island is a provider agency of the NACCRRRA Military Fee Assistance Program. \*

# NORTHERN RHODE ISLAND CAMPUS continued

## GYMNASTICS ACADEMY PARENTING PROGRAMS

### BASIC GYMNASTICS

3 1/2 to 5 years old

#### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels.

Thurs. 3:30-4:30pm \$21/3wks  
Fri. 3:30-4:30pm \$35/5wks  
Sat. 10-11am \$42/6wks

5 to 12 years old

#### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.

Thurs. 4:30-5:30pm \$21/3wks  
Fri. 4:30-5:30pm \$35/5wks  
Sat. 9-10am \$42/6wks  
Sat. 11am-12noon \$42/6wks

### CONTINUING GYMNASTICS

All classes listed below require permission from the instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450. YWCA Rhode Island Gymnastics Academy Competitive Coaches are USA Gymnastics Certified.

5 to 12 years old

#### ADVANCED GYMNASTICS

Tues. 3:45-5pm \$53/6wks

#### PRE TEAM

Sat. 1-3pm \$84/6wks

#### COMPETITIVE TEAM:

Monthly fee for all competitive teams:  
One day a week \$48/month  
Two days a week \$96/month  
Three days a week \$120/month

Jennie Graham, Head Coach  
Breonna Lenart, Assistant Coach

#### HOT SHOTS 4 to 9 years old

Sat. 9-11am

#### TEAM A 8 to 16 years old

Sat. 10:30am-12:30pm

#### TEAM B 8 to 16 years old

Thurs. 4-6:30pm  
Sat. 1-3pm

#### TEAM C 8 to 16 years old

Tues. 4-6:30pm  
Fri. 4-6:30pm (optional)  
Sat. 3-5:30pm

#### TEAM D 9 to 18 years old

Tues. 4-6:30pm  
Fri. 4-6:30pm  
Sat. 3-5:30pm

### PARENTING

For details, call Deb Smith, RN and Parenting In Progress Site Coordinator, at 769-7450.

16 to 25 years old

#### PARENTING IN PROGRESS®

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA. Collaborative partners for this YWCA program include: Woonsocket Education Department, Project RIRAL, Connecting for Children and Families, Community Care Alliance and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 25 years old. Mon.-Fri. from 9am-1pm.

## PHYSICAL EDUCATION

### GYM ACTIVITIES

Gym activities are under the direction of Debbie Fay.

Walking to 3 years old

#### JUMPING BEANS

Gymnasium play with parent.  
Tues. 9-10am \$42/6wks  
Thurs. 10-11am \$21/3wks  
Fri. 9-10am \$35/5wks

### SOCIALIZATION ACTIVITIES

Independent classes for your child (do not have to be toilet trained).

2 1/2 to 3 1/2 years old

#### SMALL WORLD I and II:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime and snack.

#### SMALL WORLD I

Deb Nault  
Thurs. 9-10am \$21/3wks  
Fri. 9-10am \$35/5wks

#### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$42/3wks  
Fri. 10am-noon \$70/5wks

## WELLNESS PROGRAMS

### EXERCISE

16+ years old

#### AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates,

nonmembers pay an additional \$20.  
Colette Doura  
Mon./Wed., 7:15-8:15pm \$60/9wks

### BELLY DANCING

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.  
Aimee Renaud  
Tues., 7-8pm \$42/6wks

### EXERCISE FACILITY

17+ years old

#### WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 722-3010.

### VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay. Schedule subject to change due to weather or uncontrollable circumstances. To verify, call Debbie Fay at 769-7450.

#### INTERMEDIATE MIXED CO-ED

Sunday: Intermediate.  
This league is in progress. Call to see if any spots are available.  
\$116/20wks & playoffs/plus membership fee.

#### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.  
Open House 1/6 from 6:45-8pm.  
League starts 1/13.  
\$58/10wks & playoffs/plus membership fee.

#### INTERMEDIATE CO-ED

Wednesday: Intermediate or above.  
Open House 1/7 from 6-8pm.  
League starts 1/14.  
\$58/10wks & playoffs/plus membership fee.

## CENTRAL FALLS/PAWTUCKET CAMPUS

YWCA Rhode Island  
324 Broad Street, Central Falls, RI 02863

### SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for women with disabilities that are experiencing homelessness. Residents must be 18 and over, unaccompanied by children and have been substance abuse free for at least three months before entering the program. Residents have a single bedroom and share common areas such as the living room, dining room, kitchen and bathrooms. Case management services are offered on-site. Call Luz Filpo for more information, 722-3010.

### VOLUNTEER INCOME TAX ASSISTANCE (VITA)

The VITA Program offers free tax help to people who make \$53,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals in local communities. As participants in the Earned Income Tax Credit Initiative, YWCA assists with the necessary paperwork for earners to receive credits from the Federal Government. Call Luz Filpo for more information or to inquire about volunteer opportunities, 722-3010.

### WELLNESS

YWCA offers health outreach and information to members of the Central Falls/Pawtucket community. Programs include ENCOREplus® (Breast and Cervical Health Outreach) and Heart Health for Latina women. Call Luz Filpo for more information, 722-3010.

### YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY

Sponsored by YWCA Rhode Island, Sheila "Skip" Nowell Leadership Academy is a public charter high school geared to serve the needs of pregnant and parenting youth and their families.  
www.nowellacademy.org



# STATEWIDE PROGRAMS

## YWCA OUTREACH

### HEALTH

#### A MATTER OF BALANCE

Program designed to manage falls and increase activity levels. Learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance. Who should attend? Anyone concerned about falls; interested in improving balance, flexibility and strength; who has fallen in the past; and who has restricted activities because of falling concerns. Workshop includes 8 consecutive classes that are held for 2 hours each. Contact Lisa Piscatelli at 722-3010.

#### CHRONIC DISEASE SELF-MANAGEMENT

If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to work with your health care team, how to fight fatigue, how to make daily tasks easier, how to eat healthy, how to get more out of life, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 722-3010.

#### CHRONIC PAIN SELF-MANAGEMENT

If you have chronic pain, this workshop is for you. You will receive a healthy life book and program workbook. Topics: Moving Easy Program, pacing, better breathing, relaxation techniques, healthy eating, medications for chronic pain, communication skills, problem solving, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 722-3010.

### ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. YWCA also offers support during diagnosis and treatment. If you are over age 40 and have no health insurance or your insurance does not cover breast and cervical screenings every year, you may qualify for FREE services. Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, pap smear, mammogram and follow-up services. For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. For details about ENCOREplus® at Central Falls/Pawtucket Campus, call Luz Filpo at 722-3010. If hearing/speech impaired call 1-800-745-5555.

### HEALTHY STEPS

Healthy Steps for Girls and Women is an initiative that builds on the connectedness of families in the northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA Rhode Island in partnership with nriAHEC worked with a Steering Committee to develop and implement a community assessment and strategic plan. Project sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Visit [www.scoop.it/t/healthy-steps](http://www.scoop.it/t/healthy-steps) or call Lisa Piscatelli at 722-3010, for more information.

### MINORITY HEALTH PROMOTION

YWCA Rhode Island has been designated as a Minority Health Promotion Center by the

Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations. Call the YWCA Health Office for more information, 769-7450.

### YOUTH ENRICHMENT

#### GO GIRL GO AFTER SCHOOL

YWCA GoGirlGo! After School is a program, where girls age 5 to 12 build confidence and self-esteem through fun activities, sport instruction, leadership training, games, crafts, nutrition, and building friendships.

#### ROSIE'S GIRLS AFTER SCHOOL

YWCA Rosie's Girls After School is a pilot program held once a week in locations in Providence, where middle school girls learn radio production and broadcast skills.

### YW SHE SHINES™

Share it. Trust it. Smile.  
To subscribe, e-mail [lisa@ywcari.org](mailto:lisa@ywcari.org).  
[www.sheshines.org](http://www.sheshines.org)

YW She Shines™ is a magazine, radio program and 'Shining With' series that celebrates the aspirations and accomplishments of women.

Tune in on Saturday mornings at 10am on WOON 1240 AM. Presenting sponsors:

- Blue Cross & Blue Shield of Rhode Island
- U.S. Department of Health and Human Services (HHS), Office on Women's Health

## IF YOU FEEL ONE OR MORE OF THESE HEART ATTACK SYMPTOMS, CALL 911.

- ♥ Chest pain, discomfort, pressure or squeezing, like there's a ton of weight on you
- ♥ Unusual fatigue
- ♥ Unusual upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach
- ♥ Nausea
- ♥ Breaking out in a cold sweat
- ♥ Shortness of breath
- ♥ Light-headedness or sudden dizziness

KEEP THIS MAGNET ON YOUR FRIDGE.  
MAKE THE CALL. DON'T MISS A BEAT.  
[www.womenshealth.gov/heartattack](http://www.womenshealth.gov/heartattack)



### CENTRAL FALLS HAS HEART

YWCA Rhode Island partnered with CVS Health and Rhode Island Department of Health Office of Minority Health, to increase the awareness of the signs and symptoms of a heart attack and the importance of calling 9-1-1 among Spanish speaking Hispanic women living in Central Falls. YWCA worked with local community leaders, implemented mass media strategies and used social media as a platform to spread this message.

To learn more, visit and like:  
[www.facebook.com/YWCARhodeIsland](http://www.facebook.com/YWCARhodeIsland)



Yes! I want to join YWCA Rosie's Circle:  
[www.ywcari.org/donate.html](http://www.ywcari.org/donate.html)

- \$50 will help supply two campers with a set of hand tools
- \$150 provides twelve girls with a day of carpentry instruction
- \$750 provides a full scholarship for one girl to attend YWCA Rosie's Girls for three weeks

Dear Friend:

For the 2<sup>nd</sup> consecutive summer, YWCA Rhode Island in partnership with Sophia Academy and the National Association for Women in Construction, Rhode Island Chapter, co-created and co-delivered the YWCA Rosie's Girls summer program.

Rosie's Girls summer combines the best of YWCA Rhode Island and Sophia Academy gender specific programming and offers a unique experience for adolescent girls designed to build self-esteem, perseverance and leadership through learning and applying basic skills in the trades (e.g. carpentry and stone cutting).

Rosie's Girls is supported through a mix of funding and donations from individuals, foundations and corporations. The overwhelming majority of our campers require financial aid. In fact, in 2013 and 2014 100% of our campers received full tuition scholarships to attend.

Now that the saws and power tools are packed away, we have begun to plan for Summer 2015. We invite you to join other women and men in becoming a member of YWCA Rosie's Circle, a group committed to pledging financial support to Rosie's Girls to ensure that no girl will be turned away from the camp because of her inability to pay.

Thank you!

Deborah L. Perry, President/CEO  
YWCA Rhode Island

### PROVIDENCE PROGRAMS

YWCA Rhode Island  
133 Delaine Street, Providence, RI 02909

### COMMUNITY OUTREACH

YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY



**eliminating racism  
empowering women**  
**ywca**

YWCA Rhode Island  
514 Blackstone Street, Woonsocket, RI 02895  
T: 401-769-7450 | F: 401-769-7454  
www.ywcari.org

**ANNUAL MEMBERSHIP**

6 to 16 years: \$12  
17 to 64 years: \$22  
65 and over: \$17

*Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.*

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. Men and boys are welcome as associates. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in oldest, largest women's movement in the nation

**HOURS**

Monday to Thursday 9am-9pm, Friday 9am-6:30pm and Saturday 9am-4:30pm. *Child Care Hours: Monday to Friday, open at 6:30am (arrange with program director).*

**TOURS**

New to YWCA?  
Call for more information or to schedule a tour, 769-7450.

**SCHEDULE**

Classes run in consecutive sessions during the school year with a new schedule for summer.

**ROOM RENTALS**

Room rentals are available for events.  
Contact YWCA for details, 769-7450.

**STORM POLICY**

For YWCA cancellations and closing announcements, listen to radio stations WOON 1240 AM & WNRI 1380 AM or watch Channel 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

**EVENTS**

- **December 1 - January 10, Mitten Tree:** Details on page 1.
- **December 7, Gymnastics Home Meet:** at YWCA Rhode Island for all competitors.
- **December 10, Relaxation Holiday Tea:** 1pm, come learn the seven steps to reduce holiday stress at The Meadows in North Smithfield. Register with Sueallison at 762-2333.
- **December 24 - January 2, Vacation Camps:** Reserve your child's space in a YWCA camp during school vacation. Doodle Bugs, Busy Bee or Adventure Camp, see details on page 1.
- **Holiday Gift Certificates** are available at the Front Desk.
- **YWCA Wish List:** Donations of arts/crafts for the youth enrichment program and playground balls for the preschool program are appreciated. Thank you!

**HELP YWCA, HELP OTHERS**  
Donations are appreciated: cash, gift cards, United Way donor designation, The Fund for Community Progress pledges, sponsorships, YWCA Endowment Fund, etc.  
Call Holly Courtemanche for details, 769-7450. Thank you!

- YWCA is a recipient of an Outstanding Neighborhood Planning Award from the American Planning Association - RI Chapter
- American Camp Association Accredited
- Licensed by Rhode Island Department of Education
- Licensed by Rhode Island Department of Children, Youth, and Families
- Member of RI Afterschool Plus Alliance
- Member of National Alliance for Partnerships in Equity
- Member Agency of The Fund for Community Progress
- Participating Organization of Combined Federal Campaign
- USA Gymnastics Certified Coaches
- Sponsor of the Sheila Skip Nowell Leadership Academy



**YWCA Rhode Island**

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YWCA Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895

**YWCA Rhode Island is dedicated to  
eliminating racism, empowering women  
and promoting peace, justice, freedom  
and dignity for all.**  
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