

## Training & Workshops

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NATN provides customized training & presentations:

Batterers Intervention programs

Children of Addicted Parents

Coordinated Community Response to Domestic Violence

Domestic Violence & Sexual Assault Training

Keynotes & Survivor Panels

Law Enforcement Response

Court Based Advocacy

Domestic Violence & Substance Abuse

Shelter & Housing for Victims of Domestic Violence w/Substance Abuse Issues

Identifying Victims of Domestic Violence in Healthcare Settings

Legal advocacy

Prostitutes & Drug Addicts: the Invisible Victims

Teen Dating Violence

Women in Prison & Reentry

Visitation Programs

## What Can You DO?

**Volunteer** – Your time and talent. It makes a difference!

**Mentor** a woman or provide a job with livable wages and an opportunity to grow.

**Sponsor** – a woman. Donations are tax deductible. \$29.30 a day is the cost for one bed night.

**Host** a fundraiser at your home or work or ask 10 friends to donate \$100 or 20 to donate \$50.

**Donate** gift certificates, gently used clothing or furniture, real estate, bicycles, stocks, estates, or services such as dental work, printing, landscaping, or computer support.

## S.E.E.D.S.

**P.O. Box 51357**  
**Phoenix, AZ 85076-1357**  
**Phone: 602-488-1295**  
**Fax: 480-969-0484**  
**[natnseeds@cox.net](mailto:natnseeds@cox.net)**  
**[www.natn-az.com](http://www.natn-az.com)**

## S.E.E.D.S.

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**Support**

**Education**

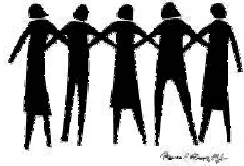
**Empowerment**

**Directions**



Assisting women and their families to achieve self-sufficiency and live safe, healthy and productive lives.

**Phone: 602-369-7792 or  
602-459-6506**



## **SEEDS Mission**

To support the initiative and strength of women recovering from abuse and addiction through empowerment, advocacy, housing, prevention, community education, opportunities and social change.

The SEEDs program is a project of the National Advocacy and Training Network (NATN), a 501 (c)(3) non-profit agency based in Arizona.

**If you want to speak to someone about your safety concerns call**

**1-800-799-SAFE**

## **Our Services**

- **Residential & transitional** safe homes
- **Groups:** Domestic violence, healthy relationships, recovery & relapse, budgeting, life skills.
- **Outreach & Reentry** services to women in the community, prison and jail.
- **Food**, clothing and individual case management.
- **FREE Healthcare &** prescription assistance for uninsured women & their children.
- **Education** – GED, College & Entrepreneur Opportunities.
- **Cup O’Karma: Community Cafe for a Cause** – On the job training for women.

## **Our Approach**

Developed on the principles and traditions of self-help, the housing program offers a supportive environment where women can help themselves while helping one another. We assist each resident with addressing their individual needs and strengths while integrating and promoting wholeness.

The women participate in groups and community based counseling to explore issues that deal with domestic violence, sexual abuse, recovery and relapse.

90% of the residents who have stayed 6 months or longer have become Staff, Volunteers, & Mentors in the Community.