



HUDSON S.P.E.A.K.S. NEWSLETTER

2024



HudsonSpeaks.com

WHO WE ARE

Hudson Speaks Against Sexual Violence is a countywide nonprofit organization committed to supporting survivors of sexual assault aged 13 and above. We serve individuals of all genders, races, religions, immigration statuses, and sexual orientations.

As a prevention, intervention, and aftercare center based in Hudson County, New Jersey, our mission is to foster safer communities while empowering survivors through healing and comprehensive support. Our victim-centric services are designed to address the unique needs of each survivor, ensuring they receive compassionate and inclusive care.

OUR SERVICES: AT A GLANCE

We provide free and confidential services such as:

- 24-hour sexual assault multi-lingual helpline
- 24-hour accompaniments to hospitals, courts, and law enforcement agencies
- Individual and group counseling for survivors and their significant others (family members, marital/dating partners, and friends)
- Community education on issues pertaining to sexual assault such as awareness and prevention
- Recruitment and training of confidential sexual violence advocates who work with survivors and their families.

24-HOUR HELPLINE:
201.795.5757

179 PALISADE AVENUE
JERSEY CITY, NJ 07306
MAIN OFFICE:
(201) 795-8375 EXT. 4703

WWW.HUDSONSPEAKS.COM



HUDSON SPEAKS

AGAINST SEXUAL VIOLENCE

Rooted in our core values of inclusion, belonging, and equity, **Hudson Speaks Against Sexual Violence** prioritizes culturally relevant advocacy, trauma-informed services, and intentional strategies to uplift marginalized identities within our community. Through diversity initiatives and direct support, we elevate the voices of survivors and stand committed to their well-being.

The organization also operates two culturally specific initiatives: **Bolo Behen (Speak Sister)** for the South Asian community and **Voces Sin Fronteras (Voices without Borders)** for the Hispanic community. These initiatives emphasize the importance of culturally tailored outreach and care.

Throughout 2024, **Hudson Speaks** participated in over 100 events, including health fairs, awareness campaigns, and community collaborations, while offering services such as counseling, advocacy, and education to survivors, their families, and allies. We are steadfast in our commitment to ending sexual violence by educating the public, raising awareness, and fostering resilience within our communities.

At **Hudson Speaks**, our strength lies in our collective effort to Support, Prevent, Educate, Advocate, and Keep Strong (S.P.E.A.K.S). Together, we strive to empower individuals and create a future free of sexual violence.

OUR PHILOSOPHY

- We offer confidential services to all of our clients.
- We believe in each individual's strength, creativity, and resolution.
- We strive to support individuals to feel empowered and feel free to make their own choices.
- We are committed to cultural awareness and cultural humility.
- We are committed to helping individuals explore all options by providing sound information/options.

OUR VALUES

- Self-Determination/Choice
- Client-Centered
- Intersectionality
- Equality





message from
PROGRAM DIRECTOR



As we reflect on our 2024 activities at **Hudson Speaks Against Sexual Violence**, I am proud to share that we have significantly expanded our outreach and provided swift, impactful services to individuals affected by sexual and domestic violence across Hudson County.

Hudson Speaks' Outreach & Prevention team has actively engaged in community events to raise awareness and strengthen connections. Through health fairs, volunteer expos, organizational presentations, and resource events, we have worked diligently to educate and empower the community about available resources and support.

In 2024, **Hudson Speaks** received 700 hotline calls from victims and survivors of sexual violence. Our outreach team participated in approximately 115 events, including tabling at resource fairs, schools, and community gatherings, while delivering presentations on vital topics such as healthy relationships and **Hudson Speaks'** services. These efforts allowed us to reach and serve residents across Hudson County, including cities like Jersey City, Bayonne, Union City, North Bergen, Secaucus, Kearny, Hoboken, Harrison, Weehawken, Guttenberg, East Newark, and West New York.

These initiatives underscore **Hudson Speaks'** steadfast commitment to sexual violence prevention and education, ensuring every community member has access to vital support, information, and advocacy.

As we conclude this impactful year, I want to express my deepest gratitude to our dedicated staff, tireless volunteers, supportive stakeholders, grantees, community leaders, and public servants. Your unwavering commitment has been the driving force behind our achievements. Together, we have created meaningful change, and I look forward to continuing this crucial work with renewed passion and dedication in 2025 and beyond.

With heartfelt gratitude,

Bishnu Maya Pariyar, M.A., Hon. DLitt.

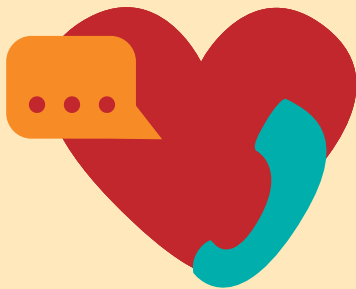
Program Director

Hudson Speaks Against Sexual Violence



Highlights

CONFIDENTIAL SEXUAL VIOLENCE ADVOCATE (CSVA) PROGRAM & 24-HOUR MULTILINGUAL HELPLINE



We operate the countywide 24-hour multilingual sexual assault helpline which is staffed 24/7 by CSVA advocates.

Confidential sexual violence advocates have a pivotal role in Hudson S.P.E.A.K.S Against Sexual Violence. All our volunteers/advocates are trained to assist in crisis intervention, provide community resources and referrals, and to support anyone who has questions or is looking for information related to sexual violence.

INDIVIDUAL COUNSELING & SUPPORT GROUP

Harmful and lasting psychological impacts of sexual violence can be prevented or minimized with structured interventions and support post-sexual violence. We have trained counselors who can help process trauma and start the healing journey. Voces Sin Fronteras is a free and confidential support group for individuals who have experienced sexual assault.



OUTREACH PROGRAM

Hudson Speaks' Outreach & Prevention team actively engages in community events to raise awareness about available resources and foster connections. Through organizational presentations and participation in health fairs, volunteer expos, and resource events, we work to educate and empower the community.

In 2024, the Outreach team participated in approximately 115 events, including tabling at resource fairs, schools, and community gatherings, as well as delivering presentations on Hudson Speaks' services and topics like healthy relationships. Communities reached include Jersey City, Bayonne, Union City, North Bergen, Secaucus, Kearny, Hoboken, Harrison, Weehawken, Guttenberg, East Newark, and West New York.

These efforts underscore Hudson Speaks' commitment to prevention and education, ensuring communities have access to vital support and information.

PREVENTION & TRAINING PROGRAM - MEDIA LITERACY

Youth, being at high risk for both perpetration and victimization of sexual violence, are a crucial focus of our prevention efforts. We employ a comprehensive approach, providing an interpersonal violence prevention curriculum for youth and their parents. This research-based project enhances knowledge of interpersonal violence and develops skills to link bystander intervention, power structures, and media literacy to violence prevention.



CASE MANAGEMENT ADVOCACY & SUNSHINE PROJECT (WELLNESS PROGRAM)



Through case management services, we are able to help individuals access services such as housing, public assistance, health insurance and more. Our case worker also provides accompaniments to police precincts, court, medical appointments, interviews with Special Victims Unit and other emergency services.

The goal of the Sunshine Project is to uplift, elevate and empower survivors of trauma.

It provides primary and secondary survivors with a holistic method of treatment. We hope that through the support of the Sunshine Project, survivors will achieve stability in their lives by accessing our social services support and wellness activities. These activities include: yoga, art, knitting, and more to meet the needs and interests of survivors.



CULTURALLY SPECIFIC INITIATIVES

Hudson S.P.E.A.K.S. Against Sexual Violence has two culturally specific initiatives: Bolo Behen (Speak Sister), South Asian Initiative, and Voces Sin Fronteras, Hispanic/Latinx initiative.

Our mission is to create a safe space with a full range of culturally sensitive and language-specific information, support services and advocacy to these two communities.



Voces Sin Fronteras, Hispanic/Latinx initiative, offers weekly support groups for survivors, free English and Zumba/Yoga classes at Save Latin America.

Bolo Behen (Speak Sister) offers English, computer and financial literacy classes to survivors. Program also holds community chai groups where survivors are invited to express their issues and concerns fearlessly, openly and comfortably.

Both of these initiatives host major celebratory events in the community. These events serve as a beacon of hope and joy, allowing the community and survivors to come together in a positive and uplifting environment. They celebrate the resilience and strength of survivors, while also providing a sense of normalcy and joy that can be therapeutic.



SEXUAL VIOLENCE STATISTICS

NISVS 2011 data shows that “most sexual violence victims knew their perpetrator. Nearly half of female victims were raped by an acquaintance (46.7%) or an intimate partner (45.4%). For males, 44.9% were raped by an acquaintance and 29% by an intimate partner. The impact is significant, with 81% of women and 35% of men reporting short or long-term effects like PTSD. Furthermore, health care costs rise by 16% for women sexually abused as children, and by 36% for those who suffered both physical and sexual abuse” (NSVR, *Statistics in Depth*)

According to the CDC, over 80% of female rape survivors experienced their first assault before 25, and nearly half were first raped as minors. Similarly, almost 80% of male victims were forced to penetrate someone before 25, with about 40% experiencing this as minors (*National Center for Injury Prevention and Control, Division of Violence Prevention*).

PREVENTION

In 2024, Hudson Speaks received 700 hotline calls from victims and survivors of sexual violence. Outreach has participated in over 100 events. These events range from tabling at resource fairs, to giving presentations on Hudson Speaks, Healthy Relationships, and Consent. Communities we've reached include Jersey City, Bayonne, Union City, North Bergen, Secaucus, Kearny, Hoboken, Harrison, Weehawken, Guttenberg, East Newark, and West New York.

In 2022, NJ CASA reported that 1,091 outreach requests were responded to by county-based programs, one of those being Hudson S.P.E.A.K.S. against sexual violence. The organization served over 22,000 survivors that year, providing services like counseling, hotline support, SART activations, and outreach.



EVENTS RECAP 2024

7TH ANNUAL RED SAREE EVENT 2024

7th ANNIVERSARY

Energy, Courage, Determination, Passion & Action

Annual signature celebration for women, by women

रेड सारी : हामी नारी

The Red Saree

South Asian celebration of Womenhood & Empowerment

We are hosting annual **The Red Saree** event. Join us for a day of recognizing womanhood, empowerment, and taste authentic South Asian food as we raise awareness on social issues experienced by the South Asian Community.

बोलो बहन
Bolo Behen
Speak Sister

HUDSON
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AGAINST SEXUAL VIOLENCE

CarePoint Health
Christ Hospital | Bayonne Medical Center
Hoboken University Medical Center

Saturday, October 5, 2024, 12:00-6:00 pm
HCCC College Library Building 81 Sip Ave, Jersey City, NJ 07306

www.BoloBehen.com | www.HudsonSpeaks.com

The 7th Annual Red Saree Event brought together approximately 200 attendees for a vibrant and empowering gathering to raise awareness about domestic and sexual violence within the South Asian community. This momentous event united key stakeholders, activists, and public figures to emphasize the critical role of community involvement in addressing these pressing issues.

Celebrating womanhood, sisterhood, and the symbolic color red—representing power, strength, and passion—the event fostered dialogue and solidarity. It highlighted the importance of collective action in creating a supportive and inclusive environment for survivors and their families.

The event served as a powerful reminder of the need to work together to build a safer, more equitable future for the South Asian community.



RED SAREE EVENT 2024 AT A GLANCE





TEEJ FESTIVAL CELEBRATION 2024

चुलै निम्तो
तीज मनाऔं जसीं सिटीमा
TEEJ FESTIVAL
Jersey City
Teej 2024
तीज

Nepali women's greatest festival
Saturday, August 31, 2024, 12:00-7:00 pm
263 Academy St., Jersey City, NJ 07306

NEW LOCATION
Jointly hosted by
HUDSON SPEAKS
AGAINST SEXUAL VIOLENCE
Women for Cause
women on the move

FREE ENTRY

This event is proudly endorsed by eAptalism.com

State of New Jersey
STATE HOUSE, TRENTON, N.J.
ASSEMBLY COMMENDATION
By Assemblywoman JESSICA RAMIREZ

WHEREAS, Assemblywoman Jessica Ramirez, as the duly elected representative of the 32nd Legislative District in the State Legislature, is pleased to honor and congratulate

The Hudson S.P.E.A.K.S. Bolo Behen Project

WHEREAS, the Hudson S.P.E.A.K.S. mission is to create safer communities centered on supporting healing for survivors of sexual violence; and,

WHEREAS, approximately one in five women experience sexual violence and one in four women experience domestic violence in their lifetime in the United States; and,

WHEREAS, Hudson S.P.E.A.K.S. provides crucial culturally-sensitive and language-specific resources to survivors of gender-based violence in the South Asian community through the Bolo Behen Initiative; and,

WHEREAS, Hudson S.P.E.A.K.S. jointly hosted the Teej Festival 2024 on August 31st, 2024 which was enjoyed by all.

Be It Known To All That The Undersigned Hereby Honors:
Hudson S.P.E.A.K.S. Bolo Behen Project
for hosting the Teej Festival 2024.

Jessica Ramirez
JESSICA RAMIREZ
Member of the General Assembly

On August 31, 2024, Hudson Speaks hosted a vibrant celebration of Teej, a significant Hindu festival, bringing together approximately 150 community members. The event was filled with joy, enthusiasm, and cultural pride, serving as a platform to honor the strength and resilience of women.

Beyond the festivities, the celebration carried a deeper message: a commitment to creating a world free from patriarchy, oppression, and violence. It reaffirmed the importance of gender equality and women's empowerment, emphasizing the need for women to express themselves freely, make their own choices, and live with dignity and respect.

Through this celebration, we recognized the power of women's voices, the strength of their spirits, and the beauty of their souls, renewing our dedication to fostering a more equitable and inclusive society.

During the event, Hudson Speaks was recognized with a New Jersey State Assembly Citation by State Assemblywoman Jessica Ramirez. This prestigious honor applauded the organization for its vital work in supporting survivors of domestic and sexual violence in Hudson County.



TEEJ FESTIVAL CELEBRATION 2024 AT A GLANCE



तीजको रौनक
IN JERSEY CITY
2024

Nepalism.com





RELAX & RENEW: A WELLNESS EVENT



Hudson Speaks hosted the “Relax & Renew” Wellness Event to create a serene space for the community to unwind and focus on self-care. Designed with the goal of promoting mental and physical well-being, the event served as a gentle reminder of the importance of prioritizing health amidst the demands of daily life.

Participants engaged in activities aimed at relaxation and rejuvenation, emphasizing the need to pause, recharge, and nurture themselves. This gathering reinforced the message that self-care is essential, offering a supportive environment to foster balance and well-being in the community.





HUDSONSPEAKS.COM

CANDLELIGHT VIGIL FOR SEXUAL ASSAULT AWARENESS MONTH-APRIL

HUDSON SPEAKS
AGAINST SEXUAL VIOLENCE

In collaboration with Community Awareness Series (CAS) Cultural Dept. of JCFL Miller Branch

Candlelight Vigil

Friday, April 19th, 2024, 6:30 pm-8:30 pm
(Doors open at 6 pm)

Join Hudson SPEAKS Against Sexual Violence for a Candle Light Vigil to honor survivors and those lost to sexual violence.

Featured Musical Performance

Carol Lester
is a Hudson County singer, songwriter, composer, and producer in jazz, rock, pop, and children's music. Carol's music is emotive and honest. She's had songs in TV films & ads and enjoys co-writing and learning on how to grow in her producer and composer skills. | www.carollester.com

EVENT VENUE:
Jersey City Free Public Library
MILLER BRANCH
489 Bergen Ave., Jersey City, NJ 07304
(free limited library parking)

FOR MORE INFO, CONTACT US:
Maria Elaine Evis
201-795-8375 x5296
maria.evis@carepointhealth.org
Bishnu Maya Pariyar
bishnu.pariyar@carepointhealth.org

for more info, please visit: www.hudsonspeaks.com/connect



In collaboration with the Jersey City Free Public Library's Community Awareness Series, Hudson Speaks hosted its annual Candlelight Vigil to honor survivors of sexual violence and remember those who have lost their lives to it.

This poignant event served as a powerful symbol of solidarity, providing survivors with a safe space to feel seen, supported, and validated.

The vigil raised awareness about the prevalence and impact of sexual violence, fostering a shared commitment to prevention and advocacy. It also created a healing environment for reflection, unity, and empowerment, encouraging survivors to reclaim their voices and build a stronger community of support.

This event underscores Hudson Speaks' dedication to creating a world free from violence, where survivors are empowered and supported every step of the way.

Begin by Believing.



MENTAL HEALTH SEMINAR

The Mental Health Seminar hosted by Hudson S.P.E.A.K.S was a significant and impactful event that addressed crucial mental health issues within the South Asian American community. It highlighted the importance of culturally sensitive mental health services and the critical role of ongoing community engagement in promoting mental well-being.

This event served as a reminder that mental health is a shared responsibility, and by fostering understanding and support within our communities, we can break the stigma and create a path toward healing and empowerment.





COMMUNITY CHAI

Bolo Behen (Speak Sister) is a South Asian initiative by **Hudson Speaks** aimed at fostering open dialogue and community engagement. Through our regular **Community Chai** meetings, we invite South Asian community members to come together and share their thoughts, opinions, and ideas. These gatherings provide a platform to engage in constructive conversations that promote a positive and inclusive environment for women and children within the community.

Project **Bolo Behen** seeks to inform, engage, and mobilize South Asian women in Hudson County, addressing the challenges they face. Some of the critical issues that South Asian women may experience include:

- Violence against women
- Lack of support systems
- Acculturation challenges
- Raising children in a foreign land

By raising awareness and encouraging dialogue, **Bolo Behen** aims to create a stronger, more supportive South Asian community where women feel empowered to speak out and initiate change. Join us and be a part of the conversation—your voice matters!

COMMUNITY CHAI

a Community Discussion for South Asian Women



Come and express your thoughts, opinions and ideas.
Let's engage in a constructive and positive dialogue to start building
a better South Asian Community for women and children.

Have an opinion! Speak out.

Project Bolo Behan, an initiative of **Hudson Speaks**

intends to inform, actively engage and mobilize
the South Asian women living in Hudson County and
start a dialogue about issues facing women within our community.

Some of the issues South Asian women may face are-
Violence against women, lack of support systems, acculturation
and raising kids in a foreign land.

www.BoloBehen.com | www.HudsonSpeaks.com

Facebook: www.facebook.com/bolo.behen



UNESCO GLOBAL FORUM AGAINST RACISM AND DISCRIMINATION



We recently had the privilege of attending the fourth edition of the UNESCO Global Forum Against Racism and Discrimination. This transformative event convened advocates and leaders from around the world to confront systemic racism and gender-based violence.

The forum provided invaluable insights and global best practices that will strengthen our community-centric initiatives, including Bolo Behen (Speak Sister) for the South Asian community and Voces Sin Fronteras (Voices Without Borders) for the Hispanic community.



It was a powerful reminder of the critical role collective action plays in creating lasting change. Together, we can build a more just and equitable world.



Bolo Behen (Speak Sister) is a South Asian initiative of Hudson S.P.E.A.K.S. Against Sexual Violence

The Bolo Behen Project creates a safe space with a full range of culturally-sensitive, language-specific information, support, services and advocacy for South Asian women living in Hudson County who are experiencing domestic and sexual violence. The project also strives to start a dialogue throughout Hudson County.

www.BoloBehen.com
www.HudsonSpeaks.com
Facebook: www.facebook.com/bolo.behen

24-Hour Free & Confidential Helpline
201-795-5757

- 24-hour appointments to hospitals, courts, and law enforcement agencies.
- Free and confidential individual & group counselling for survivors of sexual abuse.
- Education and referral to services in Hudson County.
- Culturally specific services & support.

Our services are in English, Hindi, Nepali & Urdu
Affiliated with CarePoint Health Medical Group
179 Palisade Ave., Jersey City, NJ 07306
Phone: 201-217-4726
Fax: 201-418-7025



179 Palisade Ave., Jersey City, NJ 07306 | Phone: 201-217-4726 | Fax: 201-418-7025



ANNUAL HOLIDAY PARTY

Hudson Speaks recently hosted its Annual Holiday Party to honor our dedicated Confidential Sexual Violence Volunteers. This special event celebrated their unwavering commitment to providing emotional support and crisis intervention to survivors throughout the year.

We are deeply grateful for their compassion and tireless efforts, which have made a profound impact on our community. This gathering served as a heartfelt thank-you for their invaluable contributions and a well-deserved celebration of the difference they make every single day. Together, we continue to foster hope and healing.



¿Qué es la Agresión Sexual?

- Cualquier contacto sexual no deseado o forzado, sin consentimiento. Esto incluye tocar a alguien en áreas íntimas aun cuando tenga ropa interior o ser obligado a tocar a alguien en áreas íntimas.
- Penetración vaginal, oral o anal no deseada mediante cualquier objeto, sin importar el grado de penetración.
- Sexo con consentimiento con una víctima que tenga una discapacidad mental o sea menor de 16 años.
- Sexo con una víctima que se encuentra incapacitada (ebria, drogada o bajo los efectos de una sustancia).

Si Sufre Agresión Sexual

- Llame a nuestra Línea de ayuda las 24 horas del día. Un defensor confidencial contra la violencia sexual lo escuchará sin culpa, le ofrecerá información y opciones, y apoyará sus decisiones. Si lo solicita, el defensor lo acompañará durante todos los procesos médicos y legales.
- Busque atención médica para tratar posibles lesiones, y para prevenir enfermedades de transmisión sexual y embarazo.
- Si considera presentar cargos penales, el equipo médico utilizará un "kit de violación" para recoger pruebas forenses. Si es posible, NO se duche, bañe, lave ni coma, beba, orine o se cambie la ropa, ya que podría arruinar las pruebas del delito. Si usted realizó alguna de las actividades que se mencionaron antes, aún se pueden recoger pruebas forenses.
- Considere dar aviso a la policía.
- Considere recibir asesoramiento de inmediato. Las investigaciones indican que las víctimas de violación que reciben terapia justo después de la agresión tienen menos probabilidades de desarrollar síntomas de trastorno por estrés posttraumático (Post-Traumatic Stress Disorder, PTSD).

Línea de ayuda las 24 horas del día:
201.795.5757

Hudson S.P.E.A.K.S (Habla)
Contra la Violencia Sexual

179 Palisade Avenue
Jersey City, NJ 07306

Main Office:
201-795-8375 Ext. 4703

Prevention Education & Outreach:
201-795-8375 Ext. 5292

Crisis Response & Advocacy:
201-795-8375 Ext. 5269

Sunshine Project
& Case Management:
201-217-4723

www.hudsonspeaks.org



Hudson S.P.E.A.K.S (Habla) Contra la Violencia

sexual es un programa contra la agresión sexual sin fines de lucro que abarca todo el condado y brinda servicios orientados a las víctimas para personas mayores de 13 años, de todos los géneros. Los servicios se brindan a las víctimas de abuso, agresión o acoso sexual independientemente de la raza o el nivel socioeconómico. Estos servicios se extienden a otros integrantes de la familia, el cónyuge o la pareja y también a amigos. A través de una Línea de ayuda las 24 horas del día, defensa, educación y asesoramiento, luchamos para alcanzar nuestro objetivo de un día "detener la violencia".



INAUGURAL HOLIDAY PARTY BY BOLO BEHEN

Hudson Speaks Against Sexual Violence's South Asian Initiative, Bolo Behen (Speak Sister), hosted its inaugural Holiday Party on December 15, 2024, at Hudson County Community College (HCCC) in Jersey City.

The event was a remarkable success, bringing together over 100 community members for a festive evening filled with celebration, camaraderie, and awareness-building. This gathering highlighted the importance of fostering community connections while empowering South Asian women to speak out against domestic and sexual violence.

We are grateful to everyone who joined us in making this event a meaningful and memorable occasion. Together, we continue to build a stronger and more supportive community.





HOLIDAY PARTY FROM VOCES SIN FRONTERAS

Hudson Speaks Against Sexual Violence proudly hosted the Annual Holiday Party for its Hispanic Initiative, Voces Sin Fronteras (Voices Without Borders). This heartwarming event celebrated the resilience of survivors of violence and reaffirmed our unwavering dedication to their care during the holiday season.

Families enjoyed a festive atmosphere filled with joy, laughter, and togetherness, culminating in the distribution of toys to children, bringing smiles to their faces. It was a truly memorable and merry occasion that brought hope and cheer to all who attended. Together, we continue to stand in solidarity with survivors and their families.





END-OF-YEAR COALITION MEETING

We hosted our last Coalition Meeting of the year, and it was a wonderful success with a great turnout. The gathering provided an opportunity to connect with our valued community partners and share warm holiday wishes.

During the meeting, we reflected on the challenges we faced this year in reaching individuals and discussed ways to better serve the community in the coming year. We also explored opportunities for future collaborations to strengthen our collective impact.

It was a meaningful event that fostered networking and strengthened relationships with our community. Together, we look forward to continuing our efforts to make a difference in the year ahead.



call to
ACTION
HUDSON
SPEAKS
AGAINST SEXUAL VIOLENCE



SPEAKING AGAINST GENDER-BASED VIOLENCE

At the National Summit in San Francisco, CA, we united to address the urgent issue of gender-based violence. Together, we emphasized the importance of education, awareness, and collective action to combat sexual and domestic violence. By sharing stories and strategies, we reaffirmed our commitment to empowering survivors and fostering a culture of respect and equality.

Let us continue working together to build a future free from violence, ensuring safety, dignity, and justice for all. Ending gender-based violence is not just a goal—it is a shared responsibility.



Begin
by Believing.



WHITE HOUSE AANHPI POLICY SUMMIT

The White House AANHPI (Asian American, Native Hawaiian, and Pacific Islander) Policy Summit is an incredible opportunity to discuss and address pressing issues impacting AANHPI communities across the nation. Taking place in Washington, D.C., this event brings together leaders, advocates, and policymakers to focus on advancing equity, inclusion, and meaningful support for our diverse communities.

We're part of this important event, contributing to the conversations that aim to create lasting positive change for AANHPI individuals and families. Together, we can make a difference.



SPEAKING AT THE WOMEN'S CONFERENCE "BELIEVE IN YOURSELF"

We've participated at the "Believe in Yourself" Women's Conference organized by NRN NCC of USA at MIT in Boston. Hudson Speaks' Program Director Bishnu Maya Pariyar, M.A., Hon.DLitt. attended and addressed to the event. This inspiring event brought together women leaders, advocates, and changemakers to share stories of resilience and empowerment. It was a privilege to discuss the importance of believing in oneself and fostering strength within our communities.

A heartfelt thank to the entire organizing team for hosting such a meaningful and impactful event. Together, we can continue to uplift and inspire women to achieve their fullest potential.





EMPOWERMENT CLASSES

Hudson S.P.E.A.K.S has been providing these training throughout the year.

Free English for Empowerment Class
निःशुल्क अंग्रेजी भाषा कक्षा

Empower YOU
Eliminate Language Barrier
Create Opportunity
Better Jobs

Location:
270 Fairmount Ave.,
Jersey City, NJ 07306

Your empowerment partners:

Bolo Behen
T T Speak Sister

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www.BoloBehen.com
www.HudsonSpeaks.com

for education and outreach, call: 201-795-8375

Free Computer Class for Empowerment
निःशुल्क कम्प्युटर कक्षा

Empower YOU
Create Opportunity
Better Jobs

Location:
270 Fairmount Ave.,
Jersey City, NJ 07306

Your empowerment partners:

Bolo Behen
T T Speak Sister

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www.BoloBehen.com
www.HudsonSpeaks.com

for education and outreach, call: 201-795-8375

Free Tailoring for Empowerment
निःशुल्क सिलाई तालिम

Empower YOU
Create Opportunity
Better Jobs

Location:
270 Fairmount Ave.,
Jersey City, NJ 07306

Your empowerment partners:

Bolo Behen
T T Speak Sister

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Mindful Monday

MINDFUL MONDAY

Hudson Speaks Against Sexual Violence hosts the Mindful Monday Wellness Program to support the well-being of our dedicated staff, as well as victims and survivors of sexual violence. This initiative aimed to create a safe and rejuvenating space for participants to de-stress, reconnect, and heal through holistic and therapeutic experiences.

The program featured a variety of activities designed to uplift the mind, body, and spirit:

Soulful Music Therapy

Participants immerse themselves in soothing and therapeutic music that created an atmosphere of relaxation and serenity. The melodies were carefully curated to promote emotional balance and reduce stress, offering moments of introspection and inner peace.

Henna Art

Henna therapy provides a creative outlet for participants to express themselves through intricate and beautiful designs. Applying henna not only served as a cultural connection for many attendees but also as a meditative experience, fostering mindfulness and creativity.

Beauty Therapy

The beauty therapy station offers services such as skincare treatments, aromatherapy, and simple grooming practices. These treatments aimed to boost confidence, enhance self-care, and provide moments of indulgence, reminding participants of their inherent worth and beauty.

Nourishing Foods

A selection of healthy and delicious food is provided to nourish the body and promote well-being. The meals were prepared with care, offering comfort and a sense of community as participants shared a meal in a relaxed setting.

Hudson Speaks Against Sexual Violence

MINDFUL MONDAY

March 18, 2024
11 am-2 pm

Christ Hospital
176 Palisade Ave.
Jersey City, NJ 07306
Staff Rooms: A&B

Wellness Activities:
Henna, Eyebrows, Nails, Raffle,
South Asian Food, Drawing Station, Music...

CarePoint Health
Christ Hospital

for info, contact us:
Bishnu Maya Parthar
Tel: 201-795-8375, Ext. 4209
parthar.bishnu@carepointhealth.org
Dhanya S. Jubega
Tel: 201-795-8375, Ext. 4723
dhanya.s@carepointhealth.org

HUDSON SPEAKS
AGAINST SEXUAL VIOLENCE

Bolo Behen
T T Speak Sister
A South Asian Institute of Hudson SPEAKS

www.hudsonspeaks.com | www.bolobehen.com

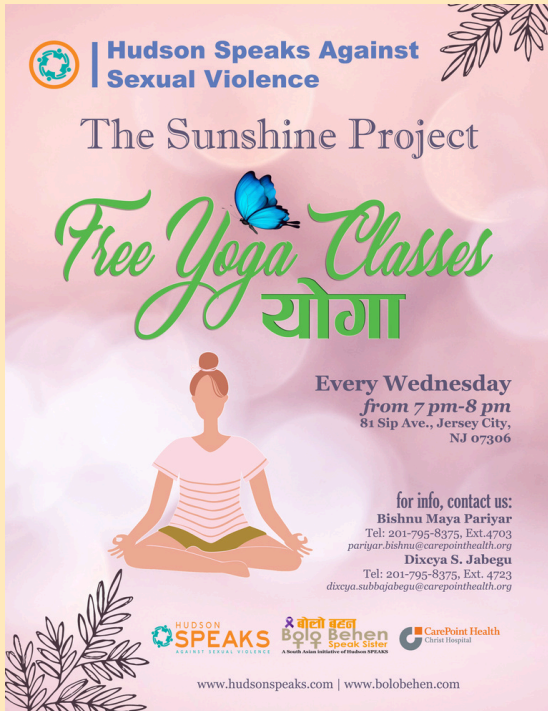


YOGA WORKSHOP

At Hudson Speaks, the Yoga Workshop provides a supportive and nurturing environment for trauma survivors, focusing on holistic healing for both the body and mind. With a steady group of 5-7 participants, these sessions embody the community's dedication to self-care and recovery.

Yoga has proven to be an invaluable tool in the healing process, helping to regulate the body's stress response, lower cortisol levels, and foster a deep sense of calm. Through mindful breathing techniques and gentle movements, participants develop essential skills to manage emotions, reduce anxiety, and alleviate symptoms of depression.

These workshops empower individuals to reconnect with their bodies- an essential step in reclaiming control and building resilience after experiencing trauma. Hudson Speaks remains committed to supporting survivors on their journey to recovery through this transformative practice.





DENIM DAY

HUDSON
SPEAKS
AGAINST SEXUAL VIOLENCE

DENIM
DAY

April 24 2024

Wear denim to
support survivors of
sexual violence

CarePoint Health
Christ Hospital

Hudson Speaks hosted a Denim Day event at the hospital during Sexual Assault Awareness Month to emphasize an important message: What we wear should never dictate how we are treated.

Denim Day is a global movement that started as a response to a 1998 Italian Supreme Court ruling which overturned a rape conviction, citing that the victim's jeans were "too tight" and implied consent. This decision sparked outrage and solidarity worldwide, with Denim Day becoming a symbol of protest against victim-blaming and a call to support survivors of sexual violence.

Hudson Speaks' event brought together hospital staff, patients, and community members to raise awareness and foster a conversation about consent, respect, and breaking harmful stereotypes. By wearing denim, participants expressed their commitment to standing against sexual violence and supporting survivors. This initiative aligns with Hudson Speaks' dedication to empowering victims and educating the community on creating a culture of accountability and respect.



JERSEY CITY'S INTERAGENCY TASK FORCE MEETING 101



101

24-HOUR MULTILINGUAL HELPLINE:

201-795-5757

Hudsonspeaks.com

Hudson Speaks participated in Jersey City's Interagency Task Force Meeting 101, delivering an insightful presentation to Jersey City community partners and Board of Education members. This meeting served as a platform to raise awareness of Hudson Speaks' critical services and to strengthen collaboration with organizations, schools, and local communities.

The presentation highlighted the resources and support Hudson Speaks offers to victims and survivors of sexual violence, including counseling, advocacy, and education. By engaging with key stakeholders, the event aimed to build stronger networks, foster partnerships, and ensure that schools and organizations are equipped with the knowledge to support individuals in need effectively.

This initiative underscores Hudson Speaks' commitment to community outreach and its mission to create a safer and more informed environment for all residents of Jersey City and beyond.

Begin
by Believing.



NEW JERSEY CITY UNIVERSITY OSP 101 PRESENTATION



Hudson Speaks conducted an engaging OSP 101 and Healthy Relationships Presentation and Discussion at New Jersey City University, providing students with a valuable opportunity to learn about the organization's services and the critical concepts of consent and boundaries.

The session focused on educating students about what consent truly means, how to recognize and protect their personal boundaries, and how to foster respectful relationships. Additionally, students explored actionable ways to raise awareness and contribute to the fight against sexual violence within their communities.

This presentation reflected Hudson Speaks' dedication to empowering young individuals through education, equipping them with the tools to create a culture of consent and advocacy while supporting the ongoing mission to end sexual violence.

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DAY OF ACTION



As part of Sexual Assault Awareness Month, the Hudson Speaks team participated in the Day of Action, visiting various cities across Hudson County to engage with communities and raise awareness about sexual violence.

This impactful initiative allowed Hudson Speaks to spread vital resources, share information, and educate residents on recognizing, preventing, and addressing sexual violence. The team also spoke out about the importance of collective action and how everyone can contribute to reducing and ultimately ending sexual violence in their communities.

The Day of Action exemplifies Hudson Speaks' dedication to outreach and advocacy, ensuring that individuals across Hudson County are empowered with knowledge and support to foster a safer and more informed society.

HUDSON COUNTY COMMUNITY COLLEGE SEXUAL ASSAULT AWARENESS MONTH DISCUSSION PANEL



During Sexual Assault Awareness Month, Hudson Speaks participated in a meaningful discussion panel at Hudson County Community College (HCCC) alongside other community partners. The event was designed to educate and empower students and staff about the importance of addressing sexual violence.

Key topics of the discussion included the significance of speaking up, understanding consent, and knowing the resources available for those in need of help. The panel provided a safe and informative space for attendees to ask questions, share insights, and learn more about creating a culture of respect and accountability within the HCCC community.

This initiative highlighted Hudson Speaks' commitment to fostering awareness and collaboration in the fight against sexual violence, ensuring that students and staff are equipped to take action and support survivors effectively.



WALK FOR A CAUSE



Hudson Speaks took part in the Walk for a Cause: End Sexual Violence during Sexual Assault Awareness Month, providing a meaningful community-level event for residents of Hudson County and beyond.

This walk brought together individuals from diverse backgrounds to unite in raising awareness about sexual violence. Participants demonstrated their commitment to supporting survivors and advocating for change by walking in solidarity. The event also served as an opportunity to share resources, foster conversations, and inspire collective action to end sexual violence.

Hudson Speaks' involvement in this initiative highlights its dedication to empowering the community and promoting awareness through unity and engagement.

HUDSON COUNTY LGBTQ+ PRIDE MONTH



To celebrate the start of Pride Month, the Hudson County LGBTQ+ organization Hudson Pride Center held a Pride flag-raising event at Washington Park. The event also featured a fair, where Hudson Speaks actively participated by setting up a table and engaging with the community.

The Pride flag-raising was a significant moment, symbolizing the community's unity and the ongoing fight for LGBTQ+ rights and visibility. The fair provided a space for attendees to learn about various resources, connect with local organizations, and celebrate diversity in an inclusive environment.

Hudson Speaks was proud to be part of this vibrant event, contributing to the support and empowerment of the LGBTQ+ community in Hudson County.

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ADOLESCENT SUPPORT GROUP

On the evening of July 24, 2024, in Jersey City, NJ, the Adolescent Support Group Discussion brought together experts, parents, and youth for an empowering session focused on growth and personal development. The event, titled “Adolescent Support Group: Our Youth Speaks! Learn, Speak & Grow”, provided a platform for open dialogue, support, and education on key issues facing today's adolescents. It was an evening dedicated to fostering resilience, self-awareness, and healthy relationships among young participants.

The Adolescent Support Group Discussion was a success, fostering a sense of community, resilience, and empowerment among the youth. By providing a safe platform for conversation and education, the event contributed to the well-being of adolescents, equipping them with knowledge and tools to face life's challenges with confidence.





HUDSON SPEAKS CELEBRATES INTERNATIONAL WOMEN'S DAY

Hudson Speaks' Bolo Behen (Speak Sister), a South Asian initiative, co-hosted International Women's Day 2024 in Jersey City, fostering unity and advocacy within the South Asian American community. The event brought together women, families, and community leaders to address domestic and sexual violence and promote safety and empowerment.

The celebration included powerful speakers, engaging workshops, and a showcase of local female artists and entrepreneurs.

The event aimed to raise awareness about gender equality, support women's rights, and highlight the importance of empowering women in all spheres of life. Attendees had the opportunity to connect, share stories, and participate in activities that promote unity and advocacy.

International Women's Day served as a reminder of the ongoing efforts needed to achieve true equality and the vital role each one of us plays in supporting and uplifting women. Hudson Speaks was honored to be a part of this global movement and looks forward to continuing the fight for gender equality.





HUDSON SPEAKS APPLAUDED BY NJ ASSEMBLYWOMAN JESSICA RAMIREZ FOR VITAL WORK SUPPORTING SURVIVORS

Hudson County’s pioneering rape-crisis support and prevention organization, Hudson Speaks Against Sexual Violence, was honored with a New Jersey State Assembly Citation by Assemblywoman Jessica Ramirez during the Teej Festival celebration, jointly hosted by Hudson Speaks, Women for Cause (WFC), and Nepali American and South Asian women in Jersey City. This recognition applauded Hudson Speaks for its critical efforts in supporting survivors of domestic and sexual violence throughout Hudson County, with a special focus on its culturally sensitive and language-specific initiatives.

The citation highlighted Hudson Speaks' Bolo Behen (Speak Sister) Project, a groundbreaking program that provides vital resources to the South Asian community. Assemblywoman Ramirez commended the organization’s dedication to addressing gender-based violence, particularly within communities where these issues are often stigmatized or overlooked.

HUDSON SPEAKS APPLAUDED BY NJ ASSEMBLYWOMAN JESSICA RAMIREZ

HUDSON SPEAKS AGAINST SEXUAL VIOLENCE

Nepalism.com

State of New Jersey

STATE HOUSE, TRENTON, N.J.

ASSEMBLY COMMENDATION
By Assemblywoman JESSICA RAMIREZ

WHEREAS, Assemblywoman Jessica Ramirez, as the duly elected representative of the 32nd Legislative District in the State Legislature, is pleased to honor and congratulate

The Hudson S.P.E.A.K.S. Bolo Behen Project

WHEREAS, the Hudson S.P.E.A.K.S. mission is to create safer communities centered on supporting healing for survivors of sexual violence; and,

WHEREAS, approximately one in five women experience sexual violence and one in four women experience domestic violence in their lifetime in the United States; and,

WHEREAS, Hudson S.P.E.A.K.S. provides crucial culturally-sensitive and language-specific resources to survivors of gender-based violence in the South Asian community through the Bolo Behen Initiative; and,

WHEREAS, Hudson S.P.E.A.K.S. jointly hosted the Teej Festival 2024 on August 31st, 2024 which was enjoyed by all.

Be It Known To All That The Undersigned Hereby Honors:

Hudson S.P.E.A.K.S. Bolo Behen Project
for hosting the Teej Festival 2024.

Jessica Ramirez
JESSICA RAMIREZ
Member of the General Assembly



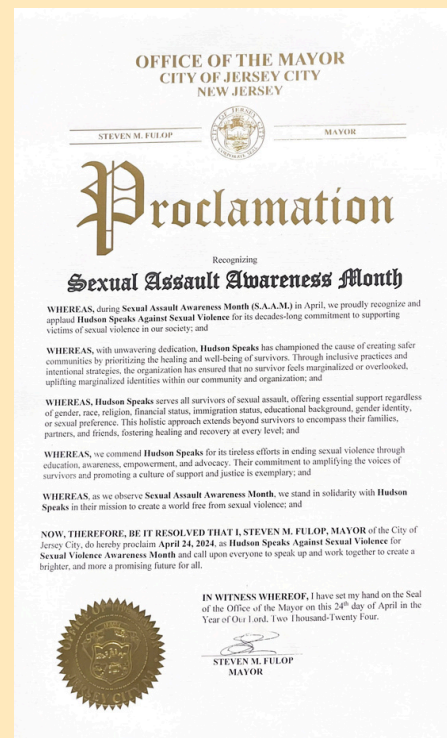
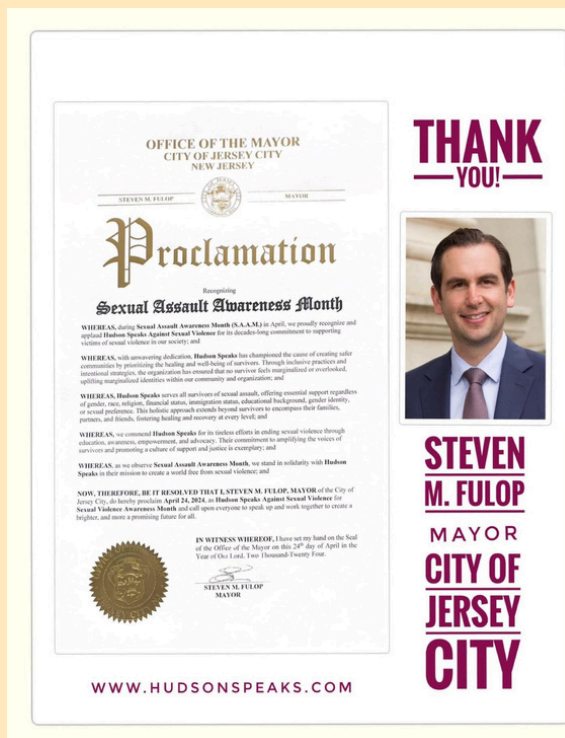
HUDSON SPEAKS HONORED BY JERSEY CITY MAYOR STEVEN FULOP

During Sexual Assault Awareness Month (S.A.A.M.) in April, Hudson County's pioneering rape-crisis support and prevention organization, Hudson Speaks Against Sexual Violence, was honored by City of Jersey City Mayor Steven Fulop. The recognition celebrated Hudson Speaks' decades-long commitment to supporting victims of sexual violence in our society.

Mayor Fulop acknowledged the unwavering dedication of Hudson Speaks in championing the cause of creating safer communities. The organization's priority on the healing and well-being of survivors through inclusive practices and intentional strategies ensures that no survivor feels marginalized or overlooked. This dedication to uplifting marginalized identities within the community and organization is commendable.

Hudson Speaks serves all survivors of sexual assault, offering essential support regardless of gender, race, religion, financial status, immigration status, educational background, gender identity, or sexual preference. Their holistic approach extends beyond survivors to include their families, partners, and friends, fostering healing and recovery at every level.

The organization was commended for its tireless efforts in ending sexual violence through education, awareness, empowerment, and advocacy. Hudson Speaks' commitment to amplifying the voices of survivors and promoting a culture of support and justice is exemplary and truly deserving of recognition.





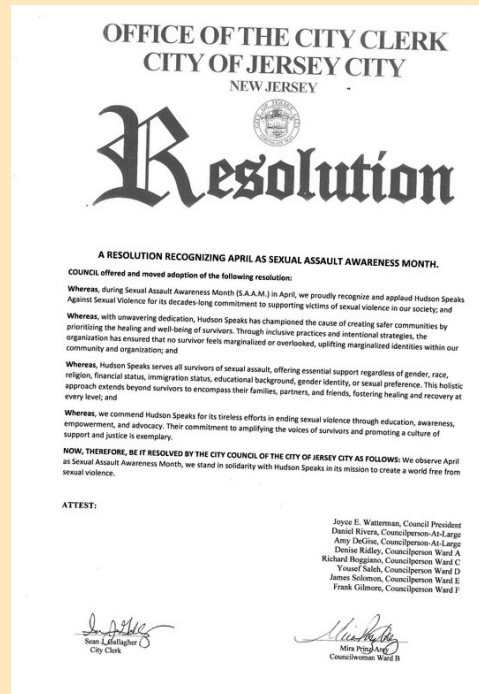
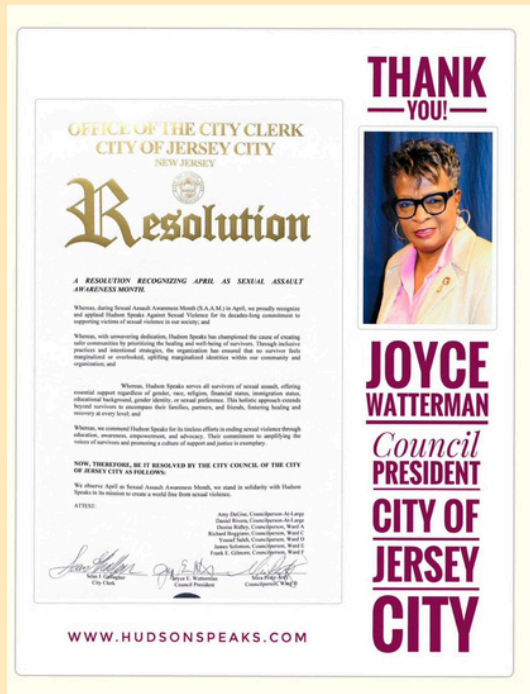
HUDSON SPEAKS HONORED BY JERSEY CITY COUNCIL AND COUNCIL PRESIDENT JOYCE WATERMAN

During Sexual Assault Awareness Month (S.A.A.M.) in April, Hudson County's pioneering rape-crisis support and prevention organization, Hudson Speaks Against Sexual Violence, was honored by the City of Jersey City Council and Council President Joyce Waterman. This recognition celebrates Hudson Speaks' decades-long commitment to supporting victims of sexual violence in our society.

The council acknowledged the unwavering dedication of Hudson Speaks in championing the cause of creating safer communities. By prioritizing the healing and well-being of survivors through inclusive practices and intentional strategies, the organization ensures that no survivor feels marginalized or overlooked. This dedication to uplifting marginalized identities within the community and the organization is highly commendable.

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NATIONAL SEXUAL ASSAULT CONFERENCE ATTENDANCE



Hudson Speaks staff attended the National Sexual Assault Conference, a transformative event that provided invaluable opportunities for discussion, learning, and professional growth.

The conference facilitated engaging workshops and sessions that focused on best practices, innovative strategies, and effective tools to better serve clients and community members. By participating, the staff deepened their knowledge of raising awareness, enhancing advocacy efforts, and expanding resources to support survivors of sexual violence.

This experience underscores Hudson Speaks' commitment to continuous improvement and its dedication to providing the highest level of support to the community in the fight to end sexual violence.

NEW JERSEY CITY UNIVERSITY MENTAL HEALTH DAY EVENT



Hudson Speaks participated in the New Jersey City University Mental Health Day event, held at the Student Center, where the team engaged in tabling and offering resources to students and staff.

This event provided an opportunity to share information about Hudson Speaks' services, including counseling and support for survivors of sexual violence. The team also emphasized the importance of mental health in healing and recovery, promoting a holistic approach to well-being.

By participating in this event, Hudson Speaks reinforced its commitment to supporting the NJCU community and raising awareness about the intersection of mental health and sexual violence.

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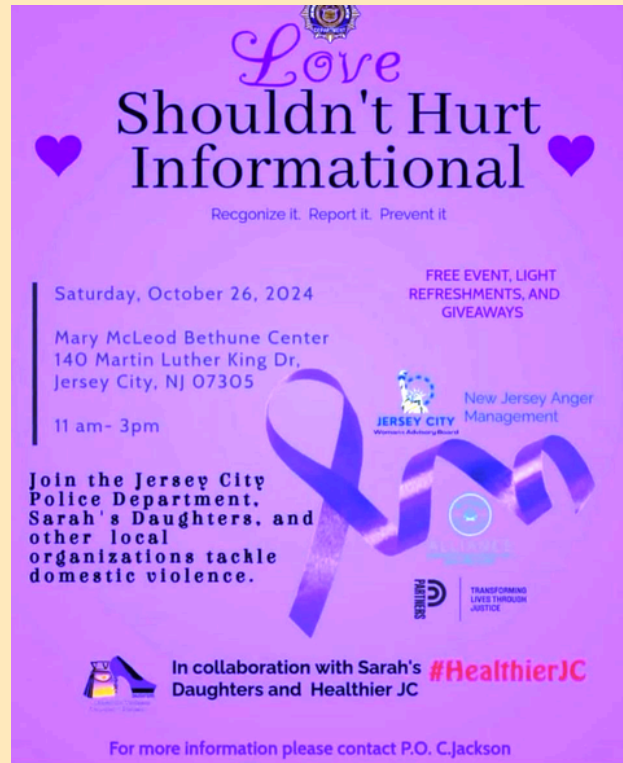
LOVE SHOULDN'T HURT-DOMESTIC VIOLENCE PANEL

Hudson Speaks partnered with Sarah's Daughter to host a crucial domestic violence panel. This insightful discussion centered on the pervasive issue of domestic violence, a topic often left unspoken within our communities despite its significant impact.

During the panel, participants delved into the intersection of domestic and sexual violence, highlighting the urgent need for awareness and intervention. We explored available resources and strategies to support victims and raise community awareness about these pressing issues.

A key takeaway from the discussion was the necessity of ongoing efforts to educate and support our community. The panel underscored the importance of collaborative action and continuous dialogue to combat domestic violence effectively.

The panel fostered a sense of solidarity and commitment to making our community safer and more supportive for everyone.



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CONFIDENTIAL SEXUAL VIOLENCE ADVOCATE (CSVA) REFRESHER TRAINING



The 40-hour CSVA training is a comprehensive program designed to prepare individuals to support survivors of sexual violence. This training provides in-depth education on topics such as trauma-informed care, crisis intervention, advocacy, cultural competency, and confidentiality protocols.

Completion of this training certifies individuals to serve as confidential advocates, equipping them to provide compassionate and effective assistance to those impacted by sexual violence.

The CSVA training was facilitated by Maria Elaine Evia, our dedicated Crisis Coordinator.

CALL NOW **201-795-8375**

DOMESTIC VIOLENCE CONFERENCE WITH SARAH'S DAUGHTERS



Hudson Speaks partnered with Sarah's Daughter to host a crucial domestic violence panel. This insightful discussion centered on the pervasive issue of domestic violence, a topic often left unspoken within our communities despite its significant impact.

During the panel, participants delved into the intersection of domestic and sexual violence, highlighting the urgent need for awareness and intervention. We explored available resources and strategies to support victims and raise community awareness about these pressing issues.

A key takeaway from the discussion was the necessity of ongoing efforts to educate and support our community. The panel underscored the importance of collaborative action and continuous dialogue to combat domestic violence effectively.

The panel fostered a sense of solidarity and commitment to making our community safer and more supportive for everyone.



EMPOWERMENT PANEL HOSTED BY JERSEY CITY POLICE DEPARTMENT



Hudson Speaks participated in the Empowerment Panel hosted by the Jersey City Police Department, focusing on Sexual & Domestic Violence Awareness. This panel brought together community organizations and leaders to share resources and strategies for addressing domestic violence effectively.

The discussion highlighted the importance of ongoing education, community outreach, and providing support to those affected by domestic violence. Hudson Speaks contributed by sharing its expertise, services, and resources available for survivors, emphasizing the critical need for collaboration in fostering safer and more informed communities.

This event underscored Hudson Speaks' dedication to empowering individuals and strengthening partnerships in the fight against domestic violence.

CONFIDENTIAL SEXUAL VIOLENCE ADVOCATE (CSVA) TRAINING



Hudson Speaks' 40-hour Confidential Sexual Violence Advocate (CSVA) training is a comprehensive program designed to prepare individuals to support survivors of sexual violence. This training provides in-depth education on topics such as trauma-informed care, crisis intervention, advocacy, cultural competency, and confidentiality protocols.

Completion of this training certifies individuals to serve as confidential advocates, equipping them to provide compassionate and effective assistance to those impacted by sexual violence.

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 **बोलो बहन**
Bolo Behen
Speak Sister
A South Asian initiative of Hudson SPEAKS

BOLO BEHEN (SPEAK SISTER), SOUTH ASIAN INITIATIVE

Speak Sister | बोलो बहन | बोल दिदी-बहिनी | বোল বোন | चेवा निछा | બહેન બોલો | पोनो बैनी | मेदोड न्होमो |
ಸೋದರಿ ಮಾತನಾಡಿ | बैनी डाक्नि | बोलु बहिन | പറയുക സഹോദരി | बहिण बोला | नवा तताक्यँ | डैट घेले |
කතා බස් කරන්න | சகோதரி பேசுங்கள் | సోదరి | پین کالھایو | آڈ-تاذ نۇم تَمْكْيا لوب
بهن بولو | మాట్లాడండి | कइ तेगो पिच्याड

We are here. Our door is always open.

Bolo Behen (Speak Sister) is an initiative of HUDSON SPEAKS Against Sexual Violence offering free services for South Asian women in Hudson County who are experiencing domestic and sexual violence. Our mission is to create a safe space with a full range of culturally sensitive and language-specific information, support services and advocacy.

We strive to create dialogue throughout Hudson County by reaching out to a wide variety of groups, organizations and individuals. By sharing and learning from one another, we believe.

Please contact us about:

- Together, we can make a difference.
 - Educating the community about domestic and sexual violence.
- The bilingual and culturally competent services Bolo Behen provides:
- Cultural sensitivity trainings
 - Teen dating violence workshop for South Asian youth.

Bolo Behen (Speak Sister), South Asian Initiative:
Ashmeen Kaur
201-795-8375 Ext. 5866 | Ashmeen.kaur@carepointhealth.org

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Voces Sin Fronteras

Voices without Borders

VOCES SIN FRONTERAS, HISPANIC/LATINX INITIATIVE

Our mission is to create a safe space with a full range of culturally sensitive and language-specific information, support services and advocacy.

Hudson S.P.E.A.K.S (Habla) Contra la Violencia sexual es un programa contra la agresión sexual sin fines de lucro que abarca todo el condado y brinda servicios orientados a las víctimas para personas mayores de 13 años, de todos los géneros. Los servicios se brindan a las víctimas de abuso, agresión o acoso sexual independientemente de la raza o el nivel socioeconómico. Estos servicios se extienden a otros integrantes de la familia, el cónyuge o la pareja y también a amigos. A través de una Línea de ayuda las 24 horas del día, defensa, educación y asesoramiento, luchamos para alcanzar nuestro objetivo de un día “detener la violencia”.

UN RESUMEN DE NUESTROS SERVICIOS

Violencia Sexual Brinda Los Sigüentes Servicios Gratuitos y Confidenciales:

- Línea de ayuda bilingüe contra la agresión sexual las 24 horas del día: **201.795.5757**
- Acompañamientos a hospitales, tribunales y organismos de orden público las 24 horas del día
- Asesoramiento individual y grupal para los sobrevivientes y sus seres querido
- Educación orientada a la comunidad sobre temas relacionados con la agresión sexual, como concientización y prevención
- Contratación y capacitación de defensores confidenciales contra la violencia sexual que trabajen con los sobrevivientes y sus familias

SERVICIOS DIRECTOS

Línea de Ayuda Bilingüe las 24 Horas Del Día

Nuestra Línea de ayuda bilingüe contra la agresión sexual funciona las 24 horas del día en todo el condado. Cuenta con defensores confidenciales contra la violencia sexual capacitados que se encuentran disponibles las 24 horas del día los 7 días de la semana. Los defensores asisten en la intervención de crisis, brindan información y referencias, y apoyan a cualquier persona que tenga preguntas o busque información relacionada con la violencia sexual.

Manejo de Casos y Defensa

Defendemos a personas que han sufrido violencia sexual y las ayudamos a acceder a servicios, tales como vivienda, además, brindamos referencias, acompañamientos a las delegaciones policiales, a los tribunales, a las consultas médicas, a las entrevistas con la Unidad de Víctimas Especiales y a otras asistencias de emergencia.

Línea de ayuda las 24 horas del día: 201.795.5757

Asesoramiento Individual y Grupo de Apoyo

Los efectos psicológicos perjudiciales y duraderos provocados por la violencia sexual pueden evitarse o minimizarse mediante intervenciones estructuradas y apoyo luego del hecho de violencia sexual. Hemos capacitado a asesores que pueden colaborar a la hora de procesar el trauma y comenzar con el camino de sanación. Voces Sin fronteras es una iniciativa que incluye consejería y grupos de apoyo gratuito y confidencial para personas que hayan sufrido agresión sexual. Las personas aprenden diversas aptitudes para lidiar con la situación y se proyectan a partir de la comprensión de la agresión sexual.

EDUCACIÓN Y CAPACITACIÓN

Prevención y Educación

Los jóvenes son uno de los grupos de alto riesgo tanto de la perpetración como de la victimización, de manera que llegar a ellos es fundamental. Empleamos un enfoque integral para prevenir y, finalmente, terminar con la violencia sexual en nuestra comunidad mediante un programa de estudios sobre la prevención de la violencia interpersonal para los jóvenes y sus padres. El proyecto utiliza estrategias de prevención basadas en la investigación para ampliar el conocimiento sobre la violencia interpersonal, aumentar las aptitudes del participante para conectar la intervención de testigos, las estructuras de poder y la alfabetización de los medios con la violencia interpersonal.

Difusión

Los servicios de difusión incluyen presentaciones generales de concientización y participación en eventos dentro de la comunidad para garantizar que las personas sean conscientes de la agresión sexual y los recursos disponibles. Agradecemos invitaciones a ferias comunitarias de salud, ferias de recursos, exposiciones voluntarias y cualquier otro evento donde podamos sentarnos e informar a la comunidad acerca de los servicios que ofrecemos.

SEA VOLUNTARIO JUNTO CON NOSOTROS

Los defensores confidenciales contra la violencia sexual cumplen una función esencial dentro de Hudson S.P.E.A.K.S (habla) contra la violencia sexual. Todos los defensores o voluntarios deben asistir a nuestra capacitación anual de 40 horas.

Requisitos para ser un defensor confidencial contra la violencia sexual:

- Los defensores deben tener 18 años o más.
- Deben completar la capacitación de 40 horas.
- Deben tener acceso a un medio de transporte confiable.
- Deben tener la capacidad para tratar información confidencial.
- Deben aprobar un control de antecedentes penales.





ZUMBA CLASSES



As part of Hudson Speaks' Voces Sin Fronteras Hispanic Initiative, Zumba classes were hosted from January to July to provide an active, safe, and supportive space for program members.

These classes encouraged physical activity while fostering a sense of community and emotional well-being among participants. The initiative aimed to create a welcoming environment where individuals could connect, de-stress, and prioritize their health.

This effort reflects Hudson Speaks' commitment to holistic support for survivors and community members, blending fitness with empowerment and wellness.

HELP
IS
HERE

ENGLISH EMPOWERMENT CLASSES



Hudson Speaks has been actively offering English classes to empower community members by enhancing their language skills. These classes aim to provide individuals with the tools to gain greater independence and unlock opportunities for personal and professional growth. By learning English, participants are better equipped to navigate their daily lives, access educational and career opportunities, and integrate more confidently into the community.

This initiative reflects Hudson Speaks' commitment to fostering self-sufficiency and enabling individuals to build brighter futures through education and empowerment. The program serves as a vital resource for those seeking to overcome language barriers and achieve their goals.



RECOGNITION OF VOCES SIN FRONTERAS ON INTERNATIONAL WOMEN'S DAY



Voces Sin Fronteras (Voices Without Borders), a Hispanic initiative dedicated to community outreach and empowerment, received a prestigious award on International Women's Day. The award was presented by the Hispanic State Parade of New Jersey in recognition of the organization's impactful social work.

Elsy Rivera, the Outreach Coordinator for the initiative, accepted the honor on behalf of Voces Sin Fronteras. This accolade highlights her exceptional dedication to uplifting Hispanic communities and addressing social challenges through her tireless efforts. The recognition serves as a testament to the transformative work being carried out by Elsy Rivera and her team in fostering inclusion, advocacy, and empowerment.

Elsy Rivera Receives Recognition from Alianza Latina

Elsy Rivera, the Outreach Coordinator for Voces Sin Fronteras, was honored with another award from Alianza Latina in recognition of her remarkable contributions to the community. This award celebrates the impactful work done by Voces Sin Fronteras in empowering and supporting Hispanic individuals and families through advocacy, education, and outreach.

This recognition underscores Elsy Rivera's dedication and leadership in addressing critical social issues and fostering a sense of hope and resilience within the community.



MONTHLY GROUP REUNION AND DOMESTIC VIOLENCE WORKSHOP BY VOCES SIN FRONTERAS



Voces Sin Fronteras hosts a Monthly Group Reunion and Domestic Violence Workshop, creating a safe and supportive space for participants to learn about domestic violence and available resources for survivors.

These workshops provide vital information on recognizing signs of abuse, understanding legal rights, and accessing services that promote safety and healing.

The initiative empowers attendees with the tools to break the cycle of violence and rebuild their lives while fostering a sense of community and solidarity. Through education and outreach, Voces Sin Fronteras continues its commitment to raising awareness and advocating for the well-being of survivors.

CANDLELIGHT VIGIL FOR SEXUAL ASSAULT AWARENESS

Voces Sin Fronteras
Voices without Borders

VIGILIA HONRANDO VICTIMAS DE VIOLENCIA SEXUAL

VIERNES 26 DE ABRIL
6PM - 9 PM

Para mas información contactar:
Elsy Rivera / Coordinadora

Activities

- Presentador
- Poesia
- Musica
- Refrigerios

UNETE A NOSOTROS PARA HONRAR A VICTIMAS Y SOBREVIENTES DE VIOLENCIA SEXUAL

SLA - 138 - 39th St, Union City, NJ
www.vocesinfronteras.com

HUDSON SPEAKS **SLA**
AGAINST SEXUAL VIOLENCE **Save Latin America**
Identity, Culture, Social & Economic Development for the Community



During Sexual Assault Awareness Month, Hudson Speaks, through its initiative Voces Sin Fronteras, hosted a heartfelt Candlelight Vigil dedicated to the Latino community. The event honored the memory of those who lost their lives to sexual violence and stood in solidarity with survivors.

The vigil served as a platform to raise awareness about the impact of sexual violence while fostering healing and hope among attendees. Community members, advocates, and survivors came together to reflect, support one another, and renew their commitment to ending sexual violence. This meaningful gathering exemplified Hudson Speaks' dedication to advocacy, education, and empowerment within the Latino community.

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VOCES SIN FRONTERAS CELEBRATES 7TH ANNIVERSARY



Voces Sin Fronteras marked its 7th anniversary with a celebration highlighting its impactful work within the community. The milestone event included recognition of Outreach Coordinator Elsy Rivera, who received an award from Alianza Latina for the outstanding contributions made by the program in empowering and supporting the Hispanic community.

As part of the celebration, community partners joined in solidarity to give back to clients through a school supplies giveaway, ensuring children and families had the resources they needed for academic success. The event reflected Voces Sin Fronteras' unwavering dedication to advocacy, education, and strengthening the community over the past seven years.

RECOGNITION OF VOCES SIN FRONTERAS BY THE HISPANIC AMERICAN LAW ENFORCEMENT ASSOCIATION



Voces Sin Fronteras was honored to be invited by the Hispanic American Law Enforcement Association to an event recognizing organizations and individuals making significant contributions to the community.

Alongside officers and organizations from across New Jersey, Voces Sin Fronteras received recognition for its dedicated work in empowering the Hispanic community, advocating for survivors of violence, and fostering positive change. This acknowledgment highlights the program's ongoing efforts to build a stronger, safer, and more supportive community through collaboration and outreach.



VOCES SIN FRONTERAS HALLOWEEN CANDY GIVEAWAY



Voces Sin Fronteras hosted a festive Candy Giveaway event for Halloween, bringing joy to the children of the group. The event, organized in collaboration with community partners, provided a fun and safe space for kids to celebrate the holiday.

The initiative not only spread happiness but also reinforced the program's commitment to fostering a supportive and inclusive community. Through events like this, Voces Sin Fronteras continues to create meaningful connections and memorable experiences for families.

HUDSON SPEAKS VOICE FOR VOICELESS



Let's Walk for a Cause

Sexual Assault

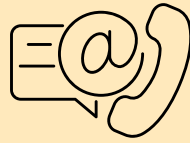
Awareness Month (S.A.A.M.): April

Date: April 28, 2024 | Time: 1:30-5:50 pm

Walk Location: Lincoln Park, Jersey City, NJ
1 County Rd 605, Jersey City, NJ 07306



for more info at: www.hudsonspeaks.com/connect



Contact Us!

Hudson Speaks Program Director

Bishnu Maya Pariyar, M.A., Hon.DLitt.

201-795-8375 Ext. 4703 | bishnu.pariyar@carepointhealth.org

Crisis Program Support

Melanie Gutierrez-Polanco, Crisis Support Specialist

201-795-8375 Ext. 5417 | melanie.gutierrez@carepointhealth.org

Prevention & Outreach

Bhavya Chaudhary, Coordinator

201-795-8375, Ext. 8559 | bhavya.chaudhary@carepointhealth.org

Prevention Education & Outreach

Ariana Fernandez, Outreach Educator

201-795-8375 Ext. 8178 | ariana.fernandez@carepointhealth.org

Crisis Response & Advocacy

Maria Elaine M. Evia, BS, Crisis Coordinator

201-795-8375, Ext. 5269 | maria.evia@carepointhealth.org

Sunshine Project & Case Management

Erika Gadsden, Project Coordinator/Case Manager

201-217-4723 | ericka.gadsden@carepointhealth.org

Crisis Counselor

Gerardo Leal, LSW, Crisis Counselor

leal.gerardo@carepointhealth.org | 201-795-8741

Bolo Behen (Speak Sister), South Asian Initiative

Ashmeen Kaur, Outreach Coordinator

201-795-8375 Ext. 5866 | Ashmeen.kaur@carepointhealth.org

Voces Sin Fronteras (Voices without Borders), Hispanic Initiative

Elsy Rivera, Crisis Community Specialist

201-795-8375 EXT. 4726 | elsy.rivera@carepointhealth.org



Do you want to volunteer and become a...

CONFIDENTIAL SEXUAL VIOLENCE ADVOCATE (CSVA)?

JOIN US AT HUDSON SPEAKS!

QUALIFICATIONS:

- 18 years of age or older
- Reside or work in Hudson County
- 1 year commitment



For more information, contact:

Maria Elaine Evia
Crisis Coordinator
maria.evia@carepointhealth.org
201-795-8375 x5269





Winter Wellness Tips

Drink Water



Stay Hydrated with water to avoid the effects of dehydration due to indoor heating

Go For Winter Walks



Keep Physically active for a healthy mind and body! Try taking winter walks to lift your mood and energy levels.

Eat Your Vegetables

Filling up on root vegetables, fiber and vitamins C and D can help support your immune system. Colorful and healthful foods like carrots, beets, potatoes, broccoli, cauliflower, in-season fruits, and protein are all part of a balanced diet.



Get Some Sleep



Lack of sleep can weaken your immune system and decrease the body's ability to fight against the flu and other illnesses.

Gather and Socialize

Remember to connect with friends and family, even if it's only through a phone call. Consider reaching out to those you haven't spoken with recently, especially if you're feeling sad or depressed.





HUDSON
SPEAKS
 AGAINST SEXUAL VIOLENCE

 **बोलो बहेन**
Bolo Behen
 Speak Sister
 A South Asian initiative of Hudson SPEAKS


Voces Sin Fronteras
 Voices without Borders

Begin
by Believing.

HELP
 IS
HERE

We are just a phone call away.
**24-HOUR MULTILINGUAL SEXUAL
 VIOLENCE HELPLINE**
201-795-5757

VISIT US:
WWW.HUDSONSPEAKS.COM