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### Volunteer Training

Our Volunteer Training is in development and we are looking for beta-testers. If you or your organization would like to participate in the training, contact us for more information. For a limited time, we will offer the training free-of-charge to qualified agencies or teams of individuals who desire to implement an abuse-awareness program in their area correctional facility. The entire curriculum will be made available to those who complete the training and provide substantial feedback to us. The training consists of 12 modules--7 of which are on-line. The remaining 5 will be delivered via a face-to-face seminar. Contact us for more information or to apply.

### Contact Us...

[www.sistersinc.org](http://www.sistersinc.org)

Email:  
[brenda@sistersinc.org](mailto:brenda@sistersinc.org)



*My Sisters, Inc.*

We can now accept donations on our website through Google Checkout or Paypal. We pledge to leverage each donor dollar to its maximum by training volunteers to provide direct services at no cost. Your contribution can impact entire families and create true societal change.

Dear Brenda,

One of the perks of living in the Midwest is the eager anticipation of warmer weather that spring brings. After the cold, dreary days of winter, a robin's chirp or the tender shoots of a green plant beginning to waken from winter's slumber brings such joy. These days we are seeing some exciting signs of new growth for My Sisters as well that I would like to share with you.

### Google AdWords Grant!

We were recently notified that we have been awarded a Google Grant. This is a non-cash award worth approximately \$120,000 each year in free advertising on the Google search engines. Our small AdWord campaign in effect prior to this grant was already producing important leads for us so we are excited about the growth this generous grant will facilitate for us.

### Victimization Rates Among Incarcerated Women

A recent study was released that indicates that victimization rates among incarcerated women is higher than previously reported. The study was conducted in three prisons for women in the state of Illinois and found that almost all (99%) of the incarcerated women interviewed had experienced emotional, physical and/or sexual abuse at some point in their lives. Furthermore, the study found that more than 90% of those who sought help while in prison for abuse issues thought it was helpful.

The connection between prior victimization and criminal behavior and addictions has been well established in other studies. The study found that 71% of the women surveyed had experienced symptoms of post-traumatic stress within the month prior to the study. Women typically turn to substances in an attempt to numb emotional pain, which leads to criminal behavior and the cycle continues.

To read these important studies go to: [www.sistersinc.org/resources](http://www.sistersinc.org/resources)

Incarceration triggers traumatic memories of past victimization and creates unique challenges for women. By offering abuse awareness services during incarceration, we provide a safe environment for them to process their current experiences and to begin to heal from past ones. We have a unique opportunity to stop this inter-generational transmission of violence and make an impact on entire families. Our volunteers are providing help that is indeed life-saving. Help us spread the word and get involved.

Sincerely,  
Brenda Ratcliff  
My Sisters, Inc.