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Contact AADA

Online:
www.aadainc.org

Office:
713 974 3743

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AADA Press

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Kaleidoscope International Market

Kaleidoscope International Market is being held at the Stafford Center on Friday, April 23rd. Proceeds from this event will benefit AADA so the organization can continue providing financial assistance to battered women in Asian American Community. It is our hope that this market will also promote awareness about domestic abuse in this community.

Publicity for the market has started and will be listed in the Houston Chronicle Spring Bazaars section, the First Colony Homes Association Newsletter, the Sugarcreek Homes Association newsletter, the Houston Womens Club Newsletter, the

city of Stafford website and others.

Vendors are being solicited and the vendor form may be downloaded from the AADA website and returned to the address specified. We are also looking for sponsors to help with the cost of the market. That form can also be downloaded.

The committee is also looking for volunteers to help with the event.

If interested in becoming a sponsor, vendor or volunteer, please call 713 974 3743.

We look forward to seeing you there.



The symbolism of the tiger lily is like other lilies in that they symbolize the feminine principle reflecting the qualities of mercy, compassion, kindness and unconditional love.



Take a stand against violence and abuse by giving your time to participate in one of our programs - to help support the journey to peace.

Volunteers are the heart of AADA and contribute a priceless number of hours of service to the agency each year. Volunteers range from teenagers to seniors.

Orientation sessions are held throughout the year for those who wish to share their time and talents in special projects,

direct services, grant writing and prevention activities.

Check out the AADA website for more information, or call 713 974 3743, to set up a time for orientation!

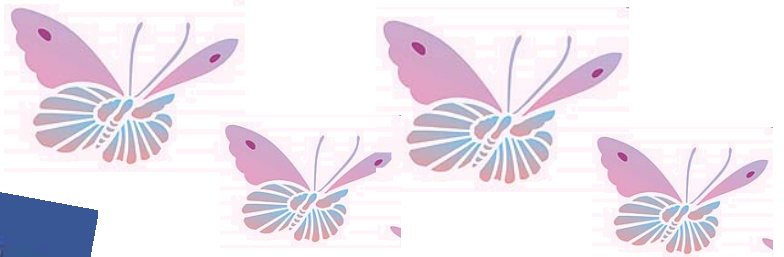
TelfairLife Charity of Your Choice

Preventing child abuse, ending hunger and homelessness, guaranteeing every child access to a quality education...you can make a difference! With 14 great charities to choose from, you can walk for something that's near and dear to your heart in the 2010 TelfairLife Charity of Your Choice Walk. 100% of your registration fee will go to the charity you choose, and your registration will also get your favorite charity that much closer to \$20,000 in challenge prize money from TelfairLife. To walk for something that matters, register at:

<http://www.charityofyourchoicewalk.com/>

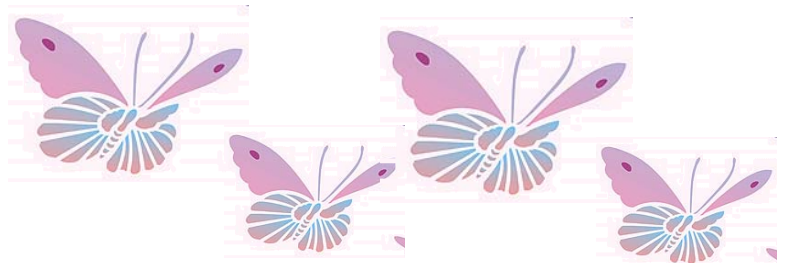
When you register, please be sure to select

AADA as your charity of choice!



AADA is on Facebook!

Become a fan of Asians Against Domestic Abuse on Facebook to keep up with all of the latest news, events, and articles from AADA!



An Amazing Process

Many people like to wake up and enjoy a hot cup or their favorite coffee. But sometimes the side effects of caffeine are too much for some people to handle. Anxiety, jitters, dehydration, and sleeplessness are some common effects of caffeine. So for those of us who enjoy the taste without the kick, decaf is right for us. When decaffeinated coffee came out, much of the flavor was lost during the process. Now that advancements in decaffeination technology have emerged, most people cannot taste the difference. So how do coffee companies get the caffeine out of our favorite blends? When green coffee is immersed in water the caffeine content is dissolved and removed, but along with this much of the coffee's aromatic character can be lost. To overcome this drawback, the liquid is saturated with the water-soluble components of the coffee. The caffeine is subsequently removed from the solution using activated carbon or other adsorbents, which retain the caffeine, and the extract deprived of the caffeine can then be recycled.

I find this process absolutely amazing. How does one little bean who has endured so much taste so good? Survivors of abuse travel down a similar path. But they aren't bloated in water, shocked with activated carbon adsorbents, drained of flavor and spunk, or reflavored with recycled natural flavors. Instead, they are bloated with fear

The process of healing after living with abuse is long and hard. It takes work rebuilding the many aspects of one's life: spirituality, independence, self-image, self reliance, and courage.

and distress, shocked with physical and emotional violence, drained of all life and energy, and then reflavored with a tough exterior and a diminished soul. They sit and wait to be roasted with love and security and to someday be whole again.

The process of healing after living with abuse is long and hard. It takes work rebuilding the many aspects of one's life: spirituality, independence, self-image, self reliance, and courage. There is no set list of steps one can take to heal. The healing process is unique to the individual and will take time and a lot of support. The Asians Against Domestic Abuse is here to assist survivors of domestic violence and sexual assault. Through non-residential services, AADA offers an array of services to help through the healing and rebuilding process. Some of those services include: Help Hotline, Court Accompaniment, Assistance with filing Protective Orders and Crime Victims Compensation, Information & Referral, Support Groups, Legal Advocacy, Police/Hospital Accompaniment, and Transportation Assistance (when available), Clothing Assistance by referral.

If you are living with abuse or are struggling with the aftermath of domestic or sexual violence, call AADA and be astonished by your own amazing process.

Helpline: 713-339-8300

Website: www.aadainc.org



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