



**A Refuge.
An Advocate.
A Strong Voice
Against Domestic
Violence.**

La Casa de las Madres- Success Story

The mission of La Casa de las Madres, a San Francisco based organization, is to respond to calls for help from domestic violence victims, of all ages, 24 hours a day, 365 days a year. They give survivors the tools to transform their lives, while also working to prevent future violence by educating the community and redefining public perceptions about domestic violence.

In an effort to further support their clients and their staff, La Casa de las Madres adopted Work-site Wellness Policies. With a staff of about 75, they serve over 3000 clients annually through education and housing assistance. This year they are working to implement both 100% Healthy Beverage and Physical Activity polices. The impact of these policies is starting to be seen, as the leadership has noticed that staff is drinking more water and that the amount of sugar sweetened beverages being consumed has decreased.

A culture shift is happening, but it does take time and change requires patience. Some staff are struggling with the new policies and in an effort to engage them, La Casa de las Madres will be hosting a Re-Think Your Drink workshop. Furthermore, a Wellness Challenge has been launched and staff are responding quite well. Lucia Ruiz, cook and nutritionist, reports that, “implementing a wellness policy challenge has proved to be a great success with this transition to our new policies. At staff meetings employees now seem genuinely excited and proud to share their accomplishments.”

Congrats to La Casa de las Madres for bringing wellness to their staff and clients!