



In 2008 there were over 11,000 violent domestic crimes reported in the state of Colorado, according to the Colorado Bureau of Investigation. Project Safeguard reported in its 2007 *Fatality Review Program Report* that "almost half of the women murdered in Colorado were killed by their domestic partner." According to Boulder County law enforcement agencies in 2009, there has already been a 4 % increase of domestic violence arrests and reports over the same period last year.

In difficult economic times, violence increases, stress heightens, and as women we need the support and guidance of other women. As the old African proverb states, "It takes a village" -- not only for raising our children, but to provide for the support and nurturing of each other.

**Courage is Change**, a local non-profit will be opening a gathering place where women can connect and find the community support they need to THRIVE. Our community-building efforts begin with the *Red Tent*. The Red Tent is a place where women of all generations can come and know that they are safe, honored, and respected regardless of anything that has occurred prior to the moment they enter the doors of the Red Tent. This gathering place is a center where you can come and be empowered and fulfilled. A place that facilitates change and personal growth, the Red Tent is where you can share your gifts and fulfill your purpose. It is a place where you can receive the gifts of other women making a difference in their own unique and magnificent ways.

Within the center there will be workshops on various subjects that empower and nurture all women, whether they are going through life crises or transitions or just in need of the community support of other women. We will offer classes utilizing professionals and experts covering a variety of topics such as divorce, death, joblessness, time management, parenting issues, relationships, and illness.

In addition, the center will offer a variety of classes that promote good health and well-being, such as yoga, meditation, acupuncture, massage. We will also offer a variety of dance classes as well as courses in nutrition and healthy cooking.

There will be life coaches, cognitive coaches, therapists and other life-support professionals available under one roof. All classes, workshops and guidance will be led and taught by women entrepreneurs. It is critical to our future and the healthy futures of our children that we come together now as women supporting women.

I myself have experienced many personal challenges in my life, as I know we all have. My marriage ended in my late forties. I found myself the victim of domestic violence at the age of fifty. I had never considered that it could happen to me. I learned a great deal throughout the challenges I have faced. Most importantly, I discovered the importance and strength of the women in my community. I am grateful for their support and would not have survived these times without their guidance and help. As a community of women, **we need each other!**

Please support our Red Tent Center. We are seeking to raise \$250,000 to make the center a reality. Please visit our website and donate at [www.courageischange.org](http://www.courageischange.org). Every contribution brings us one step closer to success. Please help us today!

Thank you,

*Liz Oster*

Founder

Courage is Change



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