

Program Services

Strengthen Our Sisters (SOS) is a grassroots, community based, nonprofit, 155 bed shelter program serving homeless/battered women and children. The mission of Strengthen Our Sisters is dedicated to breaking the cycle of domestic violence, poverty, and abuse by restoring balance and harmony through individual empowerment.

SOS services include a 24-hour hot line, emergency shelter, individual and group counseling, legal, housing, and social service advocacy, bilingual services, childcare, transportation, employment training and advocacy, parenting classes, a battered women's support group, stress management groups, community education, as well as information and referrals.



Strengthen Our Sisters is a 501c3 nonprofit shelter organization and receives support from the Department of Human Services, Passaic County Board of Freeholders, DCA, Passaic County One Stop, FEMA, other state and federal agencies, private foundations and corporate and private contributors.

Mission Statement

- To provide safe supportive shelter for battered/homeless women and children.
- To work with the women, children and youth to help them break the cycle of domestic violence, homelessness and poverty, which if unchecked, is passed from one generation to the next.
- To advocate for their legal, social service, and housing needs.
- To provide direction, referral and support in efforts toward developing self-sufficient lifestyles and life skills.
- To provide environments for healing and growing for both mothers and children who have been victims of domestic violence, poverty and homelessness.
- To provide opportunities for job training and employment skills.
- To provide counseling and workshops in developing positive productive attitudes, self esteem, parenting skills, stress management, and improved communication skills.

Did you know . . . ?

- A woman is beaten in America every 15 seconds.
- Nearly 6 million women are battered every year.
- Battering crosses all racial and socio economic boundaries.
- 77% of completed rapes are committed by someone who is known to the victim.
- At least half the children of battered women are physically or sexually abused by their mother's assailant.
- Boys who witness domestic violence are more likely to batter their partners as adults.

Strengthen Our Sisters



973-506-4577

Providing Shelter and Supportive Services to Battered/Homeless Women and Children.

- Domestic Violence Program
- Emergency Safe Home
- Residential Services
- Crisis Intervention
- Advocacy
- Empowerment Programs

Office

973-506-4577

www.strengthenoursisters.org
info@strengthenoursisters.org

Mailing Address

Strengthen Our Sisters
PO Box 1089
Hewitt, NJ 07421

Sandra Ramos

Founder and Executive Director



Sandra Ramos founded the first shelter for battered women in North America in 1970 and has led the struggle to strengthen domestic

violence laws and advocacy for victims ever since then. Her life's work was featured on NBC's "4 Stories" in 1999. She was the 2001 recipient of the highest honor Russ Berrie Award for Making a Difference and the 2006 recipient of the Sunshine Foundation Peace Award. Sandra was the keynote speaker at the 2008 International Conference of Women's Shelters and is an Expert Witness on Domestic Violence. Sandra has spoken before groups throughout the country. If you would like to have Sandra speak to your group, please call 973-831-6156.

Pass It On

Strengthen Our Sisters is based on the "pass it on" philosophy. When a woman is helped, she is encouraged to "pass it on" — self help through helping

Supportive Programs

Supportive Groups - Battered Women's Support Group, Anger Management, Positive Parenting and Relaxation Groups. (Spanish and English)

Case Management- Domestic Violence Advocacy, Court Accompaniment, Referral, Legal, Housing and Welfare Advocacy.

Day Care/ Pre-School—OMNI and OMNI Two provide quality child care and licensed pre-school programs for the community and for mothers and children living at the shelters.

Children's Programs— After school tutoring , summer camp, and art therapy groups.

Treasures Thrift Shop— providing clothing, furniture, collectibles and housewares to shelter residents and the community. Fun place to shop.

SOS Food Pantry— Providing food to feed low income hungry families, For food assistance or to donate call 973-506-4577.

Cars for Success— Providing donated vehicles to assist low income women make the transition from welfare to work. To donate a vehicle and earn a tax deduction call 973-831-0898

Computers for Success—Donate your computer and help mothers prepare for employment. Call 973-831-0898 or email facilitiesb@yahoo.com

Residential Services

Strengthen Our Sisters (SOS) has been serving the multiple needs of battered/homeless women and their children since 1987. Currently SOS owns and operates seven licensed shelter homes.

Main House(since 1990) providing secure emergency shelter and support services for battered/homeless women and children.

Omni House-(since 1994) Family Shelter (Domestic Violence/Homeless Women with infants/toddlers)

Maureen and Berrie Houses (since 1999) provide safe housing and transitional services for women and children.

Faye & Seed House -(since 2002) Domestic Violence/Homeless services for women ages 55 and older.

Cathy House- (since 2006) providing housing and services to women with children recovering from alcohol and drug addiction.

Each and every person can make a difference in the lives of battered/homeless women and children! Please help us by making a donation! All donations are tax-deductible!

To make a donation visit our website at: www.sosdv.org or mail your donation to: Strengthen Our Sisters
PO Box 359, Wanaque, NJ 07465