



WNY WOMEN'S FOUNDATION  
Strong Women. Stronger Community.

*"Although the world is full of suffering, it is also full of the overcoming of it."  
— Helen Keller*

## TAKING CARE OF YOURSELF WHILE YOU CONQUER YOUR WORLD



### PATHWAYS TO PROGRESS WEBINARS

## Join us online: Pathways to Progress Webinar Series

Self-care is especially important during difficult times like these. So make yourself a cup of coffee and log on to one of our upcoming [Pathways to Progress Webinars!](#)

### **Mindful Meditation & Movement**

Wednesday, April 22, 12-12:30pm

Join [Soul Candy Project](#)'s Mari Irwin for this half hour of mindful breathing and meditation. Appropriate for all ages and children are welcome to join this special webinar.

Register for Mindful  
Meditation

**Keep Calm and Carry On: Balancing Compassion and Burnout**  
Friday, May 8, 9-10am

Join representatives from Crisis Services for this informative webinar discussing compassion fatigue and how to balance your mental health while supporting those around you.

Register for Balancing Compassion & Burnout



## Support Women-Owned Businesses in Western New York!

The WNY Women's Foundation recently launched a [crowd-sourced directory of women-owned businesses](#) in Western New York featuring local, women-owned businesses who are offering special services during this crisis.

Each entry includes details on services offered during these challenging times—and info on how you can support them. You'll find everything from online fitness classes, to takeout food and wine, to online shopping.

As a crowd-sourced directory, the directory will grow with each new submission thanks to our community! So [add your favorite local businesses](#) to boost their offerings and check back to see what's available. The directory is dynamic and constantly being updated.

These small businesses are the backbone of our community and a reminder of the perseverance and creativity of our female entrepreneurs.

**So stay home, shop local, and support women!**

## Additional Ways to Help

The #1 way to help prevent the spread of COVID-19 is to **STAY HOME!**

Here are some other ways you can support our community during this time:

- Help feed healthcare workers via [WNY Feeds the Frontline](#)
- Support Buffalo restaurants, while practicing social distancing via [Dining at a Distance](#)
- Volunteer to [help Feed More WNY](#) deliver meals
- Donate Blood via [ConnectLife](#) or [the Red Cross](#)

## Resources

We will continue to keep our "[Where to Get Help](#)" resources page updated throughout this public health crisis. There, you'll find critical information and tips to support you and your family during this difficult time, including **learn-from-home** and **remote work** resources.

Additional resources and information on COVID-19 are available from the following reputable sources:

- [Center for Disease Control and Prevention](#) (CDC)
- [World Health Organization](#) (WHO)
- [Erie County Department of Health](#)
- [New York State Department of Health](#)



## WNY Women's Foundation Advocacy at Work

Now more than ever, the WNY Women's Foundation has been hard at work advocating for women and families in our community! Here's a sampling of what we've been up to:

### Child Care

Working with our federal elected officials to influence expeditious release of CARES Act funding to New York State.

The WNY Women's Foundation Board of Directors helped solicit suppliers for health and safety supplies needed by Erie County child care centers. Coordinated the delivery and dispersal of these supplies.

Communicating rapidly-changing regulations to local child care providers and promoting child care availability and enhanced affordability to essential personnel parents and employers.

Actively participating on Erie County Emergency Child Care Task force including communication planning and formation of recommendations to NYS for use of CARES Act child care funding.

Joining statewide efforts in partnership with the Governor's Office, the New York State Office of Children and Family Services, Empire State Child Care Campaign, Winning BeginningNY, and New York State Child Care Task Force to address issues around child care during the pandemic.

### **Voting**

Educating the public on the process to access voting by ballot. Assessing policy that would reduce barriers to accessing and mailing ballots during the pandemic.

**Impact Grants and MOMs: From Education to Employment**  
Connecting recipients of our Impact Grants and MOMs colleges with the resources they need to overcome new barriers created by COVID-19.

[Learn more about our 2020 advocacy priorities.](#)

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The mission of the WNY Women's Foundation is to create a culture of possibility so each woman and girl can live, grow, and lead to her fullest potential.

**GIVE. EMPOWER. REPEAT.**

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WNY Women's Foundation | 716.887.2621 | [WNYWomensFoundation.org](http://WNYWomensFoundation.org)

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