



# Health & Wellness Program

Our Health & Wellness Program includes a Day Center, a Women's Health Clinic, and our Bridge Housing Program services.

Our Day Center is the entry point for our women-centered services and the hub of our healthy community. It provides a safe space for women in the heart of the Skid Row neighborhood in downtown Los Angeles. Women who come through our doors have access to:

- 3 nutritious meals daily.
- Clean bathrooms and showers.
- Changes of clothes, including clean socks and underwear.
- A mailing address to receive mail.
- A safe place to rest and socialize with other women.
- One-on-one case management, provided through our Clinical Services Program.

Our Women's Health Clinic, operated in partnership with the John Wesley Community Health Institute, is the only women's clinic in all of Skid Row. We provide primary care, STD and HIV testing, tuberculosis and cancer screenings, vaccinations, mammograms, and physical as well as mental health assessments. Our exceptionally-trained staff also focus on preventative care to reduce diabetes, obesity, hypertension, and other chronic diseases.

## OUR 2020 IMPACT amidst COVID-19

**260,000**  
meals served

**815**  
women accessed  
health services

**3,335**  
women served  
through the Day  
Center

**3,725**  
showers  
provided

## SUCCESS STORY

# "When I came to the Downtown Women's Center, I didn't really know anything about a safe haven.

But once I walked through the door, I knew this was a safe haven. There were no men around and it was only women. I felt safe and comfortable, and knew I could close my eyes. That was the most important thing for me, to be able to close my eyes and not worry about anyone trying to hurt me.

DWC fed me, gave me clean clothes, and I was able to clean my body and just feel good. They embraced me with tender loving care and they gave me my dignity back. DWC understood the quietness of women's hearts, and they gave me so much love and understanding.

Today, I am housed, I am healthy, and I am thankful. I've been in my own place for 13 years; it's actually very close to a doorway I used to sleep in. I sing with Urban Voices, and we come to the center to sing to the women here. After 10 years on the streets, I know how they feel. And that's why I give back. I get to give back now because of the Downtown Women's Center."

— LORRAINE, A HEALTH & WELLNESS PROGRAM PARTICIPANT

## PROGRAM SPOTLIGHT

**L**aunched in August 2019, our Bridge Housing Program provides critical overnight housing to 25 single, unaccompanied women who are in the process of securing permanent housing. Every night, staff and volunteers convert the Day Center into an area where the women can comfortably eat dinner, relax, and sleep indoors. One extra cot is always made available for emergency cases, while the other cots are reserved for the same 25 women each night.

Every woman in the Bridge Housing Program is paired with a Housing Case Manager, with whom she meets regularly. Once someone secures permanent housing and moves out, another woman is able to take her spot.



[www.DowntownWomensCenter.org](http://www.DowntownWomensCenter.org)

#EveryWomanHoused

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