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Date: Tuesday, October 11, 2016

**COUNCILMEMBER STEPS INTO STILETTOS TO SUPPORT THE YWCA'S PROGRAMS**  
*"Walk a Mile in Her Shoes" encourages the public to take a stand against domestic violence*

San Diego, CA: Tonight, October 11, 2016 at 5:00 p.m., Councilmember Chris Cate will be stepping into stilettos for the second year in a row in support of the YWCA of San Diego County's annual "Walk a Mile in Her Shoes" event.

1 in 4 women and 1 in 7 men experience domestic violence in their lifetime. "Walk a Mile in Her Shoes" helps end domestic violence and raise funds for the YWCA of San Diego County's transformational Becky's House® domestic violence programs. The YWCA of San Diego County empowers women, men, and their children to break the cycle of domestic violence and homelessness, and to achieve self-sufficiency.

The YWCA of San Diego County's Becky's House domestic violence programs offer a safe haven for women, men, and children to overcome trauma, improve their economic status, and ultimately achieve self-sufficiency. The programs encompass a 24-hour domestic violence hotline, an emergency shelter, and multiple transitional housing communities along with supportive services. Becky's House is one of the largest providers of emergency and transitional housing in San Diego County, and serves as one of the few resources for male victims.

"Last year during the walk, a woman approached me and began walking with our group. She stated that she was a domestic violence survivor and thanked me for supporting the YWCA," stated Councilmember Chris Cate. "It resonated with me, and that is why I am supporting the YWCA of San Diego County."

**WHAT:** YWCA of San Diego County's 9<sup>th</sup> Annual "Walk a Mile in Her Shoes" (#WalkAMileSD16)

**WHERE:** MLK Promenade Park, 4th Avenue & K Street, San Diego, CA 92101

**WHEN:** Tuesday, October 11, 2016 | 5:00 p.m. to 7:00 p.m.

**REGISTER:** Online at [www.crowdrise.com/WAM16](http://www.crowdrise.com/WAM16) or in-person

[Website](#) | [NextDoor](#)

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