

# Show a domestic violence victim she's not alone.

## Knit or crochet a With-You Wrap.



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In 2018, more than 38,000 victims of domestic violence turned to the Connecticut Coalition Against Domestic Violence (CCADV) and its 18 member organizations for counseling, shelter, court-based advocacy, and other essential services.

**Wrap your arms around 1 one of these adult or child victims by knitting or crocheting a “With-You Wrap” infused with your love, strength and supportive energy.**



Created and run by the Connecticut chapter of the National Organization for Women (NOW), the With-You Wraps Project is designed to make sure that no Connecticut victim of domestic violence ever feels alone. ... That each time she wears a With-You Wrap, she feels the comfort and support of the person who made it: a person who believes in the victim's strength and worth, and who will stand with her always.

Become a With-You Wrap volunteer by creating and donating a shawl today. Here's how:

### Step 1:

Knit or crochet a rectangular shawl with some kind of **purple yarn**. You choose the exact dimensions, but we recommend roughly 24 x 60 for an adult shawl, and 15 x 45 for a youth shawl. Whatever size you choose, we ask you purposefully include “3” into your design, whether it be that you use 3 different colors of yarn, cast on stitches that are a multiple of 3, or something different.



**Why knit or crochet with a “3”?** Because symbolically, 3 represents something that is solid, real, substantial, complete. To the Mayan people, 3 was the sacred number of women, and to the Japanese it represents the “3 treasures” of truth, courage and compassion—all things domestic

violence victims deserve and need. Consciously adding these components to your wrap will add power and meaning.

**Why use purple or a purply yarn?** Purple is the official color of Domestic Violence Awareness. But it's more than that, too. Purple combines the calm of blue and the fierceness of red. It represents power, truth, justice, wisdom, independence and peace. Science has also proven that seeing purple can uplift spirits, calm the mind and nerves, and encourage the imagination.

### Step 2:

Print and complete the With-You Wrap Submission Form and Card (PDF). The form is for Connecticut NOW to keep track of the number of wraps donated, as well as to let you know where your wrap was sent. The card allows you to send a personal message to the recipient of your wrap.

### Step 3:

Mail your wrap along with the completed form and card to:

*Cindy Wolfe Boynton*  
*President, Connecticut NOW*  
*26 Burwell Ave.*  
*Milford, CT 06460*

When we receive your wrap, we'll tie it in a purple ribbon, attach your card, and deliver it to a CCADV domestic violence shelter or other agency.

**Please remember ...** There is no right or wrong way to knit or crochet a With-You Wrap. Create it with the intention of sending strength and support to the recipient, and you can't go wrong.

Please email [president@now-ct.org](mailto:president@now-ct.org) with any questions.

