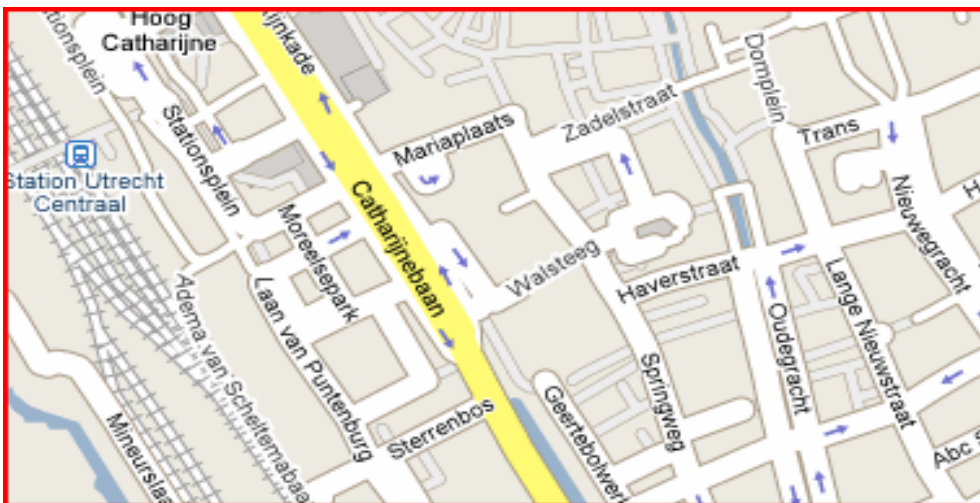


## How to go to St. BOEG, Oudegracht 245

By public transportation - From Utrecht Central Station, take bus 2 direction Museumkwartier. Get off at bushalte Catharijneconvent. Near this bushalte is the alley Dorstige Hartsteeg. Walk through this alley. At the end of the alley turn to the right. Then cross the bridge. Before you is Tivoli, Oudegracht 245. Get inside the building. At the end of the long hallway you'll find on your right the stairs going up to the big hall of Stitching Boeg where our activity takes place.

On foot: We are about a 10 to 15- minute walk from Utrecht Central Station, if you prefer to walk. From Utrecht CS proceed to Winkelcentrum Hoog Catharijne; turn right Godebaldkwartier (ABN AMRO Bank). Continue walking passing Albert Heijn to your right and Hema to your left, Go down taking the escalator. You are now in Catharijne Baan outside the winkelcentrum. Turn on your left and continue walking until you reach Mariaplaats (Conservatorium). Take Zadelstraat direction Domkerk. Then turn to the right (Lijnmarkt). Walk straight ahead. When you see the first bridge to your left you will already be in Oudegracht. You will also see the sign Tivoli. Continue walking into Oudegracht. Tivoli will be on your right and a third bridge will be on your left. Follow instructions above.

By car – You can park in the Parkeergarage Springweg (in Oudegracht) which is open for 24 hrs



**Stichting Bayanihan**, Philippine Women's Centre in the Netherlands, is a self-help women organization which aims to advance the participation, integration and emancipation of Filipinas through empowerment in the Netherlands.

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# INVITATION

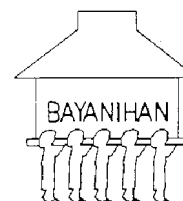
## International Women's Day Celebration

*“Prevent Domestic Violence!*

*Be Empowered!*



**14 March 2009 (Saturday) 11:30 - 18:30 hrs.**  
**St.Boeg (Boven Tivoli) Oudegracht 245, Utrecht**



**Organised by: Stichting Bayanihan  
Centrum voor Filipijnse Vrouwen  
in Nederland**

*Deze activiteit is een gedeelte van Bayanihan's project in integratie en informatie is gesubsidieerd door Dienst Maatschappelijk Ontwikkeling (DMO), Afdeling Welzijn van de Gemeente Utrecht.*

**" I AM STRONG . I 'M INVINCIBLE. I AM WOMAN."**

*" So says the pop song, and so say women down through the centuries, as they affirm their status alongside men in this world. They may not have fought in a war, but they have fought many other, equally tortuous battles. And sometimes they have won. Sometimes they have lost. But they remain undefeated..."*  
Michele Guinness, from "Tapestry of Voices"

Prevent domestic violence! Be empowered! With this theme, we will celebrate this year's International Women's Day. Domestic violence is an international daily reality for many women. It is a social problem with far-reaching consequences for the personal development of the concerned persons, for the society and for the future generations. According to the Factsheet of the Dutch Ministry of Justice, research indicates that more than 40% of the Dutch population have experienced domestic violence at some point in their lives. Domestic violence is much more common than we realize. It takes place in all socio-economic classes and within all cultures. It is an act of violence that has been committed by a person from the victim's family circle. The different forms of violence are physical, sexual and psychological. Unfortunately most abused individuals are women and children. Actually it is all about power and control. Domestic violence is a very sensitive topic. It is a social dirty laundry that we prefer not to hang outside. It is a topic that is difficult to discuss because of the shame and guilt that are felt by the migrant victims. Especially for black and migrant woman it is still a taboo.

So how can we as women migrants prevent or stop this violation of our personal integrity? The answer is: Let us empower ourselves! Education and women empowerment are means to prevent domestic violence. So how do we define empowerment? What are the dimensions of empowerment? What are the factors with a positive or negative impact on our empowerment? What can we do to achieve empowerment?

This year, in celebration of the International Women's Day, we would like to share experiences about how we see empowerment as a means of preventing domestic violence and inspire each other on the how to develop dimensions of empowerment. Then we should be ready to ask questions like : what weaknesses and failings need to be improved in us? What can we do to help ourselves, what help do we need from others, what would we like to achieve and when? Then we should be open and honest to answer these questions.

To inspire us, we have invited an active and inspiring Filipina speaker, a local politician and psychologist who will tell us how to prevent domestic violence through empowerment. We have also invited a courageous Filipina au pair to share with us how she transformed a negative experience into a positive one through empowerment.

Diana Oosterbeek-Latoza  
Bayanihan Coordinator

# PROGRAMME

11.30 - 12.00	<b>Arrival and registration</b>
12.00 - 13.00	<b>Lunch/salu-salo</b>
13.00 – 13.15	<b>Welcome</b> <b>Presentation of the new Bayanihan Board 2009</b> - Delle Brouwers – Tiongson – Bayanihan Chairperson <b>Project announcement : Utrecht startschot project 2009 -2010 "Stop huiselijk geweld"</b> <b>Introduction of the Guest Speaker</b> - Cora van Campenhout- Alarcon-Bayanihan Board Secretary
13.15 - 13.30	<b>Inspirational Talk "Prevention of Domestic Violence through Empowerment"</b> - Maya Butalid, psychologist, specializing in Child, Youth & Crosscultural Psychology, Coordinator, diverse projecten Integratie, Stichting Nieuwkomer en Vluchtelingenwerk ( SNVW ) , Brabant Centraal, City Councilor Raadslid Gemeente Tilburg & Bayanihan trainer.
13.30 – 13.45	<b>What does empowerment mean to me? ( Testimonial)</b> - Irene Abante – Au Pair (The Netherlands & Denmark)
13.45 - 15.15	<b>Chat groups/ Tsika-tsika</b>
15.15 – 15.45	<b>Merienda Break</b> <b>Music:</b> "The Colors", a Filipino women band in action <b>Raffle games</b>
15.45 - 16.15	<b>Plenary</b>
16.15 – 16.30	<b>Raffle games</b>
16.30 - 16.45	<b>Closing Remarks</b> - Cora van Campenhout – Alarcon Bayanihan Board Secretary
16.45 – 18.30	<b>Eating time, Dancing time</b> <b>Emcee -</b> Rose Slotema-Haboc, Bayanihan Board member

We will start our IWD celebration with a get-together lunch. May we request participants to please bring some food to share. Salu-salo tayo. Maraming salamat! We will also have simple raffle games with prizes.