

# SWAN Forging Ahead

Women make up 15 percent of today's U.S. military. Although 2.5 million women have served in the military, enormous barriers to equal treatment, equal opportunity and improved quality of life still persist.

**VISION:** SWAN's vision is to transform military culture by securing equal opportunity and the freedom to serve in uniform without threat of harassment, discrimination, intimidation or assault. SWAN also seeks to reform veterans services on a national scale to guarantee equal access to quality health care, benefits and resources for women veterans and their families.

SWAN affects change for servicewomen and women veterans by educating and informing policy makers, the media and the public, engaging military leadership and veterans providers, developing healing and empowering community programs, offering personal support and guidance from fellow women veterans and providing pro bono legal referrals from military law experts.



Photo by Marcy Stenberg

Photo by Brian Schroeder



## Donate Now

Your gift to SWAN will help ensure equality, fairness and justice for women in the military, and dramatically improve resources for women veterans.

All donations are tax deductible. We are grateful for your support.

**Please make your checks payable to:**  
"FUND FOR THE CITY OF NEW YORK,"  
and add "SWAN" to the memo line.

**You may mail your checks to:**  
Service Women's Action Network  
P.O. Box 1758  
New York, NY 10156-1758

**Or donate online at:**  
[www.servicewomen.org](http://www.servicewomen.org)

**SWAN supports, defends,  
and empowers  
today's servicewomen  
and women veterans of all eras,  
through groundbreaking  
advocacy initiatives and  
innovative, healing  
community programs.**

**Tel: 212-683-0015 Ext. 324  
[www.servicewomen.org](http://www.servicewomen.org)  
[info@servicewomen.org](mailto:info@servicewomen.org)**

**SWAN has transformed the lives of women veterans by helping them find their voices again, reintegrating them into society and empowering them through national veterans advocacy and local community service.**

### **Advocacy**

SWAN works to promote education and awareness on a variety of pressing issues that affect current servicewomen and women veterans, including:

- Military Sexual Trauma
- Discrimination on the basis of race, gender, and sexual orientation during military service and afterward
- Shortcomings in VA health care and benefits for women veterans
- Issues facing women in combat both during and after deployment
- Unemployment and homelessness among women veterans
- Domestic violence



### **Policy**

SWAN educates and advises members of Congress on key issues that affect servicewomen and women veterans.

- SWAN is educating the public and members of Congress about Military Sexual Trauma and is working to guarantee VA benefits to veterans who have been sexually harassed, assaulted, or raped during military service.
- SWAN staff has testified at numerous Congressional hearings, urging support for policies that will improve the quality of women's health care at VA hospitals and guarantee equal VA benefits for disabled and wounded women veterans.
- SWAN is working to expose the disproportionate targeting of women and people of color by the Don't Ask, Don't Tell policy, which bans openly gay service in the military. SWAN seeks to bring the negative consequences of this policy to the attention of law-making bodies.
- SWAN continues to work with Congress to guarantee availability and access of emergency contraception and abortion services at military facilities worldwide.



Photo by Maryam Roberts

### **Peer Support and Legal Referral Helplines**

- SWAN offers peer support and counseling referrals from fellow women veteran caseworkers.
- SWAN provides legal referrals to servicewomen, women veterans, and all survivors of Military Sexual Trauma (both men and women).

If you are in need of someone to listen, give our General Support Helpline a call at:

**1-888-729-2089**, or write to:  
**peersupport@servicewomen.org**

If you are a veteran or servicemember who is lesbian, gay, bisexual or transgender and need someone to listen, give our LGBT Women in the Military support helpline a call at:

**1-888-729-2095**, or write to:  
**lgbt@servicewomen.org**

### **Community Programs**

SWAN's workshops and activities are designed, supervised and led by women veterans, in order to foster a sense of belonging, ownership, and community and to build personal skills that increase leadership experience, self-sufficiency, healing and well-being.

SWAN's current programs include:

- Weekly meditation and yoga classes:  
[www.yogaforvetsnyc.org](http://www.yogaforvetsnyc.org)
- Community gardening
- Writing workshops and a writing blog
- Retreats and other outdoor activities

SWAN welcomes your suggestions for developing meaningful programs for women veterans. Please send ideas and questions to [outreach@servicewomen.org](mailto:outreach@servicewomen.org).