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Birthday Club Supports Survivors of Domestic Violence

Palos Heights, IL – Nearly 40 survivors of domestic violence who benefit from the Transitional Housing Program at the Crisis Center for South Suburbia will feel a bit more special on their birthdays this year thanks to Zelda's Kitchen Witches, a south suburban non-profit.

Since 2018, Zelda's Kitchen Witches has been providing new kitchen items to women and their children who are survivors of domestic violence and moving into new housing, safe from abuse and violence. "We've been stocking kitchens for these women for years. We've seen the impact of our actions and know how crucial it is to support them as they make a fresh start. We felt the need to do more," said Janet Evans, a Palos Heights resident and founder/president of the growing non-profit group.

The Zelda's Kitchen Witches Board of Directors recently decided to create an additional program to not only recognize the birthday of each woman in the housing program, but also to use that opportunity to remind them that other women in the community are continuing to support them on their journey to independence and a life free from violence.

Board member Lorri Nagle helped get the new birthday program off the ground by securing a variety of gifts for each birthday gift bag which were made possible by cash donations made to Zelda's Kitchen Witches. Nagle has worked closely with Andrea Bird, the Director of Housing at the Crisis Center, to ensure the success and the intention of the program. According to Bird, one of the clients who received a birthday gift bag said, "That was the first birthday gift I received since I was a little girl."

While Nagle is excited about the thoughtful contents of the birthday bags, especially the self-awareness and gratitude journal, her hope is that the handwritten cards inside each bag will remind these survivors that there are always people out there cheering them on and sending them messages of hope and empowerment.

To learn more about the impact of Zelda's Kitchen Witches and how you can get involved, visit zeldaskitchenwitches.org.



Zelda's Kitchen Witches board member, Lorri Nagle (right), and volunteer, Pandora Brown (left), assemble gift bags to help survivors of domestic violence celebrate their birthdays.