



# COMMON PLEAS COURT

## GENERAL DIVISION

Richard E. Berens, Administrative Judge  
David A. Trimmer, Judge

### PRESS RELEASE

*Empowered Women Empower Women*  
July 5, 2018

In keeping with its mission to rehabilitate as well as supervise, the Adult Community Control Department has launched a Women's Wellness Program to help improve female probationers' self-esteem and quality of life. The program, which was the brainchild of a few female Community Control Department Officers, aims to coordinate free pro-social events for females on supervision through the Common Pleas Court in an effort to improve probationers' emotional, mental and physical health.

"We started this program because we saw an opportunity to empower women who were battling addiction, in abusive relationships, and coping from traumatic life experiences," said Program co-founder and Community Control Officer Kelsey Meyers. "We knew that these women were strong, smart and resilient, they just need positive support. Providing these events not only helps improve their emotional, mental, and physical health but it builds a positive support system between us all."

The Program has coordinated three events thus far: a "Pound Fit" class and shake tasting event sponsored by Healthy Edge Nutrition, a cake decorating class, sponsored by Misty's Cakery, and a game night. A women's self-defense class is also scheduled for July. So far, 16 individuals have attended one or more of the Women's Wellness Program events, with feedback being overwhelmingly positive:

*[The Program] gave me a chance to meet other women who were sober who are living through some of the same experiences I am living through. It also showed me that probation really does care about you and your well-being that they're just not out to throw you in jail[.] -S.M.*

*I really like the women's group that I went too. I got to experience meeting new people and got to experience my probation officer as a civilian. -A.S.*

*I was going through a lot when I attended my first time and it was exactly what I needed that day. I thought it was also awesome to feel like I was a part of something, that wasn't hurting anyone else. We had lots of laughs and I'm looking forward to going again in the future. -T.D*

The Women's Wellness program is made possible through the extraordinary efforts of the Court's Community Control Department as well as the generosity of local community members and organizations. The Program is always seeking partnerships and sponsorships for future events. If you are interested in sponsoring or hosting an event focused on female empowerment and/or emotional, mental, or physical health, please contact Danielle Pizzuto at (740) 652-7348 or [danielle.pizzuto@fairfieldcountyohio.gov](mailto:danielle.pizzuto@fairfieldcountyohio.gov).



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