

**Meet Sarah Wooldridge**  
*Youth Programming Specialist*

The impact of an abusive relationship often spreads well beyond the abuser and the victim. Often times youth can be overlooked when growing up in a household dealing with domestic violence. But not at Crossroads Safehouse. Our services have programs available for youth to turn to and help them process, heal and simply be kids. Under the guidance of Sarah Wooldridge, a Youth Program Coordinator at Crossroads Safehouse, youth spending time in the shelter have a trusted outlet to turn to for help. Learn more about Sarah!

**What brought you to Crossroads Safehouse?**

A friend referred me to Crossroads four years ago to start volunteering. Shortly after starting my volunteer role, I applied for a full-time position in the Youth Program. Although I have a long history of working with youth, I was wildly under qualified for victim's services. I am so thankful Crossroads took a chance on me!

**What do you like most about working with youth?**

Children and youth are the best cheerleaders, comedians, and have the purest form of empathy. I love being present for a child's challenges and growth. The kids that come through Crossroads are incredibly resilient and I continuously learn from them. I'm an advocate for youth voice as well as youth choice and I absolutely LOVE being able to help a child choose to use their voice. Being a part of a child's life, whether it's a blip in time or a long-standing relationship, is humbling and inspiring. It is with a doubt, the reason I get up and come to work every day.

**What is one of your most fond work memories from your time with Crossroads Safehouse?**

Working at Crossroads has countless unpredictable moments where any one of us would look at each other and say, "Well, this job is weird." Every one of those moments lives in my memory as a truly comical time. However, the fondest memory I have is about the time my colleagues banded together to help me get through a sudden and complicated death in my family. The amount of support and compassion I received from everyone individually and as a whole is immeasurable. I am really grateful to have such a tough army of women surrounding me.

**What do you like to do in your spare time?**

So many things! I am by nature a doer. If there's spare time in the day, I usually fill it with an activity. I'm most happy outside--playing in the foothills or on a brewery patio. I'm a big fan of weekend getaways and am almost never in town on the weekends. With that being said, I do often enjoy reading a book snuggled up with my dog at home, soaking in the stillness of my personal space.

**If you could be any famous person, who would you be and why?**

I don't want to be famous. I'd rather be impactful.