

Peace
Hope
Safety

1979-2013

34 years of service to the community



Shelter News

Working to End Domestic Violence in Our Community

Spring 2013

The Link Between Bullying and Domestic Violence

Bullying and domestic violence are both cyclical and involve using coercive and controlling behavior to intimidate and gain power over another.

Recent studies indicate a link between children exposed to intimate partner violence and schoolyard bullying, something long suspected by domestic violence advocates.

Results show that children exposed to violent behavior are at a higher risk for exhibiting physically aggressive acts of bullying against others.

“Parents are very powerful role models and children will mimic the behavior of parents, wanting to be like them...When parents engage in violence, children may assume violence is the right way to do things,” said Dr. Nerissa Bauer,

lead author of a study conducted by the University of Washington and Indiana University.

The Harvard School of Public Health reports in their study that men who acknowledged being a bully in school were 4 times as likely to become violent in their intimate partner relationships than those who did not report bullying.

Children who bully are more likely to experience substance abuse, academic problems, and violence later in adolescence and adulthood, according to the Centers for Disease Control and Prevention.

Even though research suggests the strong likelihood of a child bully turning into an adult abuser, possibilities for breaking the cycle do exist.

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**Legal Advocate &
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Board Members

Helene Downs

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Tina Krall

Carol Lee

Mark Lorenzoni

Ann McAndrew

Charron Montgomery

Christine Peterson, M.D.



**We are excited to announce the
launch of our new website!!**

**The new website now gives us the ability to accept online donations,
a feature many of you have inquired about in the past.**

Check us out at www.shelterforhelpinemergency.org.

We can also be found on Facebook at

www.facebook.com/ShelterforHelpinEmergency

Peace Begins at Home License Plate Update

The Building Healthy Futures Fund has met the initial requirements and is pleased to report the Department of Motor Vehicles will begin issuing *Peace Begins at Home* license plates in Spring 2014. Sales from these license plates will provide additional funding for domestic and sexual violence programs across the state. Your help is needed for these funds to take effect!

DMV requires 1,000 pre-paid license plate applications before programs like ours are able to receive funds from license plate sales. We are only a few hundred away from meeting this goal. Please consider purchasing a *Peace Begins at Home* license plate and become a vehicle of change in your community. For details, please call (434) 963-4676.



Thank you to everyone who has already purchased a license plate!

Thank You For Your Support During Domestic Violence Awareness Month!

On behalf of Shelter staff, Board of Directors, our volunteers, and the women and children we serve every day, we thank the 300+ people who participated in our DVAM events in support of the Shelter's work. Domestic Violence Awareness Month 2012 events included our 22nd Annual Candlelight Vigil, a Brown Bag Lunch Series with guest speakers from around the state, our *Peace on Earth Begins at Home* Art Contest, and our 16th Annual 5K *Run for Shelter*.

We would also like to thank the following race sponsors and businesses for their support in helping to make our 5K *Run for Shelter* a tremendous success!

Bankers Insurance	Ragged Mountain Running Shop
Crutchfield	T&N Printing
Nest Realty	The Hook

A New Salon • ACAC • Alakazam Toys & Gifts • Aromas Cafe • Blue Ridge Country Store • Bodo's • Café Cubano • Charlottesville Track Club • China Med • CiCi's Pizza • Cville Hobbies Games & Toys • Darden • Eljo's • Eppies • Express Car Wash • Great Harvest Bread Company • Hamilton's At First and Main • Jason's Deli • Jean Theory • Kirt's Handmade Ice Cream • Massanutten Resort • Mona Lisa • New Dominion Book Shop • Paradox Pastry • Penelope • Raising Cane's • Rebecca's Natural Food • Regal Cinema • Rio Hill Wine Shop • Sal's Caffe Italia • Shenanigans • Splendor's Gelato • Sweet Frog • The Bike Factory • The Carving Board Cafe • The Cat House • The Crystal Connection • The Honeybaked Ham • The Paramount • The Salon • Whole Foods • 5K Race Committee Members • 5K Volunteers

We have checked our records carefully and apologize if we have made any errors.

Adopt-a-Family Program

We are proud to report that with your generosity the 2012 Adopt-a-Family program was the most successful one we've had to date. Nearly 40 businesses, churches, and community members provided gifts for Christmas morning to over 50 families in the program. The women and children receiving gifts were overwhelmed with joy; one mother cried as she explained that without the help of this program her children would have woken up Christmas morning without any presents under the tree.

Thank you to all who helped make this possible! If you are interested in adopting a family for our 2013 program, please call (434) 963-4676.

Help Someone in Need

Offer to Donate

Participate by Giving Your Time

Empower Yourself by Learning More

Learn more about how you can help make a difference in the life of a woman and her children fleeing their abusive home, please call our Community Outreach Center (434) 963-4676 or visit our website at www.shelterforhelpinemergency.org.



The Link Between Bullying and Domestic Violence cont.

Domestic violence services to women and their children along with anti-violence prevention efforts aimed at youth help facilitate a more healthy and structured outlook on future relationships. Advocates work closely with abused mothers and their children as they create new lives for themselves free from violence.

Early intervention and anti-violence prevention education in schools can be effective in breaking the cycle of violence. Learning new forms of interacting with others through prevention education can have a significant impact on children and help to change previous antisocial and aggressive behaviors. Pacer National Bullying Prevention Center's peer advocate program has seen high success rates in reducing bullying in schools.

Safe Schools Healthy Students works within the Charlottesville and Albemarle school systems to address youth violence, substance abuse, and school safety. Project Director, June Jenkins shares in their 2012 progress report a decrease in reports of bullying and an increase in school safety.

To learn more about bullying prevention, ways to intervene, and how bullying and domestic violence are related please visit the following websites:

www.violencepreventionoworks.org

www.pacer.org/bullying

www.safeschoolscville.org

Volunteers Wanted!!

Volunteers play a crucial role in the delivery of Shelter programs and services. We offer many volunteer opportunities where you can play a part in helping a domestic violence victim rebuild her and her children's lives free from abuse. It may be answering a call for help on our crisis hotline, providing guided play sessions for children in our residential facility, assisting with administrative tasks at our Community Outreach Center or working on community events such as our annual 5K *Run for Shelter* or Design House. We could not manage all of the work we do without the support of our wonderful volunteers!

Summer Volunteer Training Schedule
June 4th — June 20th, Tuesdays and Thursdays
6:00pm — 9:00pm

If you are interested in volunteering, please call (434) 963-4676.

Violence Against Women Act Passes

Congress passed the Violence Against Women Act (VAWA) in February sending the bill to the President's desk for approval. First enacted in 1994, VAWA's main focus was to create laws that specifically addressed domestic and sexual violence and allow for tougher prosecution of abusers. Over the years, it's scope has broadened to incorporate provisions for dating violence and stalking.

Our Executive Director, Cartie Lominack, and the Virginia Sexual and Domestic Violence Action Alliance Public Policy Director, Kristine Hall, attended the reauthorization signing on March 7th. VAWA now includes protection for Native Americans, LGBT and immigrant victims. New protections for victims of stalking through the use of video surveillance cameras and spyware will also be put into place.

In an statement released by Action Alliance Director Kristi VanAudenhove said, "While VAWA has significantly improved Virginia's response to sexual and domestic violence over the past years, intimate partner homicides are on the rise in Virginia and far too many women, children, and men continue to suffer. The bi-partisan passage of VAWA sends a message that we cannot let up; rather we must act boldly to protect all victims and hold all perpetrators accountable."

Around the Community



In February the Albemarle/Charlottesville Domestic Violence Council hosted a luncheon for Guardian Ad Litem's working on behalf of children within our court systems. The Shelter's Legal Advocate/Outreach Counselor, law enforcement and Victim/Witness were invited to discuss community resources and best practices in working with children who have witnessed domestic violence.

The first Monday of each month the Shelter leads a support group at the Salvation Army. In addition to discussing their own experiences, women attending this group are also learning healthy relationship tools.

On Fridays Shelter staff can be found at The Haven working with the homeless population to provide counseling services, develop safety plans, and legal advocacy for victims.

The Shelter's Women in Transition group will begin meeting again in April. This group is designed to help women working through the process of creating a new life for themselves and their children free from their abuser.

In Their Own Words

I truly feel blessed and am very thankful for each and everyone here at the Shelter. I can finally be free and for the first time in 26 years I am not scared anymore. To all the staff thank you and I will always remember this. This is the start of a brand new life. God Bless!

~ Residential Client

I don't have words to express my true gratitude to you all for everything you've done for me and my girls. I thank God every day that I am blessed to wake up in this home with my daughters. I look back a year ago to my first night in shelter, and how far we came since then. You've been like guardian angels to us every step of the way. Thank you for your smiles, your selflessness, and patience. We love you all so much!

~ Transitional Housing Client

My 2 ½ month stay at the Shelter was life altering for myself and my children. When I had nowhere to go and no way to provide for my children ya'll were there to help us when we were in need. I would like to thank all the staff & volunteers for everything that was done for us! We appreciate it so much! Since my stay at SHE I have learned a great deal about domestic violence and feel confident about my future decisions. For the first time in three years I am happy! It is a wonderful feeling to come home to a safe environment everyday and to know with the help of SHE that I am able to accomplish life in general for myself & my children. I do hope that ya'll can continue to help others like myself!

~ Residential Client

Praise Your Child From A — Z

Awesome achievement
 Bravo
 Continue to do your best
 Dynamite presentation
 Excellent effort
 First-rate friend
 Great listener
 Hard worker
 I believe in you
 Just keep doing your best
 Keep trying
 Let's celebrate you
 Magnificent results
 Natural leader
 Our family is proud of you
 Pleased by your conduct
 Quite an achievement
 Really proud of you
 So creative
 Thanks for helping
 Unbeatable spirit
 Very nice
 Way to go
 Xcellent
 You rock
 Zoom to the top



Congratulations to Sara Sanger, an 11th grade student at Louisa County High School. Sara's artwork was chosen as the grand prize winner in our annual *Peace on Earth Begins at Home* art contest.

Her drawing was showcased on our 16th annual 5K *Run for Shelter* t-shirt and our 2013 notecards.



Farmington Welcomes Design House 2013

We are excited to announce preparations for Design House 2013 are underway! A generous homeowner in the Farmington neighborhood has offered his home as the backdrop to showcase the talents of over 20 local interior designers, artists, and suppliers and help convey the message that everyone deserves a peaceful and safe home environment.

In February, the Shelter hosted a Designers Open House giving the designers an opportunity to tour the home. This year, they have an option of designing a room in the main house or one in the cottage above the garage. The transformation process began in March as designers work fervently to complete their rooms in time for May's unveiling.

As our signature fundraising event, Design House helps to fund programs and services for victims of domestic violence in our community. To learn more about Design House or to purchase tickets, please visit www.CvilleDesignHouse.com. Keep up to date with the latest Design House news and announcements at www.facebook.com/CharlottesvilleDesignHouse.

Save the Date!

Open for public tours daily May 4th through May 19th: 10am to 4pm
 Additional hours May 15th & May 16th: 10am to 7pm
 Closed to the public on Tuesdays

\$20 for one-time admission
 \$15 per person for groups of 5 or more

See our back page for information on available seminars included in your ticket purchase.

Parking is not available at the Design House.
 Signs indicating parking locations and shuttle transportation will be posted as you approach Farmington.

because peace on earth begins at home

The Shelter currently needs the following items. For all other donations, please call us first at (434) 963-4676.

Perishable Food Items

Diapers (all sizes)

Baby Wipes

Toilet Paper

Paper Towels

Deodorant

Resealable Plastic Bags

Plastic Wrap

Tissues

13 Gallon Trash Bags

Journals

White Bedsheets (full)

Mattress Pads (twin and full)

*All bottles/products should be full sized, with unopened tops.

Due to lack of storage space we are unable to accept donations of clothing, toys or books.

Food Lion MVP Rewards

Link your Food Lion MVP rewards card to the Shelter for Help in Emergency and support us each time you purchase Food Lion brand products.

For more information visit www.foodlion.com and click on the Community Outreach/MVP link. Use code 252325 to select the Shelter.

Peace Hope Safety

SHELTER FOR HELP IN EMERGENCY

P.O. Box 1013
Charlottesville, VA 22902
Admin. Office: (434) 963-4676 V/TTY
Hotline: (434) 293-8509 V/TTY
Email: info@shelterforhelpinemergency.org
Website: www.shelterforhelpinemergency.org

Philosophy Statement

The Shelter for Help in Emergency is committed to providing a safe, supportive, confidential and respectful environment in which survivors of domestic violence are empowered with the knowledge of personal and community resources as well as the skills needed to make informed decisions for themselves and their families.



Non-profit Org.
Postage Paid
Charlottesville, VA
Permit No. 305

What about other donations?

While we greatly appreciate the calls we get about donations such as clothing and household goods, we do not have the storage for such items until they can be used. We suggest donating to the following community agencies that work in partnership with us to help those in need.

Clothing:

- Central Virginia Baptist Clothing Center (434) 977-6876
- The Salvation Army (434) 295-4058
- Schoolhouse Thrift Shop (434) 973-2271

Household Goods and Furniture:

- The Salvation Army (434) 295-4058
- Goodwill (434) 295-3967



Design House 2013 Seminar Schedule

Inspirational Colors and Fabrics for 2013

May 8th and May 17th at 10:30am

Presented by: Holly Joseph of Holly Joseph Design
Learn how to transform a space through fresh paint of color and vibrant fabric design concepts.

Organizing Your Home from Ack to Zen

May 11th and May 13th at 10:30am

Presented by: Peggy Woodall of The Closet Factory
Organizing strategies to make every room of your home more serene.

Staging Your Home to Sell

May 11th at 2pm and May 15th at 10:30am

Presented by: Kelly Ceppa, accredited Stager, of Nest Realty
Learn how to prepare your home to sell quickly and get your best price.