What is Prevention?

Demonstrating healthy connections with others and control over one’s emotions help to prevent violence before it happens. Abusers who are violent within their own homes are more likely to carry that violence out in the community, greatly affecting the safety of others. The goal of prevention is to create safer homes and communities, and ultimately a safer world.

Domestic Violence Prevention programs work with youth and teens to offer guidance on building healthy relationships with friends, family, and dating partners by providing educational opportunities, a safe space for discussion, and self-positivity encouragement. The Shelter’s Prevention Program recognizes that unhealthy relationships and power imbalances can occur in individual relationships, peer groups, institutions, and entire communities. In addition to working with youth and teens the Shelter works closely with parents, educators, and community groups to help shift these power imbalances and provide teens with the tools they need when navigating relationships.

The Shelter for Help in Emergency’s Prevention Program began in 2016 with the purpose of promoting positive youth development through evidence-based and evidence-informed activities designed for middle and high school students. Now in its 5th year, the Shelter’s Prevention Program offers community presentations on teen conflict resolution and virtual support/educational groups online, while continuing to provide teen programs within our local school systems. Our Prevention Instagram page – Positivity Pollen – spreads messages of hope, self-worth, and tips on how to have healthy interactions with others.

Teaching youth and teens the importance of respecting their boundaries and those of others, leading bystander intervention activities with student clubs or Scout troops, working with school counselors and athletic coaches, and hosting community-wide events for youth and teens are all examples of prevention work.

There are many ways you can participate in our prevention efforts, including working with your child’s school to set up a Shelter prevention group, host a community youth event, display Shelter prevention materials in your place of business, or invite our Prevention Services Coordinator to speak with your group.

For more information on the Shelter’s Prevention Program, teen dating violence, or if you would like to host an event please email the Shelter’s Prevention Services Coordinator at prevention@shelterforhelpinemergency.org.
It's race time again and this year the Shelter for Help in Emergency is giving our 5K family two options to participate in our annual 5K: Run the race virtually anytime during October or join us for an in-person event on November 6 for the 5K Run/Walk for Shelter. Results for both races will be posted separately on the Shelter's website and social media pages November 6.

For your added comfort, you have the ability to switch your registration between races. Virtual runners must complete and submit their 5K results by October 31. Any virtual results submitted will be discarded if you decide to switch to our in-person event.

Details and online registration available at RunSignUp.com. A registration form has been provided on the back of this newsletter if you prefer to register by mail.

Shelter staff and volunteers will be masked during the event and hand sanitizer and extra masks will be onsite. You are not required to wear a mask during your run, however we ask that all participants wear a mask at the starting line and once they’ve crossed the finish line. There will be wave starts based on pace from 8am - 8:15am in an effort to keep runners distanced.

For questions about the 5K Run/Walk for Shelter or to inquire about sponsorship opportunities, please call (434) 963-4676 or email info@shelterforhelpinemergency.org.

**Shelter Golf Tournament**

The Shelter Golf Tournament held May 24 at the Club at Glenmore brought out over 150 golfers and Shelter supporters, including LPGA Golf Pro Maia Schechter, and raised more than $61,000! More pictures from the event can be found on the Shelter for Help in Emergency’s Facebook page.

**Sponsors**


**Special Event Supporters**

Donations of everyday household items to the Shelter for Help in Emergency help the Shelter save resources and utilize funds in other more meaningful ways for our clients!

As an emergency residential facility, we constantly use supplies, such as toilet paper and laundry detergent, and rely on supporters like you in the community to replenish those supplies.

We are accepting donations of the following items only at this time:

- Trash Bags (13 gallon)
- Sanitizing Wipes
- Sanitizing Spray
- Nitrile Gloves
- Hand Soap
- Dish Detergent
- Toilet Paper
- Paper Towels
- Grocery Gift Cards
- Gas Gift Cards

Donations are accepted Monday - Friday, 9am - 4pm at our Community Outreach Center located at 1415 Sachem Place, Suite 101, Charlottesville, VA 22901.

For all other donations, please call us at (434) 963-4676 to check for an immediate need. We are unable to accept donations of clothing, purses, toys, and books due to an overabundance of these items.

Each October, the Shelter for Help in Emergency recognizes Domestic Violence Awareness Month with a series of awareness opportunities designed to encourage conversation and bring attention to issues that touch our community as a whole, but are often hidden in secrecy.

Please visit the Shelter website and social media pages for more information on Domestic Violence Awareness Month and Shelter activities.
5K Run/Walk for Shelter Registration

CHECKS PAYABLE TO: SHELTER FOR HELP IN EMERGENCY | MAIL TO: P.O. BOX 1013, CHARLOTTESVILLE, VA 22902

NAME: __________________________________________________________________________________________________________

ADDRESS: __________________________________________________________________________________________________________

EMAIL (for registration confirmation): ___________________________________________ AGE ON RACE DAY: _______ GENDER: F M

☐ I plan to participate in the VIRTUAL 5K in October. ☐ I plan to participate in the IN-PERSON 5K on November 6.

PLEASE MAIL A SHELTER MASK TO ME: Y N

T-SHIRT SIZE: ☐ small ☐ medium ☐ large ☐ XL ☐ XXL

I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION OF:

☐ $15 to provide breakfast for mom & 2 children ☐ $45 to provide a safe night of shelter for someone in need

☐ $30 to provide school supplies for a child ☐ Other ___________________

CASH/CHECK TOTAL: $______________________ OR CREDIT CARD TOTAL: $______________________

CREDIT CARD #: ____________________________________________________________ EXP. DATE: _______________________

NAME AS IT APPEARS ON CARD: _______________________________________________________

I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shelter for Help in Emergency, its staff, Board, volunteers, Ragged Mountain Running Shop, the City of Charlottesville, and all race sponsors from all claims or liabilities of any kind arising out of my participation in this event. I give permission for the Shelter for Help in Emergency to use any photography with my or my children's image for promotional purposes. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE: ___________________________________________ DATE: _______________________

PARENT/GUARDIAN: __________________________________________________________________________

(If registrant is under 18, form must be signed by parent or guardian.)