How to Help a Friend in an Abusive Relationship

Domestic/Intimate Partner Violence is rooted in fear, lives in the shadows, and is nurtured through secrecy. Its insidious nature ripples through families leaving behind physical, emotional, and mental destruction in the wake of its path. Knowing no boundaries, domestic/intimate partner violence can occur in any intimate relationship — including partners who were/are married, living together, or dating — regardless of age, race, sexual orientation, religious beliefs, or gender. A staggering 1 in 4 women and 1 in 9 men will experience domestic/intimate partner violence in their lifetime. Chances are you know someone who has or is living with domestic/intimate partner violence.

Understanding the fundamentals of domestic/intimate partner violence is vital to providing the best possible support for someone who reaches out for help despite their fear, motivated by an unwillingness to keep their abuser’s violent behaviors a secret anymore. Domestic/Intimate Partner Violence is methodical in its approach; it builds over time using tactics of intimidation, manipulation, and isolation from friends and family to frighten and terrorize its victims into believing it’s their fault. Taking the first step to ask for help can be just as scary as living with abuse for some victims.

Abusers are characteristically charismatic and skilled at hiding their violent tendencies, convincing their victims that no one will believe them. When a friend or family member confides in you a history of abuse in their relationship, acknowledge their situation, let them know you believe them, and listen without judgement. Abuse is never a victim’s fault; it is a choice made by the abuser.

It is important to express concern for your friend/family member’s safety and to accept whatever decision they make — even if it is to stay in the relationship. There are many reasons why someone may choose to stay in or return to an abusive relationship. For some, leaving the relationship may be more dangerous than staying in it. Other factors include a fear of cultural/religious repercussions, a lack of money and resources, a belief that abuse is normal and equal to love, language barriers, or embarrassment and shame due to low self-esteem often brought on by the abuse they’ve endured.

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

It is a time to remember the victims who lives were taken too soon, to offer safety and support to those currently in abusive relationships, and to celebrate survivors who are now free from their abusers. We take time this month to acknowledge those who have dedicated their time and energy to helping end domestic violence, and remind people that domestic violence is a community problem — one that we all must take an active role in if we hope to make a lasting change.

Upcoming events include a Candlelight Vigil, Peace on Earth Begins at Home student art contest, Purple Purse Challenge, and 5K Run/Walk for Shelter. Event dates and times are listed in the calendar below. For a full listing of event details, please check out our website.

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**October 2018 - Domestic Violence Awareness Month**

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<td>Purple Purse Campaign ends at 2pm</td>
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<td>Packet Pickup for 5K Run/Walk for Shelter</td>
<td>5K Run/Walk for Shelter</td>
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**Purple Purse Challenge Oct 2 - Oct 31, 2018**

We are happy to be a part of the Allstate Foundation’s Purple Purse Challenge, an exciting fundraising opportunity helping to support life-changing programs like the Shelter for Help in Emergency while drawing attention to issues surrounding domestic violence and financial abuse, a common barrier to a victim’s ability to escape their abuser.

The Purple Purse Challenge brings together non-profits dedicated to helping domestic violence victims for a friendly competition to see who can raise the most funds for their program. The top 3 fundraisers in each division (based on budget and size) are awarded grand prizes up to $100,000 OVER what they’ve already raised. Last year with the support of over 100 generous donors, the Shelter for Help in Emergency was able to raise over $17,000 and place 8th in the nation for Division 2 non-profits.

Stay tuned on our website and our Facebook page for more information about Purple Purse and how you can help us place even higher this year by becoming a fundraiser for the Shelter. The top fundraiser for the Shelter will be awarded a custom-designed purse from Serena Williams!
21st Annual
5K RUN/WALK FOR SHELTER
Saturday, November 3, 2018, 8:00 am

Where:
Charlottesville Downtown Mall

Start:
Mudhouse Coffee Shop

Finish:
Jefferson Theater

No strollers or dogs please!

Cost:
$25 on or before 10/16/18; $30 after 10/16/18 and on race day
Long sleeved T-shirts only guaranteed to runners/walkers pre-registered by 10/16/18

Registration:
Online registration available at runsignup.com (convenience charges apply)
Race Day Registration from 7:00 – 7:45 a.m. near Jefferson Theater
Entries accepted by mail on or before November 1st and at RMRS until 3 pm on November 2nd

Packet Pick-up:
Friday, 11/2/18, 8:30am – 6:30pm, Shelter for Help in Emergency Community Outreach Center
1415 Sachem Place, Charlottesville 22901

Awards:
Top 3 female/male overall and top 3 female/male masters
All runners are eligible for Grab Bag prizes. Must be present to win.

Information:
Call (434) 963-4676 or email info@shelterforhelpinemergency.org

Help raise even more funds for the Shelter by creating your own 5K Fundraising page at
runsignup.com/Race/VA/Charlottesville/5KRunWalkforShelter

Helping victims create new lives free from abuse for 39 years.

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

NAME: ______________________________________________________________________________________________________________

ADDRESS: _____________________________________________________________________________________________________________

TELEPHONE: ____________________________     SHIRT SIZE:  S    M    L    XL    XXL      AGE ON RACE DAY: __________     GENDER:  F     M

EMAIL (for registration confirmation): ______________________________________________________________________________________

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: ____________________________________________     ZIP CODE: ______________________

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.)
Spring Fundraising

The Shelter for Help in Emergency hosted its annual Spring Fundraiser in May, featuring 15 interior designers and landscapers, and over 80 volunteers, coming together to bring you Design House.

We were delighted as everyone worked to transform an already beautiful home into a spectacular showcase highlighting the need for every home to be a peaceful sanctuary of safety. Nearly 1000 visitors toured the house, located in the Wind River community, during the two-week event enjoying not only the stunning design work inside and outside the house, but also browsing through our Boutique for unique gift items and sampling the delicious offerings under the covered porch from our Café. Thank you to all who worked so hard to put on this event—volunteers, designers, sponsors, silent auction donors, vendors and contractors!

We hope you’ll join us again for our Spring 2019 fundraising event - Golf for Shelter! The golf tournament offers a relaxing afternoon walking a beautiful course playing 18 holes to benefit the Shelter for Help in Emergency.

The day will include a variety of pre-tournament activities and an awards ceremony with dinner afterwards. Look for details and registration information on our website and Facebook pages as the event date approaches.

How to Help a Friend in an Abusive Relationship cont.

Help them develop a plan to remain safe and let them know you are there for them no matter what, even if it takes time and several efforts to leave. Knowing this will give them strength and courage on their path to safety.

Offering local resources such as the Shelter for Help in Emergency’s 24-hour hotline number (434-293-8509) is another way to let them know they are not alone. Experienced staff and trained volunteers are available day or night to provide an ear to listen, a shoulder to cry on, and a safe place when they are ready.

For more information on what you can do to help victims of domestic/intimate partner violence, please visit our website or call our Community Outreach Center at (434) 963-4676.

SHELTER FOR HELP IN EMERGENCY

5K Run/Walk for Shelter

SUNDAY, NOVEMBER 3

8:00AM

REGISTER @ RUNSIGNUP.COM

Forms also available at www.shelterforhelpinemergency.org or Ragged Mountain Running Shop

$25 Register by 10/16

$30 Register after 10/17

Donations Made Easy for State of Virginia and UVA Employees

The Commonwealth of Virginia Campaign (CVC) offers Virginia State and University of Virginia employees a no-fuss way to give to the Shelter (CVC# 003162) by designating an amount to donate out of each pay period and the state takes care of the rest. Every contribution made to the Shelter for Help in Emergency will go to help a victim domestic violence create a new life free from abuse.

Enrollment in the CVC program is open 10/1-12/20/2018. If you are interested in signing up to help support the work of the Shelter, please contact your employer for details.
Volunteers Needed!

Looking for a rewarding way to give back to your community? Interested in becoming part of an integral team dedicated to helping women and children living with abuse?

The Shelter offers a variety of volunteer opportunities including office support, translation services, staffing our crisis hotline, and event/fundraiser planning. Anyone interested in volunteering, please contact our Volunteer Coordinator at (434) 963-4676 to discuss upcoming trainings and opportunities to help make a difference in the lives of the women and children we serve.

¡Se Necesitan Voluntarias Bilingúes/Biculturales!

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

ADVOCATE by offering hope and support to victims of domestic violence.

VOLUNTEER your skills and strengths so that no one is alone on their journey to safety.

DONATE to support the work of the Shelter and help create new beginnings.

Learn more about how you can help by calling our Community Outreach Center at (434) 963-4676 or visit www.shelterforhelpinemergency.org.