Intimate Partner Violence and Pregnancy

We know that children exposed to domestic violence/intimate partner violence are more likely to have health problems, act out aggressively toward themselves and others, and engage in risky behaviors. Without intervention, their exposure to intimate partner violence can lead to an inability to perform well academically and increase their chances of becoming a victim of violence or an abuser in adulthood.

“15.5 million children in the United States live in families in which intimate partner violence occurred at least once in the past year, and 7 million children live in families in which severe partner violence occurred.” (futureswithoutviolence.org)

Nearly half of those coming into our Shelter are children, the majority of which are under the age of 12. The Shelter for Help in Emergency’s Child Advocate works to help the children living in our emergency residential facility overcome the trauma they’ve endured and demonstrates positive ways to break the cycle of violence.

New research from Michigan State University and the University of Iowa indicate the effects on children begin much sooner than originally thought. Pregnancy can be a stressful time under the best of circumstances, but when coupled with intimate partner violence, the ability to receive adequate pre-natal care and make proper nutritional choices can be limited or blocked completely by an abuser. In fact, women who experience intimate partner violence during pregnancy have a higher risk of premature births and babies born with low birth weight which can lead to serious health issues.

Their findings also reveal a link between abuse experienced during pregnancy and babies exhibiting emotional and behavioral problems including having nightmares, an extreme sensitivity to loud noises and bright lights, avoiding physical contact, and an inability to experience joy. This is thought to be a result of increased levels of cortisol, a hormone released in the body when under stress, in the mother’s body which can have damaging effects on her unborn child’s brain causing them to become more anxious and unable to deal with stressful situations.
The Perfect Mother’s Day Card

This Mother’s Day, thank her for her unwavering support by passing it on.

Make a $45 donation to the Shelter for Help in Emergency and we will send a card to the woman you’ve chosen to honor, notifying her that your gift helped a woman take a step toward a safer life.

The Shelter for Help in Emergency has offered safe housing, counseling, and support for victims of domestic violence in our area since 1979.

For more information call (434) 963-4676

Did you know...

- Most of the women who reach out to the Shelter for Help in Emergency are mothers fleeing violent homes with their children.
- 82% of Americans say that they would do something to help reduce domestic violence if they knew what to do.
- Each year the Shelter for Help in Emergency provides more than 5,000 nights of safe shelter for over 200 victims of domestic violence and their children from the central Virginia area.
- Your donation of $45 will help provide one night of shelter for a woman in crisis. If you choose, you may donate additional nights of shelter at $45 each.

Make a $45 donation to the Shelter for Help in Emergency

Your $45 gift will help the Shelter provide one night of safe housing, counseling and support for abused women in the greater Charlottesville-Albermarle area and neighboring counties.

☐ Enclosed is $45 to help provide one night of shelter for an abused woman in our area.
☐ Enclosed is an additional $______ to help provide __________ night(s) of shelter for abused women.

Your Name ___________________________ Recipient’s Name ___________________________
Your Address ___________________________ Recipient’s Address ___________________________

Your Phone Number ______________________ Your Email ______________________________
Your Message for Gift Card ___________________________

For additional card information, please continue on a blank sheet.

Please return with your check payable to: Shelter for Help in Emergency
PO Box 1013, Charlottesville, Virginia 22902

A full financial statement is available upon request from the Virginia State Division of Consumer Affairs or from the Shelter for Help in Emergency.
**Design House 2018: Wind River**
May 5 - 20, 2018
Tickets: $20/day, $45/multi
Open every day!

Located in the beautiful Wind River community, this year’s Design House is a 6000+ sq. ft. brick home featuring a spacious kitchen, a vaulted family room with a large fireplace, two master suites, and a third floor bonus room—a perfect backdrop for the latest in interior design from our talented Design House 2018 Design Team.

With your tour ticket purchase, you’ll be able to attend one of our daily seminars presented by local artists and skilled professionals on topics related to home décor, entertaining, and design. Other special events include an evening with Devils Backbone Brewing Company and Prince Michel Vineyard as they demonstrate proper at-home wine and beer storage with tastings available, and a pop-up shop with Kendra Scott featuring their classic jewelry and home lines with 20% of all sales being donated to the Shelter for Help in Emergency.

After your tour is complete, visit the Design House Café where you can enjoy light refreshments and fresh lunch items, as well as the Boutique where you'll have an opportunity to purchase items to begin your own design and garden projects at home.

**House Tours**
May 5 - May 20, 2018
Open every day: 10am - 4pm
Extended hours on Wednesday & Thursday: 10am - 7pm

**Admission**
$20 one day
$45 multi-visit pass

Parking available at Olivet Presbyterian Church
2575 Garth Road, Charlottesville, VA 22901
It’s just a short shuttle ride from there!

Design House is the Shelter for Help in Emergency’s largest fundraiser and helps to sustain our residential and outreach services in the greater Charlottesville community. To learn more about this exciting two-week event, please visit the Design House website at www.cvilledesignhouse.com

**Design House Volunteers Needed!**
Volunteers are vital to the success of Design House and serve as ambassadors for the Shelter for Help in Emergency! Their gift of time and energy helps to make Design House a fun and exciting event for all.

**Design House volunteer opportunities include House Sitters, Shuttle Drivers, Room Hosts, Greeters, Ticket Sales, and Boutique and Café Assistants.**

For more information on how you can volunteer at Design House or to sign up as a group with your company, church or organization, please visit www.cvilledesignhouse.com.

**THANK YOU**
**Design House 2018 Sponsors!**

- Hunter Smith Family Foundation
- albermarle Magazine
- Umansky Toyota
- Cville Weekly
- Sherwin-Williams
- Long & Foster • W.E. Brown • WHTJ • Wine and Country Living • Virginia National Bank • Green Mountain Construction • Hantzmon Wiebel • Devils Backbone Brewing Company • Southern Development • Hunton & Williams • UVA Obstetrics & Gynecology • Hunter Wood • Amy and Harry Franze

We have checked our records carefully and apologize if we have made any errors.
Intimate Partner Violence and Pregnancy
Continued from Page 1

This new research presents a greater understanding of how violence affects the brain and based on these findings, advocates are developing new strategies to provide the best possible assistance to victims of intimate partner violence and their children coming to them for safety and support.

Shelter for Help in Emergency staff are working in collaboration with our community partners ReadyKids and The Women’s Initiative to offer trauma-informed therapeutic support to adult and child victims of intimate partner violence staying in our residential facility.

If you or someone you know is experiencing intimate partner violence, please call our 24-hour hotline at (434) 293-8509.

Mother’s Day!
May 13, 2018

Each year, the Shelter for Help in Emergency provides support services to over 400 women and children through our residential and outreach programs.

YOU can help us make an impact this Mother’s Day by giving the gift of safety, time, and peace of mind to a mom and her children fleeing their abusive home!

A donation of $45 to the Shelter for Help in Emergency provides one night of security and refuge, a night of restful sleep without abuse, and an opportunity to regain the strength and confidence needed on the journey ahead. For each night of safety provided, the Shelter will send a personalized card to the women in your life you choose to honor this Mother’s Day.

To purchase your Mother’s Day card complete the enclosed flyer or call (434) 963-4676.

Shop for the Shelter!

In November, the Shelter hosted a Shop for the Shelter event at Bed Bath & Beyond to help replenish much needed household items for our emergency residential facility. We were overwhelmed by the generosity of the community and how many supplies we received through our gift registry and in-store shoppers — over $7000 in household items!

Our residential facility can house up to 25 women and children at a time, which means we go through a lot of bathroom, kitchen, and laundry supplies — all of which the Shelter provides. Donations of these items from the community allows us to save on these expenses and direct these dollars toward programs and services.

Our greatest needs include laundry detergent, paper towels, and toilet paper. If you’re interested in making a donation, please call our Community Outreach Center at (434) 963-4676.

Family & Children’s Trust Fund

We are pleased to report the Family & Children’s Trust Fund of Virginia (FACT) has awarded a grant to the Greater Charlottesville Trauma Informed Community Network, which includes the Shelter for Help in Emergency. These funds will be used to educate service providers and the community on the impacts of trauma and to advocate for trauma-informed systems of care.

RACE AGAINST DOMESTIC VIOLENCE

The Shelter for Help in Emergency would like to thank all who helped make our 21st Annual 5K Run/Walk for Shelter a tremendous success!

Sponsors

Arnold Air Society; Craw Squadron
Bankers Insurance
Central VA Oral & Facial Surgeons
Charlottesville Real Estate Solutions
Crutchfield
Devils Backbone Brewing Company
Heppner Family Chiropractic
Manning Family Foundation

Martin Horn
Ragged Mountain Running Shop
Scott Wagner Chiropractic & Sports Medicine
S.L. Williamson Company
T&N Printing
UVA OB/GYN
Wegmans

Special Downtown Mall Sponsors

Bittersweet Clothing & Accessories • Blue Ridge Country Store • Charlottesville Draft Taproom • Magpie Knits • Petit Pois • Salon Drukrina • Telegraph Art & Comics • Ten Thousand Villages • The Hip Joint

Contributors

albemarle Magazine • Atlas Coffee • Ben & Jerry’s • Blue Wheel Bicycles • Bodo’s • Burger Bach • Capital Teas • Carter’s Mountain • Daily Grind • Charlottesville Track Club • Hair Cuttery • Heppner Family Chiropractic & Wellness Center • Jump • Kendra Scott • Lily Rain • Lou Lou Boutiques • Massanutten • Michie Tavern • One Creative Cookie • Natural Pet Essentials • Pam Garrison • Plow & Hearth • Quilt Sowers • Random Row Brewing • Shenanigans • The Brow House • The Happy Cook • The Spot Beauty Shop • University of Virginia Athletics • Wild Birds Unlimited • 5K Race Committee • 5K Volunteers

A special thank you to Bright Ideas for all of their wonderful help with the t-shirts!

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

Working to end domestic violence in our community.

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.

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, court monitoring, and staffing our crisis hotline. 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 Voluntarios Bilingues/Biculturales!

**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.