A Message to the Community...

During this COVID-19 crisis, the Shelter for Help in Emergency remains dedicated to providing emergency services for victims of domestic violence and their children with the priority of maintaining the safety, health and well-being of our community.

During this time of social distancing, victims are at an increased danger due to home confinement with their abuser. As a way to gain power and control over their victims, an abuser may take advantage of an already stressful situation by withholding medical attention, taking away recommended safety measures such as hand sanitizer and/or cleaning products, or further isolating their victims by hindering their ability to interact with family and friends by phone or over the internet.

The Shelter **WILL** remain open and ready to serve victims during this time of uncertainty. Our mission to end domestic violence in our community is strong and unwavering. **If you or someone you know is in need of services, please call our 24-hour hotline at (434) 293-8509.**

In the interest of ensuring a healthy environment we are limiting access to our Community Outreach Center to staff and others by appointment. Please ring the doorbell for assistance.

Please note that if you wish to assist the Shelter during this time, we are accepting donations of the following *(only)*: Toilet Paper, Paper Towels, Hand Sanitizer, Sanitizing Wipes, Sanitizing Spray, Hand Soap, Dish Detergent, Laundry Detergent Pods (HE only), Grocery Store Gift Cards.

Stopping Violence Before It Begins

Imagine you’re taking a walk along a beautiful river. The sun is shining, birds are chirping, you see a beautiful old bridge in the distance, and you’re happy to be out enjoying nature. As you continue your stroll, you notice that someone has fallen into the river and is calling out for help. You dive in to help and get them safely to shore. The next time you go for a walk, the same thing happens and, once again, you wade into the river to help save the person from drowning.

Later, you speak to friends and family about these incidents and many of them share that they have also had to help save people when walking by the river. The next day you decide to go for a walk again and you make it to the beautiful old bridge without having to pull anyone out of the river. As you start to cross, you sense that it is not safe. The boards are creaky, and a few feet ahead, you see that the guardrail is missing many pieces. It becomes clear to you that so many people have been falling in the river because the bridge is broken.

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The Shelter for Help in Emergency is hosting its annual GOLF TOURNAMENT on Monday, June 1st at The Club of Glenmore, located at 1750 Piper Way, Keswick, VA 22947. The tournament will be a CAPTAIN’S CHOICE SHOTGUN beginning at 1pm, with registration opening at 11:30am.

A boxed lunch and complimentary beverages will be provided on the course. Highlights of the day will include a Putting Contest, a Hole-in-One Challenge, and a 50/50 raffle. Prizes will be awarded for the Longest Drive, Closest to the Pin, and Best Team Score.

Following the tournament, guests are invited to stay for the Awards Ceremony, where dinner and drinks will be provided, and a chance to participate in a Wine Pull. Dinner only tickets are available for friends and family members who want to join you after the tournament.

For more information or to register your team, please visit our website at www.shelterforhelpinemergency.org or call (434) 963-4676 x6.
Stopping Violence Before It Begins cont.

You talk with friends, family, and community members to assemble a team to fix the bridge. After days and days of working together, the bridge gets fixed and everyone in the community is able to enjoy walks by the river without having to risk their safety.

We share this story because it paints a picture of what prevention programming looks like at the Shelter for Help in Emergency—stopping violence before it begins. According to the CDC, millions of teens experience some type of dating violence in the US each year. Our goal is to change those numbers by promoting overall health, wellness, and resiliency in our community.

The Shelter for Help in Emergency is fortunate enough to have a Prevention Services Coordinator on staff working with teens and youth in our service area to promote healthy relationships based on trust and respect. The purpose of the Shelter for Help in Emergency’s Prevention Services Program is to stop intimate partner violence before it begins by focusing on healthy relationships, increasing protective factors, and promoting positive youth development.

The Shelter works to decrease young people’s exposure to the risk factors that may lead to perpetration of violence or victimization, and increase their exposure to protective factors. This work can take many forms, from facilitating intimate partner violence prevention and resiliency-building curricula to consulting with parents and community leaders about perceived needs related to intimate partner violence to partnering with young people to advocate for policy changes that would benefit prevention programing across the state.

“We must engage young people in conversations on the risk and protective factors associated with perpetrating and/or experiencing relationship violence, and provide them with the tools to be active participants in healthy relationships that are based in equality, trust, and mutual respect.”

Hannah Firdyiwek, Shelter for Help in Emergency Prevention Services Coordinator

We believe that it is important to provide adults with information and resources so that they feel equipped to have meaningful and intentional conversations with the young people in their lives, and to strengthen partnerships with local organizations and institutions so that together we establish a community-wide shared language that promotes positive youth development.

Whether we are working to change individual attitudes or larger community and social norms around intimate partner violence, the Shelter is committed to creating environments where people can connect, grow, and take care of each other because everyone has the right to a happy, healthy relationship free from violence.

Volunteers Needed!

Volunteers play a crucial role in the delivery of Shelter programs and services by working tirelessly to ensure our crisis hotline is staffed, children are given guided play sessions while their mothers meet with case managers and attend support groups, offer translation services, provide support for our office staff, and help organize community activities and fundraising events.

Volunteer applications are accepted through Better Impact and can be found on the Volunteer page of our website. Once your application is complete, our Community Engagement Coordinator will reach out to discuss the training process and how you can join our amazing group of volunteers.

If you’d like to speak with our Community Engagement Coordinator before filling out an application, please call (434) 963-4676 ext. 5.

¡Se Necesitan Voluntarias Bilingües/Biculturales!

RACE AGAINST DOMESTIC VIOLENCE

The Shelter for Help in Emergency would like to thank all who helped make our 23rd Annual 5K Run/Walk for Shelter a tremendous success!

Sponsors

- Bank of the James
- Bankers Insurance
- Central VA Oral & Facial Surgeons
- Charlottesville Real Estate Solutions
- Crutchfield
- Devils Backbone Brewing Company
- Heppner Family Chiropractic
- Ragged Mountain Running Shop
- S.L. Williamson Company
- T&N Printing
- UVA OB/GYN
- Wegmans

Contributors

- albemarle Magazine
- Alex and Ani
- Atlas Coffee
- Bend Yoga
- Bodo’s Bagels
- Caspari
- Champion Brewing Company
- Charlottesville Track Club
- Cville Coffee
- Costco
- Devils Backbone Brewery
- Feast
- Frank Shultz, State Farm
- Greenberries
- Hair Cuttery
- Heppner Family Chiropractic & Wellness Center
- Hotcakes
- Jump Trampoline
- MagPie Knits
- MarieBette Café and Bakery
- Market Street Wine Shop
- Massanutten
- Mudhouse Coffee Roasters
- One Creative Cookie
- Penelope
- Plow & Hearth
- simply Yoga
- Spindarella
- Trader Joe’s
- Ty Cooper
- Wegmans
- Wild Birds Unlimited
- 5K Volunteers

We have checked our records carefully and apologize if we have made any errors.
Shelter staff work hard to utilize our resources carefully and efficiently. In this uncertain time, our supply closet is emptying and we need your help restocking the shelves. This list reflects essential items needed for the Residential Facility during this Covid-19 crisis. Please consider picking up an item or two for the Shelter on your next supply run.

Shelter Supplies Needed

- Toilet Paper
- Paper Towels
- Laundry Detergent (HE only)
- Dish Detergent
- 13 Gallon Garbage Bags
- Sanitizing Wipes
- Sanitizing Spray
- Hand Sanitizer
- Grocery Gift Cards
- Pharmacy Gift Cards

Old and/or broken cell phones are always welcome. For all other donations, please call us first at (434) 963-4676.

We are unable to accept donations of clothing, purses, toys and books due to an over-abundance of these items and lack of storage space.