

The Laurel Center Newsletter



FALL 2015

"Working together to stop the cycle of domestic and sexual violence."

The Laurel Center
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Mission Statement

The Laurel Center empowers victims of domestic and sexual violence by providing emergency housing, advocacy, support services, and education. We reach out to our community through education and awareness programs.

Welcome Kaye Harris, Our New Executive Director

Dear Friends, Colleagues and Supporters,

I am delighted to have begun my duties as the new Executive Director of The Laurel Center. There is no greater honor than to have the opportunity to work in partnership, and on behalf of survivors of domestic and sexual violence. It is also an honor to be associated with an organization that for nearly three decades has done so much to promote domestic peace and equality for all of the citizens of this community. With an excellent board of directors firmly committed to our mission, a highly professional and dedicated staff, and an array of outstanding programs, The Laurel Center is well-positioned to face the challenges ahead. As I come to understand the history of this organization, I feel as though the leaders of the past have placed us in a position to take a major step in our evolution.

Our evolution also calls us to lead with our vision for change.

Looking ahead, The Laurel Center will retain its traditional focus on providing services to survivors of domestic and sexual violence by seeking to strengthen our organizational capacity. We will also work diligently to complete our capital campaign, and continue to customize programs to suit the changing needs of the community we serve. To accomplish this end, we will look to establish new partnerships with federal, state and local governments - with the business community in the region, with academic and professional organizations,

foundations, civil societies, and concerned individuals who share our vision regarding the core value of non-violence and human dignity in the Shenandoah Valley.

I am personally very excited to take on this new role. The challenges ahead are substantial but opportunities abound. In order to push forward for policies and actions that will support victims of sexual and domestic violence we will continue to need your financial support. We ask for your support so that we may carry on the amazing work of those that have gone before us. We strive to transform the social norms that fuel violence and hatred while also building the norms that support peace, equality, and justice. As someone whose life course has been charted to an important degree by a persistent passion for preserving the human rights and dignity of all people, I am convinced that the peace and empowerment of societies is measured one person at a time.

I look forward to working with all of the friends and supporters of The Laurel Center and would strongly value your ideas and suggestions. Please feel free to contact me anytime. My e-mail is k.harris@thelaurelcenter.org

With warmest regards,

Kaye Harris, MA

Executive Director

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**October is Domestic
Violence Awareness
Month**



Domestic Violence Awareness Month Activities

October is Domestic Violence Awareness Month, and The Laurel Center has planned several activities and events to reach out to the community to raise public awareness. Domestic violence is a public health and social problem that can be prevented through outreach activities and education. The term domestic violence refers to any physical, sexual, financial, emotional, or psychological harm to an intimate partner. The only way to end domestic violence is to raise awareness.

The Laurel Center's annual Candlelight Vigil is October 15th from 5:30 pm to 7:00 pm on the Courthouse steps. There will be speakers, music, and other activities, such as the Clothesline Project and the Silent Witness Display.

Throughout the month of October, local pizza delivery companies will distribute domestic violence information flyers on each pizza box. We will also have a fundraising event at Sweet Frog. Check our Facebook page for more information. There will be a visual display of purple ribbons at our new building. We hope that these and other various activities will raise public awareness about domestic violence and The Laurel Center.

In Warren County, TLC and the Phoenix Project are partnering for the "Clothesline Project". During October, last year's t-shirts will be on display at Samuels Library. There will be 2 opportunities for the public to make t-shirts. Please join us at the Library in White Meeting Room "B" on October 14th from 6-8pm & October 15th from 2-5pm.

Domestic Violence and Children

EXPOSURE: Children are exposed to or experience domestic violence in many ways. They may hear one parent/caregiver threaten the other, observe a parent who is reckless with anger, see one parent assault the other, or live with the aftermath of a violent assault. Children who live with domestic violence are also at increased risk to become direct victims of child abuse. In short, domestic violence poses a serious threat to children's emotional, psychological, and physical well-being.

EFFECTS: Not all children exposed to violence are affected equally or in the same ways. For many children, exposure to domestic violence may be traumatic, and their reactions are similar to children's reactions to other traumatic stressors.

Some reactions to domestic violence may include: generalized anxiety, sleeplessness, nightmares, difficulty concentrating, high activity levels, increased aggression, increased separation anxiety, and intense worry about their safety or the safety of a parent

WHAT THEY NEED: Children need a safe and secure home environment. Every child has the right to grow up safe from harm and should feel that those they love are also protected. Violence in the home shatters a child's basic right to feel safe and secure.

Children need the violence to stop. They need to know that there are adults who will listen to them, believe them and shelter them. Adults who work with children, such as teachers, social workers, relatives, and parents need the awareness and skills to recognize children exposed to violence and to refer them to the appropriate services. Close, dependable relationships can also help children reduce the stress of living in a violent home. Children who have an adult who gives them love, warmth and attentive care cope better than those who do not. Children need to know that they are not alone and that the violence is not their fault.

Children need a sense of routine and normalcy. Violence in the home can turn a child's world upside down. Routines such as going to school and participating in recreational activities are vital for children's development and well-being and should be maintained.

Children need support services to meet their needs. Responses to children exposed to domestic violence should be comprehensive and holistic, taking into account the range of effects and needs of different children.

Children must have places to go that are safe and supportive. Studies suggest that providing interventions to abused mothers can also have benefits to children, especially where these efforts take into account the specific needs of children.

Children need to learn that domestic violence is wrong and learn non-violent methods of resolving conflicts. Children must hear that domestic violence is wrong. They have to see alternative role models in order to grow up with a positive idea of the future.

Children need adults to speak out and break the silence. Children who are exposed to violence in the home need to know that things can change and that violence in the home can end.

Children need hope for the future. Public education and awareness-raising campaigns on domestic violence should focus more on the impact on children and specific ways to address this hidden problem.



Thanks to all our supporters, fiscal year 2015 (July 1, 2014—June 30, 2015) was very successful for the Capital Campaign, raising over \$536,000. Funds donated in memory of our dear friend, John Morrison, so far total \$122,467. We are working on new fundraising strategies and are hopeful to be in the building in 2017.

Please consider a donation to our Capital Campaign. Gifts to the Capital Campaign are held in a separate reserve account and will be used for all building and campaign expenses. To support the campaign, please write “Capital Campaign” on your check.

Thank You!

A very special THANK YOU to Kristen McCullough for donating space at her dance studio for The Laurel Center and The Front Royal Police Department to provide Free Women’s Self-Defense Classes in Warren County!! Kristen owns TAP ETC on Main Street in Front Royal where she and her staff provide dance and exercise classes to the community. Since May of this year, Kristen has graciously allowed TLC and FRPD to hold 3 Self-Defense Classes at her studio. Each class has been very successful. In part, we owe the classes success to Kristen’s generosity and kindness! The Women’s Self-Defense classes will continue to be held at TAP ETC on a quarterly basis. Contact Lynda at 540-305-1083 for more information.

Upcoming Groups

Establishing Boundaries & Healthy Relationships

Wednesdays, September 23rd—October 14th, 2:00—3:00 pm, Lord Fairfax Community College. Contact Sarah at 540-667-6160 for more information.

Journaling Your Recovery

Thursdays, October 1st—November 19th, 5:30 —6:30 pm, The Winchester Book Gallery

This FREE journaling based group is for women survivors of sexual trauma and non-offending caregivers of sexual assault survivors. This group takes a creative, unconventional approach to Healing & Recovery through the expression of journaling. As we move through journaling prompts we will learn about authenticity, self-compassion and courage. The goal of the group is not to learn grammatical correctness, but to provide a safe place to express what’s inside. This is a closed group. For more information contact Sarah at 540-667-6160.

Self Defense Classes—Winchester

Basic Self Defense Class—Thursday December 3rd

Advanced Self Defense Class—Thursday December 10th (Must have completed the Basic class to register for the Advanced class.)

Holidays With a Heart

Tuesdays from November 17th—December 15th, 5:30 - 6:30 pm. For more information contact Sarah at 540-667-6160.

Tending Your Garden

Tuesdays, November 24th 2015 – January 12th 2016, 5:30 – 7:00 pm

This open group is meant to look at your life as a garden, with you as the master gardener. To start, we’ll identify the weeds – the experiences and people who’ve made this journey hard. We have to start there to cultivate healthy new growth. Next, we’ll identify goals and an action plan to move forward. Lastly, we’ll celebrate our accomplishments and realize our new life has purpose, meaning and direction. Those interested in attending must be currently experiencing domestic violence and/or experienced it in the past. Interested persons should have a desire to grow and learn more about domestic violence through open dialogue. The group runs for 60-90 minutes. To register or for more information, please call Maevé at 540-667-6160. Childcare may be possible with prior notice. In the event of inclement weather, call in case of closures.

Young Women’s Lives: Moving Beyond Trauma

This group informs sexual assault survivors about common reactions to trauma while practicing skills for coping with upsetting thoughts and feelings. Days and times to be determined. Call Dara at 540-667-6160 for more information.

Support The Laurel Center and Join the Purple Purse Challenge!



Purple Purse
Allstate Foundation

From October 1—29, The Laurel Center will participate in the Allstate Foundation Purple Purse Challenge. Support The Laurel Center by making a donation at <http://www.crowdrise.com/TheLaurelCenterInterventionFor>. Each week there are challenges where we can win more money. For example, on October 1, Allstate will match our first \$250 raised. During the week of October 13, the top 50 charities that raise the most will win \$1,000. Check the website above for more challenges that you can help us win. All donations made on our Challenge page will directly help us provide life-changing financial empowerment services to help domestic violence survivors build safer lives for themselves and their families. Please support The Laurel Center through the Purple Purse Challenge this October!

Green Dot

The Green Dot violence prevention strategy aims to reduce the instances of power-based personal violence by acknowledging that it will not be tolerated within our community and helping individuals understand their roles as bystanders. We want to stop incidents of child abuse, stalking, domestic and sexual violence before they occur! Imagine a map of your community demonstrating the spread of a disease. Red dots on the map represent the spread of that disease; in this case - the moment it takes to commit an act of violence. If we are not careful to contain these instances, the red dots will spread and take over the map! However, we can counteract the red dots by creating Green Dots of our own. A Green Dot is any way you step in to stop violence from happening. Green Dots can be directly stepping in to say something when you see violence may happen. A Green Dot can be delegating or calling for help (911). A Green Dot can even be distracting the people in that situation. Sharing an article on Facebook that violence will not be tolerated is also a proactive Green Dot that can make a big difference in ending the cycle of violence. By knowing our role in the cultural shift to end violence, we can all do our part to help. Your contribution matters! What can you do to help? Visit www.livethegreendot.com to learn more!

Wish List Items

Infants

Crib Sheets & Bedding
OTC Medications for teething, fevers, congestion & tummy upset
Size 3 and up diapers
Pull Ups

Children & Teens

Art Supplies
After School Snacks
Underwear
Movie Passes

Adults

Journals & Planners
T-shirts & Sweatpants
WIN TRAN bus tickets
Cold & Sinus Allergy Medicine
OTC Pain Killer
Shampoo
Conditioner
Body Wash
Lotion

Emergency Shelter

Bath Towels, Hand Towels, and Wash Cloths
Dishwashing Liquid
Hand Soap
Laundry Detergent

Twin Size Sheet Sets

Pillows

Bathroom Cleaner

Clorox Wipes

Trash Bags

Light Bulbs

Paper Towels

Toilet Paper

Dryer Sheets

Bottled Water

Snacks for group participants

Gift Cards (Food Lion, Martins, Wal-Mart, Target, Lowe's, Home Depot)

***Please note that due to limited space, we are not able to accept travel size items, clothing or books, unless there is a specific need listed. *When making in-kind donations with a value of \$100 or more, please bring an itemized list so we can track the donations appropriately.**

Welcome to Our New Staff

In addition to our new Executive Director, we welcome 5 new employees to The Laurel Center!

Leigh Cheatham, Housing Program Coordinator

Leigh graduated from James Madison University in May of 2015 with a Bachelor of Science in Psychology. She participated in various field placements, volunteer work, and internships throughout her undergraduate work that provided her with a broad range of experience, such as working with at-risk children and elderly people suffering from severe forms of memory loss. However, she has always felt passionately toward victims of domestic violence and sexual assault, and after completing her senior seminar on women and mental health, she knew this was a field she wanted to work in. Leigh is very excited about this opportunity to work at The Laurel Center and looks forward to continuing to learn and grow from this challenging and rewarding position.

Maeve Gerboth, Domestic Violence Counselor

Maeve graduated from James Madison University with a degree in Communication Studies. She is honored to join The Laurel Center as a Domestic Violence Counselor. Her background includes volunteer management, teaching, community engagement, and program development through various nonprofits. While this is her first formal counseling position, counseling has always been a deep passion and interest. Her love for helping people and hearing their story led her to apply for a position with TLC. She is excited for the challenge and feels lucky to be part of such an incredibly passionate and smart team. Aside from counseling, Maeve loves hiking in the beautiful Shenandoah Valley, gathering folks around her table for a meal and coffee [lots of coffee]. She looks forward to meeting you!

Dara Harrison, Sexual Assault Counselor

Dara graduated from George Mason University with a BA in Psychology. Her work experience has been in mental health case management and teaching but she is excited to move into counseling and advocacy. She is honored to join The Laurel Center team and is grateful for the training and support she's received! She looks forward to being able to support our clients and the mission of The Laurel Center!

Katie Moffitt, Sexual Assault Prevention Coordinator

Katie Moffitt joined The Laurel Center in April as the Sexual Assault Prevention Coordinator. Katie has lived in Winchester for 5 years and is happy to be working in her community. She has a Bachelor of Science in Liberal Studies from West Chester University and a Master's Degree in Social Work from Virginia Commonwealth University. She has a background in violence intervention and prevention and is committed to social justice and the empowerment of individuals. Katie loves working in and around the community, meeting new people, and spending time with her family and dog.

Adriana Myers, Sexual Assault Prevention Coordinator, Clarke & Warren Counties

Adriana joined The Laurel Center in May as the Sexual Assault Prevention Specialist. She completed her Bachelor of Science (BS) in Psychology at Longwood University and holds her Masters of Science in Education (MSEd) from Shenandoah University. As a lifelong resident of the Shenandoah Valley, Adriana is passionate about empowering victims in our community. She is excited to provide prevention services and community education in hopes that future acts of violence will be diminished. Adriana is also a Registered Yoga Teacher (RYT) at Shine Yoga studio in Winchester and enjoys spending her free time practicing yoga and sharing her passion for holistic health. She is very grateful to be a part of The Laurel Center team!

Upcoming Events

October 3

8th Annual Walk to End Domestic Violence
8:30 am registration
Chet Hobert Park
Berryville, VA

October 15th

7:00 pm
Candlelight Vigil
Courthouse Steps
Winchester, VA

November 13th

5:00 pm
Empty Bowl Supper
Fellowship Bible Church

JOIN THE YOUTH ADVOCACY COUNCIL

We are looking for Middle and High School students to be part of a Dating Violence Youth Advocacy Council (YAC).

Members will have the opportunity to plan FUN awareness events, learn about healthy relationships, develop leadership skills, and even report to the Council on Domestic Violence and Sexual Assault. For Winchester City and Frederick County: Please call 540-667-6160 and ask for Katie. For Warren and Clarke County: please call 540-667-6160 and ask to speak with Adriana.

Thank you!

On behalf of up to 3,000 victims who receive services each year, The Laurel Center wishes to thank the following supporters for their cash contributions received March 1, 2015 to August 30, 2015:

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Katherine Lynn Zuckerman
*all or part of the donation went to the Capital Campaign

Ways You Can Help The Laurel Center Make a Difference

Monetary Contributions

The Laurel Center is a 501(c)(3) nonprofit. Monetary contributions to The Laurel Center are tax-deductible to the extent the law allows. Please use the enclosed envelope to send your supporting contribution. To support our operating expenses, please write "Operating" on your check.

Gifts to the Capital Campaign are held in a separate reserve account and will be used for all building and campaign expenses. To support the campaign, please write "Capital Campaign" on your check.

MasterCard, Visa & Discover are accepted online at www.thelaurelcenter.org and at 540-667-6160.

In-Kind Donations

We are grateful for in-kind donations, especially of items on our wish list. When

making in-kind donations with a value of \$100 or more, please bring an itemized list to attach to your donor receipt. This helps us keep accurate records of our in-kind donations.

Amazon Smile

If you shop at Amazon, 0.5% of your purchases will be donated to The Laurel Center. Visit <http://smile.amazon.com> for more information.

Cell Phones

You can donate your old cell phones, smartphones, iPads, and iPods to The Laurel Center and help someone in need. Cell phones may be given to people at risk to use for 911 without a service agreement. This can be life saving for someone in a violent relationship or someone who is being stalked. We also turn in cell phones for cash for The Laurel Center operating

expenses. We have earned over \$12,000 participating in the cell phone exchange program!

Volunteer

Would you like to help victims and survivors of domestic and sexual violence? Volunteers are vital to our programs. Volunteer opportunities include: Crisis Intervention Companions (CICs), assisting with fundraisers and special events, child care, court advocacy, answering hotline calls, and serving as a shelter manager. Volunteers must attend 5 basic classes as well as additional advanced training.

If you are interested in joining our volunteer team, please contact Lisa Herbaugh at 540-667-6160 for more information.

Thank you for your support!

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Traci Day, CIC On-Call

www.thelaurelcenter.org

Incorporated in 1983 **The Laurel Center** serves the City of Winchester and the Counties of Fredrick and Clarke. We offer a comprehensive program of emergency shelter and support services to victims of domestic and sexual violence. Approximately 3,000 individuals receive services from our program each year.

Our vision is to work together in our community to stop the cycle of domestic and sexual violence. We ask for your support to make our vision a reality.

This newsletter is published twice a year and sent to supporters, community organizations, and allied professionals.

Return Service Requested

Warren County Office: 540-305-1083
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 WINCHESTER, VA 22604

Intervention for Domestic and Sexual Violence

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 CENTER

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