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Log onto to Smile.amazon.com to shop and select Haven House Family Services Center. Amazon will donate up to .05% of vour eligible purchase total to us!



PO Box 44 Wayne, NE 68787 402-375-5433

117 E. 28th Street, South Sioux City, NE 68776 402-494-7592

104 N. Broadway, Hartington, NE 68739 402-254-2553

206 Main Street, Pender, NE 68047 402-385-8690

24/7 CRISIS LINE: 1-800-440-4633

Fall 2022

Haven House Newsletter

Page 1

DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence victims total 10 million per year. According to a CDC survey, 20 Americans experience intimate partner physical violence every minute. That totals around 10 million victims per year.

National Domestic Violence Awareness Month is recognized each October through educational events, community gatherings, and support groups. In 2018, the Domestic Violence Awareness Project developed a unified theme: #1Thing. The purpose of this campaign is to remind everyone that ending domestic violence starts with just one small action, whether that is seeking help or sharing resources. This year the theme is #WeAreResilient because even through hard times, we are all still resilient.



In 1850 Tennessee was the first state that outlawed violence against spouses. This inspired other states to follow suit shortly thereafter. Nearly 128 years later, NCADV, a nonprofit, was established to serve as the voice of victims and survivors. This is when The National Coalition Against Domestic Violence was established. The first National Domestic Violence Awareness Month started in 1987. This is when the push for change began. Major legislation was passed in 1994. The U.S. passed two additional Violence Against Women Acts in 2000 and 2005.

HOW TO OBSERVE NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Participate in local events & projects. Pledge your support. Stand up against domestic violence, speak up against victim-bullying, listen to victims, and change one thing in your community to end domestic violence. There are many ways to show your support and become involved in the fight against Domestic Violence. Show your support by posting on social media, Volunteering, or donating to your local, Domestic Violence program.

SIGNS YOU'RE EXPERIENCING ABUSE: Recognize the signs!

Your partner threatens or tries to control you.

This can be anything from making you feel inadequate to telling you what you can or can't wear.

Your partner controls your money.

Keeping cash or credit cards away from you, or discouraging you from working is unacceptable.

Your partner isolates you. Cutting you off from family and friends makes you even more dependent on your partner and could be a sign of abuse.

Your partner physically abuses you.

This is a serious crime regardless of relationship status.

#EVERYIKNOWSSOME

BEHAVIORAL HEALTH **CONFERENCE**

Wayne

Communi



advocates can practice self-care skills from Traumatic Countertransference, Empathy Fatigue, and Burnout. Learning how to take care of our mental health can affect our physical health when we avoid to seek wellness care (Bradley et al. 2013; Stebnicki, 2008). Thank you advocates for all the work you do!

NEW PENDER OFFICE !!!



INSIDE THE ISSUE

Page 1: Domestic Violence Awareness, Conference, Pender Office Page 2: Chicken Days, WSC Career Fair, Adopt-A-Family

Page 3: National Night Out, Trunk or Treat, Siouxland Big Give, Intern, Mexican Independence Day, Support Groups, Ponca Office Page 4: TAGG, Amazon Smile

Fall 2022 Crisis Line 1-800-440-4633 Haven House Newsletter Page 1 Haven House Newsletter Page 4 Fall 2022 Crisis Line 1-800-440-4633

Fall 2022

HAVEN HOUSE **NEWSLETTER**





CHICKEN DAYS





Chicken days was a success! Many kids came in to play bingo and win prizes along with seeing some amazing floats. Brought awareness with families and answered great questions! Did you see the chicken on the moon?

WSC CAREER FAIR



Haven House attended to the Wayne State College Career Fair to welcome student's and talk about our amazing opportunities for volunteer or internship. We had a huge success and saw many enthusiastic students!

ADOPT-A-FAMILY

How does it work? Contact our office @ (402) 375-5433 or emailing connier@havenhousefsc.org with your interest. We will then send out all information about the family (ages, gender, need/wish, sizes, etc..) You or your organization provides designated family with gifts and then drops them off at our office (they can be wrapped or unwrapped)

Survivors will receive gifts and will be able to have a special Holiday

Why adopt a family? Many of our clients are restarting their lives after leaving an abusive situation and their resources can be limited. Our adopt-a-family program provides Holiday cheer!

Fall 2022

HAVEN HOUSE **NEWSLETTER**







To promote strong



Haven House Office 215 W 2nd St Waune

If you would like to have a trunk please contact Haven House @ (402) 375-5433

connier@havenhousefsc.org



· 24-hour day of giving

Siouxland community members are encouraged to donate to their favorite local charities.

The goal of this community-wide giving event is to match Siouxland area supporters' passions and generosity with local nonprofit organizations already doing great work. This year our project for the Big Give is to raise money for our new South Sioux City office! from midnight to midnight on Tuesday, October 4, 2022.



INTERN

MY NAME IS NICOLE KLUSAW AND I AM A SUPER SENIOR AT WAYNE STATE COLLEGE. I WILL BE GRADUATING IN DECEMBER WITH A MAJOR IN HUMAN SERVICE COUNSELING AND A MINOR IN CRIMINAL JUSTICE. I AM A MEMBER OF TAU UPSILON ALPHA AND THETA ETA SIGMA. OUTSIDE OF COLLEGE, I AM A BRAND ASSOCIATE AT OLD NAVY. AFTER I GRADUATE, I WANT TO BE INVOLVED IN A PLACE THAT WORKS WITH SUICIDE PREVENTION OR A PLACE LIKE HAVEN HOUSE THAT ADVOCATES FOR INDIVIDUALS WHO ARE EXPERIENCING DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND STALKING. I AM ENJOYING BEING AN INTERN AT HAVEN HOUSE AND I AM EXCITED FOR WHAT IS TO COME.





Advocates Julieta, Amber, and Director **Debbie participated in the Celebrate for** Siouxland in South Sioux. After walking in the parade, Haven House set up a table at the Jeffrey Dible Soccer Complex where the main event took place.

Support Groups Free & Confidential Childcare provided **Every Tuesday**

Gratis & Confidencial Cuidaremos a sus Hijos Cada Martes

Domestic Violence & Sexual Assault Agresion Domestica & Agresion Sexual

4:00 - 4:45 PM

For more information call (402) 375-5433

888

Para mas informacion llama (402) 375-5433

Omandanos un correo electronico hh@havenhousefsc.org hh@havenhousefsc.org

PONCA OFFICE

As of October 18th we will have a staff member available at the Dixon county courthouse. The staff member will be available in the mornings on the first and third Tuesday of the month.

Fall 2022 Crisis Line 1-800-440-4633 Haven House Newsletter Page 2 Haven House Newsletter Page 3 Fall 2022 Crisis Line 1-800-440-4633