

Newsletter

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

A New Name for The Shelter for Abused Women

Although the agency has excellent name recognition and community support as The Shelter for Abused Women, many on the Board and in the community felt the name was limiting. The Shelter for Abused Women did describe the program in 1983; however, the agency has grown beyond emergency shelter. Serving victims of both domestic and sexual violence since 1989, new services have been added over the years. Just to name a few, today’s programs offer:

- ♥ individual counseling
- ♥ multiple support groups
- ♥ community outreach
- ♥ teen intervention programming
- ♥ legal advocacy for individuals going to court because of domestic or sexual violence
- ♥ crisis intervention response to the hospital for victims of domestic or sexual violence
- ♥ primary prevention programming to end family violence before it occurs

The Shelter for Abused Women’s Board of Directors decided the beginning of the Capital Campaign to build a new facility was the perfect time to change our name.

The Laurel Center Intervention for Domestic and Sexual Violence was chosen from among many prospective names because of the imagery of the laurel wreath and the laurel tree—the wreath is a symbol of victory and the tree is symbolic of shelter.



Emergency Shelter Program Demonstrates Accomplishments

In the past year, 126 women and 74 children utilized emergency shelter. Exit surveys indicated that 87% exited with a personalized safety plan and 96% of residents could identify and implement two goals that could serve to increase their independence.

One hundred percent of sheltered residents received advocacy services, understood that domestic violence was not their fault, and could list two ways to get help in the future.

During their time in shelter, all survivors received case management services: 74% attended life skills groups and 91% exited with increased life skills. Sixty-five percent of residents developed an employment data sheet to assist with resume writing and job hunting.

Twenty sheltered children between the ages of 5 and 11 participated in an educational group during their time in shelter. At the completion of the group, all of the children could name two ways to

stay safe in their home and one way to get help in the event of a violent episode.

Staff facilitated 123 parent/child interactions, 88% of families in shelter were able to participate.

Seventy-four moms participated in parent education sessions and following the sessions, 74% could name two ways their behavior influences their children. All of the moms could name two methods of non-violent discipline.



The Laurel Center

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Email: thelaurelcenter@comcast.net

Incorporated in 1983 as The Shelter for Abused Women, The Laurel Center serves the City of Winchester and the Counties of Frederick 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.

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

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.

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Everyday for 25 years we have been here for families in crisis.



Do you have something to share?

The Laurel Center thanks our wonderful volunteers who provided over 5,700 Hours of service for the year July 1, 2007 to June 30, 2008!



“My daughter and I enjoyed your recent presentation on healthy dating and on mother-daughter communications because she and I do not talk easily. It was helpful and relevant.”

— Quote from a recent workshop participant

Capital Campaign Update

Thanks to great donor support, the Capital Campaign to raise funds for the new Laurel Center building is progressing well. With over \$700,000 raised in pledges, cash, and in-kind donations, we are well on our way to raising the

funds we need for the new Laurel Center. At this point, we have the site and are working on the building plans and specifications for the new Center! With the support of our donors and community, The Laurel Center Intervention for

Domestic and Sexual Violence will soon offer a wider variety of programs, support, and housing! For more information and how you can help, call us at 540-667-6160.



Welcome New Shelter Staff

Melody

Hello everyone! My name is **Melody Fish**. In January, I joined The Laurel Center as the Sexual Assault Victim Advocate. I am a graduate of Shepherd University and have over 15 years of experience working in the human services field. I have been making new contacts in the community and it has been a pleasure to join such a passionate and talented team.

In June, I was elected to the position of Secretary of the Council Against Domestic Violence and am a member of the Multidisciplinary Team of the Winchester-Frederick County

Child Advocacy Center, which promotes a child-focused approach to the investigation, prosecution and treatment of child abuse.

Raine

Hello everyone! My name is **Raine Johnson** and I recently came on board at The Laurel Center as the Sexual Assault Prevention Coordinator. I have lived in Winchester the majority of my life so I consider myself a native! I graduated from Shepherd University in 2004 and have worked in the mental health field for the past 6 years. I have also been a Girl Scout leader for 9 years, and I am looking forward to serving the area youth in a different capac-

ity. I also look forward to meeting and working with everyone!

Karen

Karen Kimble served her internship requirements at The Laurel Center this summer. She is working on her Bachelor of Science degree in Human Services at Old Dominion University.

Karen recently wrote, “it is such a privilege to work alongside and learn from such a talented, compassionate, and committed group of women. The time I have spent here has been a life-changing experience for me, and I plan to continue my service as a volunteer with the Center well after my internship ends.”



Mother-Daughter Workshop

Mother-Daughter Workshop

In June, the Sexual Assault team at the Laurel Center hosted a free Mother-Daughter workshop at the Youth Development Center in Winchester. Information

regarding healthy relationships and a healthy parent-child communication skills video were provided to those in attendance. Breakout groups allowed mothers and daughters to separate and discuss their views about

parent-child communication and healthy relationships. A dinner of pizza, salad, and dessert was provided.

The workshop was a success and is slated to become a yearly event.



Check Out Our MySpace Page!

<http://www.myspace.com/thelaurelcenter>

The center will utilize bulletins (to announce events, programs, or resources), photo album (to post pictures of events), and blogs (to provide information on topical issues of interest).

Support Service Volunteer Training

The Laurel Center congratulates *Cindy Brennaman, Leyland del Re, Denise Shoemaker and Michelle Vilandry* who became Support Service Volunteers during the summer.

The next volunteer training will be held **Mondays through Thursdays from October 20th to the 30th, 5:30 to 8:30 p.m.** The Center is in need of volunteers to provide administrative support and childcare and assist with community events and fundraisers. To sign up or receive more information, please call Diana Fulchiron at 667-6160.



Join us for the 15th Annual Candlelight Vigil

The month of October is set aside as Domestic Violence and Sexual Violence Awareness month.

On October 23rd, 2008,

The Laurel Center will be holding our annual Candlelight Vigil



in front of the Joint Judicial Center in Winchester.

The Vigil is a time to gather in remembrance, a time to honor victims, and a time to celebrate the stories of survivors of Domestic and Sexual Violence. We honor these vic-

tims and survivors with luminaries representing each adult and child served by the center this year. The Vigil program will include: music, poetry, The Clothesline Project, and an open microphone for survivors to tell their stories.



Sexual Assault Program Statistics

The following statistical information reflect services provided once to new victims only.

New Victims:	409	Educational Trainings:	168
CIC Calls:	39	Training Participants:	2441
SA Hotline Calls:	244		



Softball Tournament

Eagle Field in Jim Barnett Park was full of activity on August 9th as Police, Firefighters, Doctors, and Lawyers competed in a softball tournament to benefit The Laurel Center.

Congratulations to the Doctor's Team for winning the play off game!

Many thanks to all the sponsors, players, and volunteers who made possible The Laurel Center's 2008

Softball Tournament. Special thanks to Mary Lou Effler-Lantz who organized the event which raised over \$2,100 for The Laurel Center.



Speakers Available for Your Group

Let us provide your next training . . .

The staff of The Laurel Center can provide in-service training for your group or organization on



issues related to Domestic Violence or Sexual Assault.

Please call 540-667-6160 to schedule a presentation.



Upcoming Events

Please invite a friend to join you in support of The Laurel Center.

Volunteer Training

Mondays through Thursdays
October 20-30
5:30 to 8:30 p.m.
Please call Diana at 667-6160 to register.

16th Annual
Candlelight Vigil
Thursday, October 23
7 p.m.
Joint Judicial Center
Cameron Street, Winchester
Free and Open to the Public!



Empty Bowl Supper Event

Friday, November 7
5:00 to 7:30 p.m.

6th Annual

A special event sponsored by The Shenandoah Potter's Guild to benefit The Laurel Center.

Tickets are \$25.00 each and must be purchased in advance.

Order your tickets before October 24, 2008 by mail from

The Laurel Center
P.O. Box 14
Winchester, VA 22604

or call Wendy at 540-667-6160 to schedule a time to purchase tickets in person.



You've been more than helpful. You gave me the encouragement and knowledge to leave. You made me recognize how serious the abuse had gotten. I might not be alive today if I hadn't talked to you. I am grateful for your help."

—Quote from a former client

"Safe Bag" Helps Children Feel Safe

Help children create a "safe bag" to take with them in an emergency. They can fill a back pack with these items:

- ♥ A favorite toy
- ♥ A favorite book
- ♥ A favorite outfit
- ♥ A favorite picture
- ♥ A favorite non-perishable snack and juice drink
- ♥ Emergency telephone numbers
- ♥ Any other item that will help the child feel safe during an emergency



Dear Jessica Advice Column

Dear Jessica,
I have been in an abusive relationship for two years. I just recently gave birth and was hoping that having a baby in the house would stop the abuse. It seems to have made it worse. I feel he loves our daughter and would never hurt her directly, but is his abuse towards me going to have an affect on our baby?

Dear Worried Mother,

Abuse does affect infants. You may feel she is too young right now to know what is going on, but that is not true. When abuse occurs in the home, the infants basic need for attachment is disrupted, their routines around feeding and sleeping are disturbed, and injuries can occur while caught in the crossfire. The baby may experience irritability or

inconsolable crying; they may experience frequent illness; they may have difficulty sleeping, diarrhea, developmental delays, and/or lack of responsiveness.

Your baby is too young to pack up and leave--she depends on you to do that for her.

Dear Jessica,

My best friend is in an abusive relationship and she won't leave. We don't spend time together anymore, and we have become very distant. What should I do?

Dear Concerned Friend,

Unfortunately you can never force someone to leave an abusive relationship. They have to choose to leave on their own. Women in violent homes are often isolated from friends and family by their abusers. The

abuser wants total control and does not want her talking to others. It is important to continue to reach out to her, and let her know you care.

The best way to help your friend is to be there for her. When she wants to talk, listen to her. Believe what she is saying, do not minimize the abuse. Do not judge her, do not blame her for the abuse. Assure her that she is not responsible for the abuse. Tell her it is not her fault. You can never make someone else hurt you. Express your concern for her safety and please refer her to The Laurel Center or another domestic violence shelter for free and confidential assistance.

Send a question for Jessica to
 The Laurel Center, P.O. Box 14,
 Winchester, VA 22604.

Sponsor a Family for Christmas

Christmas is right around the corner! Every year, The Laurel Center coordinates the annual Christmas assistance program. Current and former residents and their children have the opportunity to fill out a "wish list" of items they would like to receive for Christmas.



Community sponsors then "adopt" a family to provide their Christmas wishes!

Thanks to our generous community sponsors, the Christmas assistance program served 32 families last year! If you would like to "adopt" a family for Christmas, please contact Jennifer at 540-667-6160.

Children's Christmas Party

The Laurel Center will hold its annual Children's Christmas Party on December 19, 2008 from 5 to 7 p.m. Former and current residents with children are invited by invitation to join

in the festivities. Come and enjoy entertainment from The Berryville Rascals puppet show, good food, fun activities, and a visit from Santa Claus with presents for all!

Please contact Carrie Titus at 540-667-6160 if you would like to help sponsor the party.



Community Collaboration



The Laurel Center continues to work cooperatively with community agencies and councils.

Maintaining cooperative agreements with local law enforcement, the Commonwealth Attorney's Office, Victim Witness, Winchester City Schools, Frederick County Schools, and Winchester Medical Center (just to name a few)

allows us to more effectively provide needed services to our clients.

Networking with community agencies also promotes community awareness of the issues surrounding domestic and sexual violence.

Staff of The Laurel Center attend community meetings and serve on local coordinating committees such as:

- * The Council Against Domestic and Sexual Violence
- * Clarke County Commu-

- nity Services Council
- * Homeless Advisory Network (HAN)
- * Homeless Intervention Project (HIP)
- * Latino Connection & Migrant Council
- * Multi-Disciplinary Team
- * North End Citizens Association
- * Winchester/Frederick County Community Services Council



New Support Groups Forming

Healthy Relationships Group for Teens Ages 13-18

This group is forming and will begin meeting the end of August. There will be eight sessions that meet weekly for one hour.

Topics include: anger management, healthy dating relationships, and safety planning. Attendance is free and snacks will be provided. Please call Carrie at 540-667-6160 to register.

New Fall Support Group

The 8-week "*Journey Beyond Abuse*" domestic violence support group starts on **Monday, September 8th from 6 to 7 p.m.** Topics include: defining abusive behaviors, patterns of abuse, boundaries, assertiveness, self care, and healthy relationships.

If you would like to register for this group or would like additional information, please contact Jennifer at 540-667-6160.



Our youngest helper at the Horse Show.

Take Back the Night/Angela Shelton

With the tremendous support of Shenandoah University, The Laurel Center was honored to have nationally recognized superhero for survivors Angela Shelton as our guest speaker at the an-

nual Take Back the Night event. Approximately 250 people attended events on the campus of Shenandoah University to let their voices be heard and to help spread the message that we will not

tolerate violence in our community. Thank you to all who attended and please continue to spread the word. We will see you next year!



Annual Meeting & Recognition Banquet

The Laurel Center held its Annual Meeting and Recognition Banquet in June to celebrate our work and recognize the many people and groups in the community who support our programs.

Mitch Peeling, Assistant Director of Student Support

Services for Frederick County Public Schools, was the featured speaker.

Timothy Mayfield received the 8th Annual **Marty Kerns Volunteer of the Year Award** and **Alan Johnston** was awarded the **Men of Vision Award**.

This award is presented to men who demonstrate their commitment to ending the cycle of sexual and domestic violence in our community. **Rhonda Hill** was recognized as **Program Volunteer of the Year**.



Golf Tournament

The 6th Annual Laurel Center Golf Tournament was held in June at Rock Harbor Golf Course in Winchester. The event included 93 golfers

and other guests that stopped by for lunch and the silent auction. Over \$8,000 was raised to support our programs.

Special thanks to Phyllis McGovern and everyone who helped support this event and make it such a success.



Horse Show

Clarke County Ruritan Show Grounds in Berryville was the site of this year's annual benefit horse show

during May. Over \$3,400 was raised for The Laurel Center thanks to Page Allen Groseclose and Becky Al-

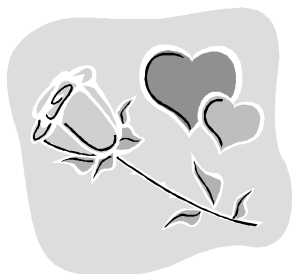
lanson, as well as the many horse enthusiasts and show supporters.



Words of Acknowledgement

On behalf of 3,000 victims who receive services each year, The Laurel Center wishes to thank our many supporters for their cash and in-kind contributions received throughout the year,

Thank
you!



Your kind support makes it possible for The Laurel Center to help others!

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.



The Laurel Center is the only organization in this area whose primary mission is aid to victims of domestic and sexual violence. In our 25 years of service, we have provided emergency shelter to over 4,500 individuals and provided support services to over 45,000 others.

Who's Who at The Laurel Center

Board of Directors

- President:*
Tim Mayfield
- Vice President:*
Gina Daddario
- Secretary:*
Becky Allanson
- Treasurer:*
Suzanne Reid
Wendy Bancroft
Ann Barrett
- Dr. Tracy Fitzsimmons
- Page Allen Groseclose
- Janet Hanson
- Phyllis McGovern
- Joan Monahan
- Toni O'Connor
- Marilyn Wilkins

Staff

- Donna Carpenter**, Executive Director
- Wendy Wiley**, Administrative Assistant
- Donna Hogan**, Criminal Justice Services Coordinator
- Lavenda Denney**, Domestic Violence Program Coordinator
- Jennifer Hatfield**, Domestic Violence Services Coordinator
- Jessica Carper**, Domestic Violence Prevention Coordinator
- Tonia Meyer**, Domestic Violence Victim Advocate
- Carrie Titus**, Domestic Violence Children's Coordinator
- Diana Fulchiron**, Sexual Assault Program Coordinator
- Melody Fish**, Sexual Assault Victim Advocate
- Raine Johnson**, Sexual Assault Prevention Coordinator
- Connie Parmar**, Sexual Assault Counselor
- Mary Whitacre**, Shelter Manager & CIC-On Call
- Missy Newman**, Shelter Manager & CIC On-Call
- Erin McInturff**, Shelter Manager & CIC On-Call
- Tammy Smith**, Shelter Manager
- Melody Wilson**, Shelter Manager
- Amy Pell**, CIC On-Call
- Pam DiCola-Franklin**, Shelter Manager



The Laurel Center is an agency of the United Way. Our new CFC Number is 36584. Our CVC Code is 6133.

Please check out our new website: www.thelaurelcenter.org

Ways You Can Help The Laurel Center Make a Difference

Monetary Contributions

The Laurel Center is a 501 (c) (3) nonprofit. Monetary contributions to support the day-to-day operations of The Laurel Center are tax-deductible to the extent the law allows.



Please use the enclosed envelope to send your supporting contribution.



Volunteer Your Time

Call us to register for our next Support Services Volunteer Training in October. (See Page 3 for details.)

In-Kind Contributions

Please see our wish list (at right) to learn our current needs.

Recycle Cell Phones

You can donate old cell phones 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. Cell phones can also be turned into cash for The Laurel Center operating expenses. Please call 540-667-6160 to schedule your delivery.



See Page 3 for Details:

Candlelight Vigil—Oct. 23
Empty Bowl Supper—Nov. 7

THE
Laurel
CENTER

Intervention for Domestic and Sexual Violence

Office: 540-667-6160
Hotline: 540-667-6466
Fax: 540-667-0138
Email: thelaurelcenter@comcast.net

P.O. Box 14
Winchester, VA 22604



Wish List

Money
New Twin Bed Sheets
Paper Products
New Vacuum Cleaner
Prepaid Phone Cards
Local Grocery Gift Cards
Passes to Local Children's Activities such as: Swimming, Bowling, Local Museums, Fast Food Certificates
New Bath Towels & Wash Cloths
African American Hair Products
Trash Bags (All Sizes)
Light Bulbs: 40 watts
Dish Washer Detergent
Laundry Detergent
Clorox Disinfectant Wipes
Baby Wipes
Disposable Diaper Changing Pads
Spill Proof Cups for Toddlers
Cooking Oil
Boxed Goods, such as: hamburger helper, microwave popcorn, taco meal kits, cereal, pop tarts
Sugar & Flour
Coffee & Filters & Creamer
Canned Meats, such as: chicken, tuna, chili, spam, beef stew

Note: Due to storage limitations, we do not accept items that are not listed above. We do not accept used clothing, children's toys, or yard sale items. We also cannot accept sample sized toiletries—please take those items to C-CAP.

Please call ahead: To schedule an appointment to bring your donation, please call The Laurel Center at 540-667-6160.

