

Upcoming News and Events

The Laurel Center

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Our Mission:

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 has partnered with the Food Lion Shop & Share program. The Shop and Share program is Food Lion's way of helping our community. By registering your MVP Card and selecting The Laurel Center, you will help us to raise much needed funds. Each time you shop a portion of your total grocery purchase will be donated to The Laurel Center. Please register at www.foodlion.com, click on shop and share and register your card to support The Laurel Center.

A Note From The Executive Director

It's been over 25 years since The Laurel Center opened its doors to address the needs of victims of domestic and sexual violence. Our goal has been to meet the needs of victims and survivors to the best of our ability, to research possibilities, and to create new answers to old problems.

Out of meeting the needs of victims and survivors comes the opportunity for people to create a new life, a better life, a life free of violence.

This past year over 200 women and children were sheltered and direct services such as counseling, court advocacy, and support were provided to nearly 2,000

individuals, including men, women, teens, and children. Over 1,500 persons called The Laurel Center hotline. With the increased population growth in the community and the down turn in the economy the need for our services has grown. You are urged to support The Laurel Center's work to end relationship violence in our community. We also ask for your financial support. Your generosity sustains and encourages us as we strive to help those who turn to The Laurel Center for safety and the hope of a peaceful life.

Camp Mabon

Camp Mabon is a weekend of encounters with the natural world, designed to provide a positive, pivotal, and transformative experience for women who are survivors of sexual abuse/violence.

Camp Mabon is a project of the Survivor Caucus of the Virginia Sexual and Domestic Violence Action Alliance.

Arriving at the camp is like a sigh of relief of the heart. It marks the end of a many times lonely, arduous journey through the pain and feelings of isolation that survivors of sexual assault often feel at various points in the healing process. During our three hikes, we were encouraged to slow down and take in our surroundings. The staff shared with us knowledge of various plants and provided us with informed, tactile experiences like smelling fresh mint leaves, pine needles and cedar. Often, survivors live in a "flight response" state for extended periods of time after being as-

saulted and abused. Teaching us to slow down again was a paramount step toward helping us re-center our minds and bodies and return to being our true selves.

Camp Mabon is specifically designed to provide a peak experience for survivors, through bonding with other survivors in nature, to help us take a solid step forward in our lives and away from the trauma of our past experiences. Singing, journaling, and some gentle yoga exercises are among some of the other activities designed to help us relax and remain in the joy of the present moment. Often, we shared our journal entries and discussed our experiences within the safe arena of other campers. Camp Mabon gives us all something beautiful to look back on so that we can move forward in our lives and rediscover our deepest potential.

Susan Kerkhoff

2009 Christmas Assistance Program

The staff of The Laurel Center is available to provide educational in-service training for your business, school, church group or civic organization on the issues of Domestic Violence and/or Sexual Assault. To schedule a presentation, please call 540-667-6160. Please call 540-667-6160 to schedule a presentation.

The Laurel Center would like to thank our outstanding volunteers who provided over 1,400 hours of service during the first six months of 2009!

*Peace on Earth...
Begins at Home*

*The Laurel Center empowers victims of domestic and sexual violence by providing crisis intervention, emergency housing, advocacy, support services, and education.
For help or information call us at 540-667-6466*

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 **40 families** last year! If you would like to "adopt" a family for Christmas, please contact Jennifer at 540-667-6160.

Taking Control

The Laurel Center and the Winchester Police Department co-sponsored two self defense classes for women in 2009. The events were a huge success due to the expertise and exceptional one-on-one instruction provided by officers Doug Watson, Greg Voorhees and Brittany Neer. The two-hour classes provided participants with situational awareness & safety information, hands-on self defense techniques and applications. We are truly grateful to the Winchester Police Department for making these events free and accessible to the public. The next class is scheduled for January 2010. Space is limited. For more information or to register, please contact Karen Kimble at 540-667-6160.

In Touch With Teens

The Winchester DELTA team is collaborating with the North End Community of Winchester Virginia. A teen group will start in February 2010 titled "In Touch With Teens." This group is intended to prevent the tragedy of relationship violence through education, advocacy and organizing. If community members are interested in participating in the implementation of this twelve week curriculum please contact Jessica Carper at 540-667-6160.

What Survivors Learned at The Laurel Center

"I learned respect for others and cooking skills."
"I learned how to get my photo ID from the DMV."
"I learned how to be a good parent and about domestic violence."
"I want to purchase a home and start a business."
"I learned acceptance."

"I learned to stick to my guns."
"I am more confident."
"I learned about options for housing and employment."
"I got the will to move on."
"I learned independence."
"I learned that I don't deserve abuse and how to be a better person."

Words of Acknowledgement

On behalf of 3,000 victims who receive services each year, The Laurel Center wishes to thank the following supporters for their Cash Contributions received March 1, 2009 to October 31, 2009:

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Dorothy Chapp	First Clearing, LLC.	R.E. & D.S. Johnston	John Martyn	Lisa Thayer	donation	donation
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	Tracy Fries					
	David Ganse, AIA					

Thank You!

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

Holiday Wish List

- Winter jackets, hats, gloves, mittens, & scarves
- New toys-age appropriate (please no violent video games or DVD's)
- Board & card games
- Sports Equipment (footballs, basketballs, soccer balls, etc.)
- Inexpensive "Walkman" type radios (teenagers love them!)
- Gift certificates: Martin's, Walmart, Gasoline Giftcards
- Perfume / Cologne
- Address books, calendars, & journals
- Telephone calling cards
- Pajamas, slippers, & robes
- Alarm clocks
- Makeup / Cosmetics
- Curling irons, hair dryers, brushes
- Sweat suits (unisex-all sizes)
- Christmas wrapping paper, gift bags, scotch tape, name tags, scissors, bows & ribbons

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.



The Laurel Center is the only organization in the 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.

RETURN SERVICE REQUESTED

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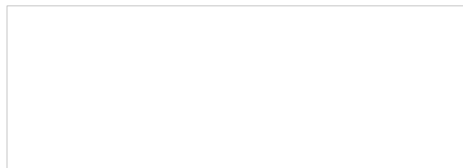
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