



October is Domestic Violence Awareness Month

We recognize the courage of survivors and honor the lives that have been taken by interpersonal violence and remind our communities that domestic violence is preventable. Domestic Violence is about more than physical violence. What we see most in our community is coercive control, emotional abuse, intimidation, financial abuse, stalking, isolation, and threats. This can happen to anyone regardless of age, gender, income, or background.

This month, we invite you to:

Listen without judgement.

Believe survivors when they share their experiences.

Learn the signs of abuse and coercive control.

Support HAVEN who helps survivors help with safety planning.

Speak up when something doesn't feel right

And to remember that leaving is not always simple, and safety looks different for every one.

INDEX

PAGE

Mission Statement:

Awareness Month

1

57 Lives

2

Jealousy

3

Consent in Relationships

4

Healthy Relationships

5

Volunteer Spotlight

6

BINGO goes Purple

7

Thank Yous' & Needs

8

Electronic Giving

9

HAVEN is a champion to people who have experienced abuse. We provide safety, shelter, and assistance to victims and survivors in a free and confidential manner.

Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.

57 Lives Lost in Wisconsin

What do you think when you hear “57 lives lost?” Does this seem like a large amount to you? What catches your eye with that statement? Do you think of a plane crash? A natural disaster? Or maybe a flu epidemic? All of these are horrific thoughts, correct? Now, would you feel the same if this was due to domestic violence?

With October being Domestic Violence (DV) awareness month, now is the time to remind everyone that DV is not something that should be ignored. According to the Wisconsin Department of Justice (DOJ), law enforcement, handles roughly 30,000 domestic violence incidents per year, which averages out to a police response of 1 every 17.5 minutes. As of August 8th, 2026, at least 57 lives have been lost due to domestic violence in Wisconsin. In the year 2024, 110 lives were lost and in 2023, 85 lives were lost.

It is often explained or asked, “why don’t they just leave?” Every individual has their own reasons, their own fears, and their own uncertainties as to why they do not leave. Often, it is harder and scarier to leave than it is for them to stay.

1. Fear & Retaliation: severe physical harm or homicide often escalates significantly when a victim attempts to leave.

2. Financial & Economic Dependency: victims frequently lack independent income, abusers may control household finances, sabotage employment, or destroy the victim's transportation, and the high cost of housing.

3. Children & Custody Concerns: fear of losing custody of their children, an attempt to shield children from direct abuse, or to maintain a stable home environment.

4. Isolation & Control: Abusers isolate victims from friends, family, coworkers, and any external support often having constant surveillance of phones, messages, and movements preventing them from safely reaching out for help.

5. Psychological & Emotional Factors: Victims will often not report the abuse due to feelings of embarrassment, self-blame, or an emotional attachment cycle of "love bombing" that often follows the abuse creating intense confusion and hopes that the partner will change.

6. Cultural & Religion: the expectations around family honor, obedience, religious, or cultural pressures often stigmatize divorce or frame keeping the family together as the victim’s sole concern.

2026 WI Deaths – Domestic Violence Homicide Help article, <https://domesticviolencehomicidehelp.com/End-Domestic-Abuse-Wisconsin-The-Wisconsin-Coalition-Against-Domestic-Violence-Wisconsin-Domestic-Violence-Homicide-Report-Article>, October 1, 2025

It is easy to think, “I’d never end up in a relationship like that.”

But abusive relationships do not always start with obvious abuse. In the beginning, some warning signs may even look like love or concern. Extreme jealousy and isolation are two signs that can be easy to overlook.

When Jealousy Becomes a Warning Sign

Jealousy can happen in any relationship. But there is a difference between occasionally feeling jealous and trying to control another person.

A partner may constantly ask who you are talking to, accuse you of hiding things, become upset when you spend time with others, or demand constant reassurance.

Sometimes this behavior is mistaken for love: “They’re jealous because they care about me.”

But jealousy is not proof of love. When jealousy becomes controlling, it can be a warning sign of an unhealthy relationship.

When Your World Starts Getting Smaller

Isolation can happen slowly.

A partner might complain about your friends, start arguments before family events, or make you feel guilty for spending time with other people. Over time, you may stop seeing friends or family just to avoid conflict.

This can leave someone with fewer people to turn to for support. It can also make leaving an unhealthy or abusive relationship much harder.

Pay attention to patterns. Healthy relationships allow both people to have friendships, interests, family connections, and independence.

Love should not require giving up the people and things that matter to you.

Healthy relationships should make your world feel bigger—not smaller.

If something in a relationship does not feel right, 24/7 support is available. You do not have to wait until a situation becomes a crisis before reaching out for help.

Mukherjee, R., & Joshi, R. K. (2021). Controlling behavior and intimate partner violence: A cross-sectional study in an urban area of Delhi, India. *Journal of Interpersonal Violence*, 36(19–20), NP10831–NP10842. <https://doi.org/10.1177/0886260519876720>

When Sexual Violence Happens Within a Relationship

When we talk about domestic violence, many people think first about physical abuse or visible injuries. But abuse can take many forms, and one that is often overlooked or difficult to talk about is sexual violence.

Sexual violence can happen in dating relationships, long-term relationships, and marriages. **Being in a relationship does not mean consent is automatically given. Consent is still necessary every time.**

Sexual violence within a relationship does not always look the way people expect. It may include forcing or pressuring a partner into sexual activity, continuing after someone says no or asks to stop, or using guilt or threats to obtain sex.

Sometimes there is no physical force. A person may give in because they are afraid of what will happen if they say no. They may be pressured with statements such as, *“if you loved me, you would,”* or made to feel that sex is something they owe their partner. Consent given because of fear, intimidation, threats, or coercion is not freely given consent.

This is where sexual violence and domestic violence can overlap; both can be used as forms of power and control.

Recognizing sexual violence within a relationship can be difficult. The survivor may love their partner. They may share children, a home, finances, or years of memories together. They may question whether what happened was “really” sexual assault because the person who harmed them was someone they trusted.

A relationship does not erase your boundaries.

A marriage certificate is not consent.

A past “yes” is not consent

Fear is not consent.

Pressure is not consent.

Silence is not consent.



During **Domestic Violence Awareness Month**, we recognize that abuse does not always leave visible injuries. Sexual violence, emotional abuse, financial abuse, intimidation, isolation, threats, and other controlling behaviors can all exist within abusive relationships.

Healthy Relationships Start Before Dating

When we hear the words “healthy relationships,” we may think about dating and romantic relationships. But children begin learning about relationships long before they ever go on a date.

They learn from their friendships, siblings, caregivers, teachers, and the adults around them. Every day gives children opportunities to learn what respect, communication, boundaries, and kindness look like.



This is one reason healthy relationship education is an important part of preventing domestic and dating violence. We recommend teaching young people healthy relationship skills as part of violence prevention. It is important to help them build these skills before dating begins.

So, what can healthy relationship skills look like in everyday life?

Respecting boundaries. Children can learn that “no” means no, that everyone has the right to personal space, and that we should respect another person's limits.

Talking about feelings. Children need opportunities to name their feelings and learn healthy ways to express them. Being able to say, “I’m angry,” “That hurt my feelings,” or “I need some space” can help children communicate instead of acting out their emotions.

Handling disagreements. Conflict is a normal part of relationships. Children can learn that disagreements do not have to involve yelling, threats, name-calling, or fear. They can learn to listen, take a break when needed, and work toward a solution.

Taking responsibility. Everyone makes mistakes. Saying “I’m sorry,” taking responsibility, and trying again teaches children that healthy relationships include accountability and repair.

Knowing when to ask for help. Children should know that they can talk to a trusted adult when something doesn't feel right. Asking for help is a strength, not something to be ashamed of.

Healthy relationship skills are not learned from one conversation. They are built through small moments every day. Adults do not have to be perfect, either. We can model healthy relationships by listening, respecting boundaries, apologizing when we make mistakes, and showing children that problems can be handled without fear or harm.

Domestic Violence Awareness Month is a time to recognize the harm caused by abuse, but it is also a time to think about prevention. Healthy relationships start long before dating. By teaching children what respect, safety, communication, and healthy boundaries look like, we can help them build stronger relationships now and in the future.

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nurturing,
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trustworthy.**

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respectful,
community
minded,
and reliable.**

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compassionate,
devoted and
thoughtful.**

MARCY CARPENTER



**Compassionate,
dependable,
heart for
helping others.**

EDDIE WISNIEWSKI



**Enthusiastic,
dedicated,
generous and
kindhearted.**

JERRY & CARRIE JONES



**Generous,
selfless,
service-
minded,
and
organized**

**Interested in volunteering with HAVEN?
Call Trina at 715-536-1300 to learn more!**

A Bingo Night Supporting Survivors in Our Community

Join HAVEN for a fun night of Bingo as we come together during Domestic Violence Awareness Month to support survivors and raise awareness about domestic violence.

Bingo Package — \$20

- **7 games of Bingo**
- **5 Bingo cards**
- **1 entry into the door prize drawing**

♥ Wear Purple! Wear purple to receive 1 additional entry into the door prize drawing!

Want more chances to win?

- **Additional Bingo cards: \$2 each**
- **Raffle tickets will be available for purchase: \$2 each**
- **Concessions will be available throughout the evening**

Every dollar raised helps HAVEN provide free and confidential support, advocacy, resources, and services to survivors and families in our community.

2:00 PM — Doors open

2:10 PM — Welcome + HAVEN introduction

2:20 PM — Bingo begins, Games 1–4

3:00 PM — Short break / Door prize winner announcement

3:15 PM — Games 5–7

3:45 PM — Raffle winners announcement

4:00 PM — Thank you

Location: AmericInn in Tomahawk [108 W Mohawk Dr, Tomahawk, WI 54487]

Time: 2 PM – 4 PM

Date: Sunday the 25th of October

Thank you, Donors!

Our sincere thanks to the donors listed below, who have contributions and in-kind donations to HAVEN from 3-24-26 to 9-23-26.

We have made every effort to acknowledge these gifts correctly.

Karen Vandre	Dawn Dunbar	Kelly Purmal
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		St Paul Luthern

Needed

Volunteers

Fundraising
Events
Season Yard Work
Shelter Advocate Support*

Wish List

cross stich / dot art
multivitamins
bath mats X 5
full / twin fitted sheets
new bed pillow
AAA batteries

*back ground check and training required.



SUPPORT US WITH ***ELECTRONIC GIVING!***

— FAST & EASY ONE-TIME GIFTS —



HAVEN ADVOCATE



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— SET UP REOCCURRING GIFTS THROUGH YOUR BANK —



1. Use your bank's online bill system
2. Add our organization as a payee
3. Schedule your preferred monthly donation

— WHY GIVE ELECTRONICALLY? —

- Secure & convenient
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**NEED HELP SETTING UP?
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