



Mission Statement

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.

When supporting adult survivors of childhood trauma and sexual abuse, we are reminded of how difficult the journey toward healing can be without the needed supports and connections from others. We need to support survivors as they process their trauma -- because holding onto those experiences becomes detrimental to their physical, emotional and mental health. For example, survivors who developed unhealthy coping skills as a means to survive often revert back to old habits when they feel lonely or unheard. This can be frustrating, but it is a reality for people who have not been given the opportunity and resources needed to heal. Many abuse survivors have experienced ongoing traumas over years of their lives, and healing is a journey rather than a destination. In order to grow, survivors also need to feel safe in their communities.

2020 HAVEN Client Information

- 232 clients were supported
- 112 individuals became new clients
- 76 people disclosed forms of child abuse and/or sexual abuse
- 16 people disclosed being molested as children

So how can you help? Believe survivors. Realize that survivors' lives and choices belong to them. Refer them to agencies like HAVEN. Advocates offer unbiased support and will connect them with additional resources to help them begin their healing. Share this newsletter with others. Request a presentation from one of our advocates to learn more about how we can unlearn the myths associated with childhood trauma and sexual abuse, and move toward becoming a community in which we empower one another toward well-being.

Kim

Spring. A time for new beginnings and growth.

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Edited by Esther Schulz

if you watch how nature deals with adversity, continually renewing itself, you can't help but learn.

— Bernie Siegel MD



30 More Ways to Connect with a Child

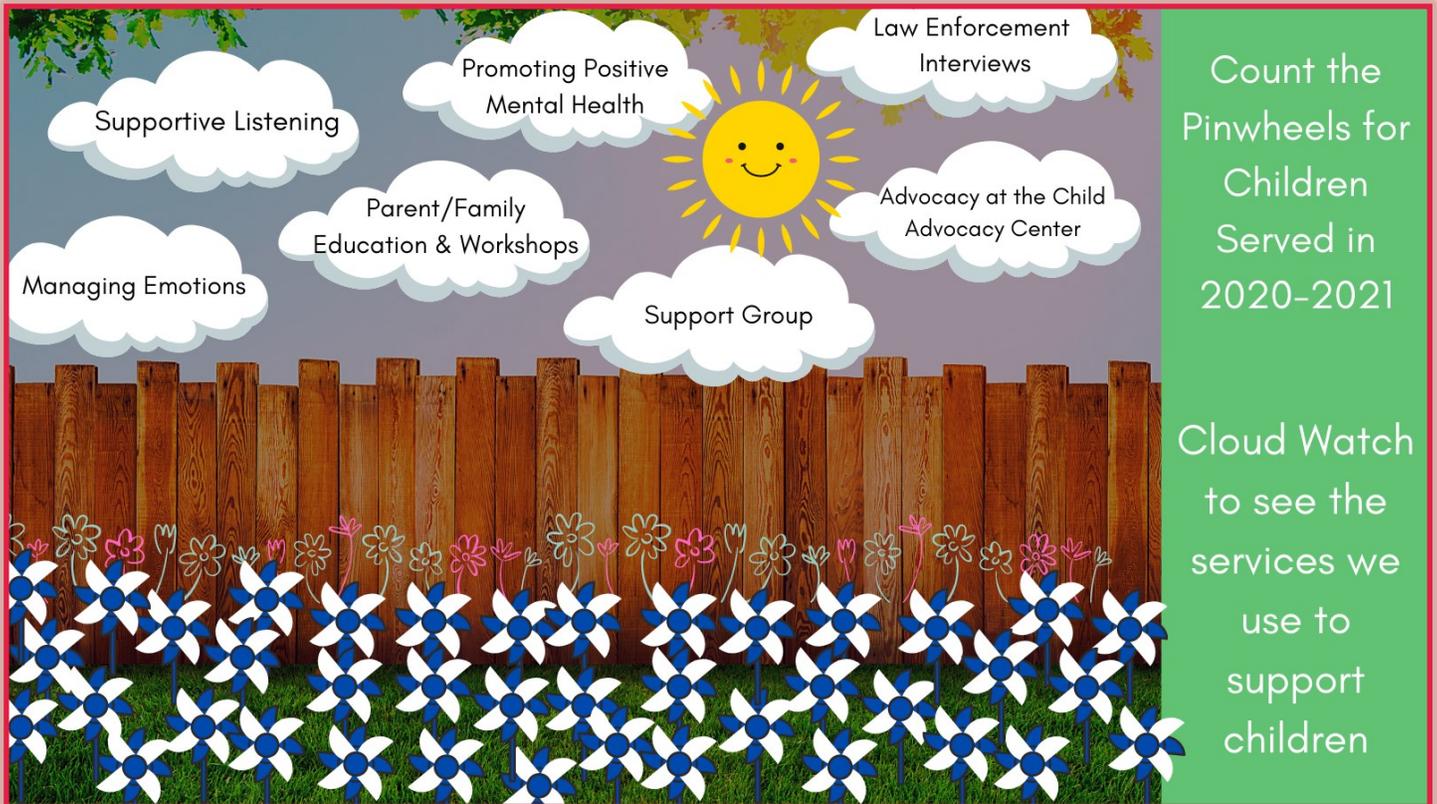
Playing and interacting with your child is one of the most important things you can do to help your child learn. This is also a time to build a bond with your child and help him or her develop a sense of competence and self-worth. Below are 30 ideas for connecting with your child:

1. Put a puzzle together.
2. Share a favorite memory.
3. Laugh together.
4. Clean out a closet and donate unused clothing and/or toys.
5. Look at family pictures.
6. No screen time for one evening.
7. Make trail mix.
8. Have breakfast for dinner.
9. Lay outside and look at the clouds.
10. Say “please” and “thank you”.
11. Take turns reading out loud.
12. Sing songs.
13. Let your child decide what to wear (give limited choices).
14. Draw or color together.
15. Play outside.
16. Listen to music while doing chores.
17. Share the best part of your day.
18. Give your child 15 minutes of your undivided attention.
19. Make a fort with blankets.
20. Take a walk and look for different trees and plants.
21. Learn a fact about your town.
22. Bake cookies and share with a friend.
23. Make a card to tell someone you are thinking of them.
24. Pretend you are riding on a train.
25. Learn 5 new words – how to spell and/or their meaning.
26. Tell your child why they are special.
27. Make a new recipe.
28. Have a picnic indoors.
29. Exercise together (touch toes, stretches, etc.)
30. Tell jokes and riddles.



And always tell your child that you love him or her. Remember to let interactions with children happen at the child's pace, and take cues from the child when doing something new. Keep in mind that children need more time to learn and move from one idea to another. A parent's participation, encouragement, and positive feedback are critical to helping a child play, interact, and learn. Learn more at www.preventchildabusewi.org .





We have to break the cycle of hurting children to raise children

Hurting children grow up to believe that children deserve to be hurt, that they MUST be hurt to be raised well. And thus, generational pain is passed along. But, sometimes, hurting children grow up and recognize the destructive pattern. They do the work to heal themselves and to find ways to raise their children peacefully. And the generational pain cycle is broken. This is our time, our chance to heal ourselves and to heal the future. Let's choose the path of peace, my friends. Let's break the cycle, not the child. Let's change the world, one little heart at a time.



– L.R.Knost –
Advocate – Author - Survivor

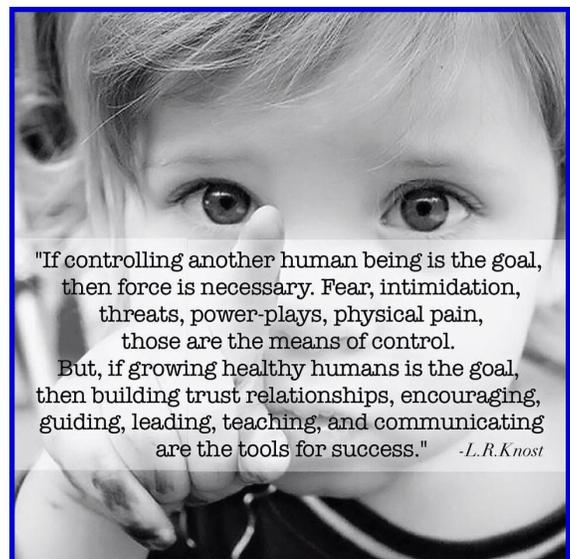
Read more from L. R. Knost:

Healing Your Hurts So You Don't Hurt Your Child -
<http://www.littleheartsbooks.com/.../healing-your-hurts.../>

The Problem with Punishment -
<http://www.littleheartsbooks.com/.../the-problem-with.../>

Toxic Parenting -
<http://www.littleheartsbooks.com/.../toxic-parenting.../>

Spare the Rod: The Heart of the Matter -
<http://www.littleheartsbooks.com/.../spare-the-rod-the.../>



"If controlling another human being is the goal, then force is necessary. Fear, intimidation, threats, power-plays, physical pain, those are the means of control. But, if growing healthy humans is the goal, then building trust relationships, encouraging, guiding, leading, teaching, and communicating are the tools for success." -L.R.Knost



HAVEN, INC.

HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

SEXUAL ASSAULT AWARENESS MONTH

Bingo

"I CAN..."

| | | | | |
|---|---|--|---|---|
| Avoid Judgement | Watch "The Hunting Ground" Documentary | Share self-care reminders | NOT laugh at sexist jokes | Get active consent from my partner |
| Read "Know my Name" by Chanel Miller | Share my story | Respect everyone's choice of gender expression | Volunteer with HAVEN | Attend a virtual event about Sexual Assault Awareness Month |
| Share or learn facts about gender based violence | Express myself without shutting someone else down | FREE SPACE | Participate in Sexual Assault Awareness Month | Believe someone when they disclose |
| Diversify the creators I follow on social media | Share Hope and Hardship | Learn about root causes of Sexual Assault | NOT ignore the problem | Show compassion |
| Respect survivors' decisions in whether to report | Donate time, money, or resources | Ask others about their boundaries | Have open and honest conversations | Educate my friends and family |

Keeping Kids Safe Online

Grooming

is the process in which perpetrators judge how far they can push boundaries and exploit someone's trust.

Sextortion

is a crime that happens online when an adult convinces a person who is under 18 to share sexual pictures or perform sexual acts on a webcam.



SEXUAL ASSAULT AWARENESS MONTH

HAVEN, INC.
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

VIRTUAL ONLINE EVENTS

WORKSHOPS | ONGOING SUPPORT | VIRTUAL SCREENINGS

CONTACT EMILY@HAVENINC.ORG FOR MORE INFORMATION

APRIL 16TH & 23RD



BE THE ONE WHO MAKES A DIFFERENCE!

As a non-profit agency, volunteers make it possible to widen HAVEN's impact beyond our budget constraints and make a difference in our community!

Volunteers are important to HAVEN CLIENTS by:

- ♥ Fundraising
- ♥ Gardening/landscaping
- ♥ Housekeeping in the shelter or office
- ♥ Carpentry
- ♥ Organizing donations
- ♥ Mentoring - cooking classes

- ♥ Creating public awareness
- ♥ Transporting clients
- ♥ Childcare
- ♥ Assisting in group activities
- ♥ Healthy socialization in the shelter
- ♥ Answering the crisis line

Volunteers are a huge asset to HAVEN! That is why HAVEN needs YOU!

If you are interested in becoming a HAVEN volunteer, please contact HAVEN at **715-536-1300** or email kim@haveninc.org

We look forward to hearing from you!

There is enormous power in giving to others with no expectation of receiving anything in return. Practiced givers understand this and give almost instinctively of time, talent, and treasure. When you witness someone who truly gives from the heart, it is truly wonderful to experience.



HAVEN'S WISH LIST

Contact HAVEN at 715-536-1300

Donations can be dropped off at HAVEN, 1106 E 8th St., Merrill, WI 54452, during business hours.

Thank you!

- ♣ Decaffeinated coffee
- ♣ Sugar
- ♣ Coffee creamer
- ♣ Dishwasher detergent
- ♣ Disinfectant wipes
- ♣ Anti-bacterial hand soap
- ♣ Lysol disinfectant spray
- ♣ New pillows
- ♣ New pillow protectors
- ♣ Stamps
- ♣ Thank you notes
- ♣ Diapers size 4 and 5
- ♣ Baby monitors



HAVEN can email you the newsletter. If you are interested, please call 715-536-1300 and an advocate can assist you!



Pride Month June 2021



What is Pride Month?

LGBTQ+ Pride Month is celebrated annually in the month of June. It celebrates LGBTQ+ activism throughout the years along with the vibrant culture and voices within the LGBTQ+ community.

“LGBTQ+” is an acronym commonly used to represent the queer community. A longer version of this acronym that you might see is, “LGBTQQIAAP+”.

How well do you know the identities that make up the LGBTQ+ acronym?

Draw a line from each identity on the left to match their corresponding definition on the right!

Check the answers at the bottom of the page to see how you did!

(It is worth noting that the following list is not comprehensive of all existing LGBTQ+ identities!)

- | | |
|--------------------|--|
| 1. L = Lesbian | A. Attraction regardless of gender (it is sometimes used interchangeably with bisexuality depending on the individual, although others choose to identify as this rather than bisexual to be more inclusive to transgender and nonbinary individuals) |
| 2. G = Gay | B. An umbrella term that describes individuals whose gender identities differ from the gender assigned to them at birth (outdated varieties of this term might include “transsexual” or “transvestite” and should avoid being used) |
| 3. B = Bisexual | C. Men who are attracted to other men |
| 4. T = Transgender | D. An individual who does not experience sexual attraction |
| 5. Q = Queer | E. Women who are attracted to other women |
| 6. Q = Questioning | F. Commonly used to encompass the entire LGBTQ+ community, but may also be used as a specific identity |
| 7. I = Intersex | G. Individuals who are attracted to two or more genders |
| 8. A = Asexual | H. Describes someone who is questioning their gender identity and/ or sexual orientation |
| 9. A = Aromantic | I. Individuals who do not fit into “male” or “female” assignments due to variances in sex characteristics such as chromosomes, hormones, internal genitalia, and/ or external genitalia (an outdated/ inaccurate variant of this term is “hermaphrodite” and should not be used) |
| 10. P = Pansexual | J. An individual who does not experience romantic attraction |

Follow us on social media to keep an eye out for upcoming Pride events this June!



@HavenIncLincolnCountyWI



Instagram

@haveninc.advocate

Answer Key:

1 - E / 2 - C / 3 - G / 4 - B / 5 - F / 6 - H / 7 - I / 8 - D / 9 - J / 10 - A

Interested in learning more about the LGBTQ+ community or getting connected to LGBTQ+ resources? Feel free to contact our LGBTQ+ Advocate at Brianna@haveninc.org

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women.



This day is also a call-to-action, bringing awareness to women's issues and fighting for gender equality worldwide. The theme for this year's International Women's Day is, "Women in leadership: Achieving an equal future in a COVID-19 world", which celebrates the tremendous efforts of women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

It is also aligned with the priority theme of the 65th session of the Commission on the Status of Women, "Women's full and effective participation and decision-making in public life, as well as the elimination of violence, for achieving gender equality and the empowerment of all women and girls", and the flagship Generation Equality campaign, which calls for women's right to decision-making in all areas of life, equal pay, equal sharing of unpaid care and domestic work, an end to all forms of violence against women and girls, and health-care services that respond to their needs.

Women leaders and women's organizations have demonstrated their skills, knowledge and networks to effectively lead in COVID-19 response and recovery efforts. Today there is more acceptance than ever before that women bring different experiences, perspectives and skills to the table, and make irreplaceable contributions to decisions, policies and laws that work better for all.

Some influential women who have made history

The Suffragettes

In the first major rallying cry for feminism, The Suffragettes fought vehemently for women's rights, most specifically, the right to vote. Their movements and protests, both peaceful and radical, allowed for the nationwide right for women to vote in 1920. Some of the most notable women in the movement? Mary Wollstonecraft, Susan B. Anthony, Alice Stone Blackwell, Elizabeth Cady Stanton, Emmeline Pankhurst, Sojourner Truth.



Maya Angelou

Through her literature, public speaking and powerful writing, Maya Angelou inspired both women and African Americans to overcome gender and race discrimination. In 2011, Angelou was awarded the Presidential Medal of Freedom for her works that spanned over 50 years including 36 books, seven autobiographies and over 50 honorary degrees.

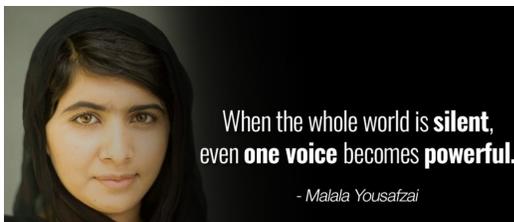


Malala Yousafzai

She became an international symbol of the fight for girls' education after she was shot in 2012 for opposing Taliban restrictions on female education in her home country of Pakistan.

In 2013, Malala and her father co-founded the Malala Fund to bring awareness to the social and economic impact of girls' education and to empower girls to demand change. In December 2014, she became the youngest-ever Nobel Peace Prize laureate.

Secretary-General António Guterres designated Malala as a United Nations Messenger of Peace in 2017 to help raise awareness of the importance of girls' education.



Dolores Huerta

Doing back-breaking work under the unforgiving sun, sleeping in rough shacks with dozens of men to a room, all for below-poverty-level wages; farm workers in the early 20th Century, most of whom were immigrants from Central America, had a hard, painful, unjust life. That is, until Dolores Huerta and others like her came along. In 1965, Huerta created the United Farm Workers, an organization that worked tirelessly to improve the working conditions for farm workers. By leading boycotts, picketing, protesting and lobbying, Huerta was instrumental in bringing about legislation that protects some of the most vulnerable people in our society.



Thank you for your generous donations to HAVEN. In-kind donations such as yours directly benefit our clients and help sustain our services which includes emergency shelter and advocacy for victims and survivors of interpersonal violence.

Please know that your donations are greatly appreciated.

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