



**What if you could meet your father when he was a child?**

In another universe,  
 I meet my father when he is a child.  
 We play catch in the woods  
 And as we play he tells me  
 He isn't allowed to cry  
 But sometimes the world hurts him  
 And he doesn't know  
 What to do with all that pain.  
 So I give him the shoulder  
 He needs to cry on.  
 And he does. He does until  
 The tears are done.  
 Afterwards, I buy him ice cream and  
 I listen to his laugh,  
 The glowing warm laugh of a child  
 Who knows he is safe.  
 I wish someone could have  
 Done that for him.  
 Been a kind, safe place  
 For the child he used to be.  
 Would it have made a difference?  
*Would it have made a difference?*

**What if you could meet your mother when she was a child?**

In another universe,  
 I meet my mother  
 When she was a child.  
 We go for a walk  
 At the seaside and she tells  
 All the things she loves about the world.  
 We share a hundred jokes  
 And she laughs so easily,  
 Without a single worry.  
 I want to meet that version of her.  
 Wide eyed and full of joy.  
 Easy laughter and carefree.  
 Before the same world  
 She loved so deeply  
 Broke her heart.



Poet Nikita Gill, shares insight of adults with childhood trauma. What if we could go back in time and be supportive people for the child we call 'mom' 'dad'? Would *our* lives look different? Instead of feeling and learning from the hurt, we repress and pass on our unresolved traumas to our children. Children who live in unsafe, unstable, and emotionally neglectful homes, develop their own negative coping skills to survive life and the cycle continues.

To break family trauma, we must heal our inner child. This requires us to be vulnerable, hold ourselves accountable for hurt and harm that took place, apologize with sincerity to our children and to do better. Peace on Earth begins at Home.

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<b>Edited by: Kenzie Heimerl</b>	

*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.*

## Sexual Assault Awareness Month

April is Sexual Assault Awareness Month (SAAM) and this year holds a theme of Building Connected Communities. What does this mean? Coming together and being connected within the community is one of the biggest ways to help prevent sexual abuse. When the spaces we are in are inclusive and safe the likeliness of harmful things happening lessens. This could mean connections in your personal neighborhood, in businesses, or even in online spaces.

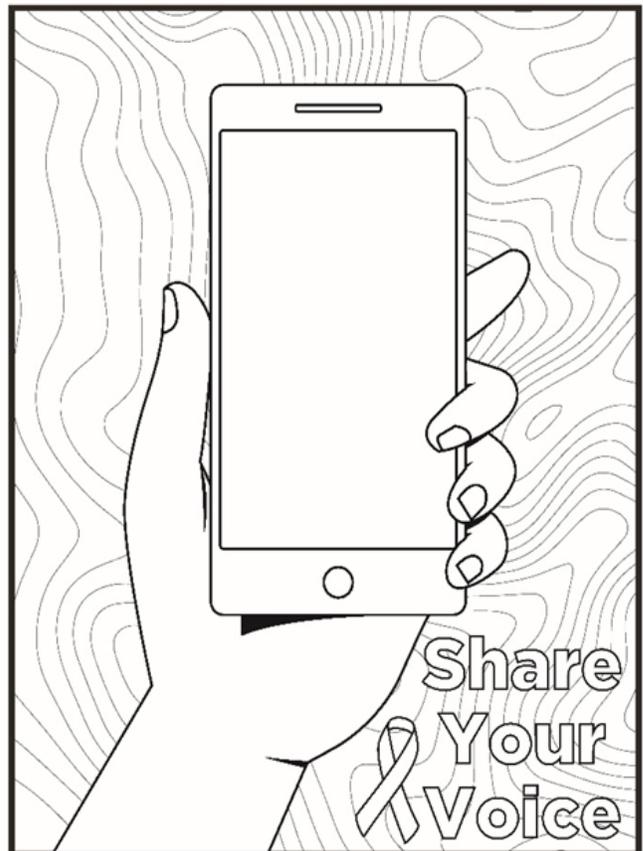
When there’s openness, willingness to communicate, and honesty even in the hard conversations, we keep our communities safer.

Watch HAVEN’s Facebook for upcoming events, activities, and ways to get involved.

## What is Sexual Violence?



Color & Share #SAAM #SAAM2024



## April is Family Strengthening Month



This month and throughout the year, HAVEN, Inc. encourages all individuals and organizations to support family strengthening efforts in Wisconsin. Children do well when their parents do well. Research shows that positive childhood experiences in nurturing environments provide fertile ground for children's physical and mental health, learning, and social skills. We can build healthier, safer, and thriving communities for our children if we work together to collaboratively support children and families. Community members can support one another by:

- ♥ Taking time to talk to parents in your neighborhood – get to know them.
- ♥ Sharing local resources with families.
- ♥ Advocating for legislation and funding which support family programs within your community.
- ♥ Donating new or gently used clothing and toys to programs that support families with children.
- ♥ Bringing a meal or groceries to a family with young children.
- ♥ Organizing a family fun event such as a family story night, game, or movie night.

To learn more about family strengthening and for more ideas how to become involved, visit:

- ♥ HAVEN, Inc.: ([haveninc.org](https://haveninc.org))
- ♥ Five For Families: [Home - Five for Families](#)
- ♥ Child Abuse and Neglect Prevention Board: [Child Abuse and Neglect Prevention Board \(wi.gov\)](https://www.preventboard.wi.gov/)
- ♥ Link to wear Blue day poster: [https://preventionboard.wi.gov/Documents/Blue%20flyer\\_2024.pdf](https://preventionboard.wi.gov/Documents/Blue%20flyer_2024.pdf)
- ♥ Link to more resources: [Prevent child abuse Wisconsin resources | Children's Wisconsin \(childrenswi.org\)](#)



**Wear BLUE on April 5, 2024 to show your support.**

Every child deserves to grow up in a safe, stable, and nurturing environment. Show your support by promoting and strengthening prevention efforts in Wisconsin.

Take a picture of yourself and your colleagues wearing blue and share it on your favorite social media platform using the **#familystrengthening** hashtag.

## A Start to Understanding Sexuality

Hear me out, sexuality can be a big and scary concept. It can be easy to brush off as something that doesn't apply to you or that you just don't understand. That belief can lead to our community becoming an unsafe and unaccepting place and that's the last thing we want. How do we avoid this happening? By growing our understanding and being willing to accept new ideas and information. So, let's learn a bit!

Sexuality is a fluid thing. This means that someone's understanding of their own identity can change over time, as they have more experiences and learn new things, they may gain a better understanding of themselves. For example, as someone begins to identify their sexuality they could immediately 'go all in' and identify as homosexual (lesbian, gay) and as they continue to explore that sexuality they may realize they do still have romantic and sexual feelings for both sexes and that a bisexual or pansexual identity suits them better. Another start to one's journey could have nervousness and they start with bisexuality and realize over time that they truly only feel attraction to one sex over the other. It's important to understand that the moment one identity is claimed does not have to be set in stone. We are all growing and learning as we go through life, things change as we grow into who we are.

Similarly, you don't need to fully understand what it is to be apart of the LGBTQ+ community to be supportive of your loved ones who do have that identity. Becoming a safe person can change lives. Even if that means saying "I don't understand what that means but I accept you for whoever you are". Something so simple can make all the difference for someone.

Another important understanding to have, is that a person's journey of understanding their sexuality has no timeline. Some may figure out quickly that a heterosexual identity doesn't fit them, while some may not find out until later in their life. There's nothing wrong with you or anyone for not getting things right the first, or second, or third time.

By opening ourselves up to information about the LGBTQ+ community and sexual identities, we've already begun making our community a safer, more welcoming place for everyone.



## Pride Month

June is pride month for the LGBTQ+ community! Pride month is a time to learn and love. Just like any other awareness month or month of acknowledgement, pride month is a great time to gain new knowledge and understanding.

HAVEN will have a booth on June 15th at the Northwoods Pride Festival in Rhinelander! We can't wait to share the joy and acceptance with all those there!

# DADDY DAUGHTER DANCE



**Fri 21 June | 5-8pm**

*@ Agra Pavilion, Merrill*

We will have various dances for you and your littles including line dancing and square dancing (with direction) from 6pm-8pm.

We will provide snacks and drinks inside during the event.

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We would appreciate an acknowledgement of your attendance so please check out HAVEN's facebook event page and mark a "going" response.

**\$20 Entry Fee**

# 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, Monday - Friday  
8:00AM - 4:30 PM.

Thank you!

- ♥ Hair conditioner
- ♥ Paper towels
- ♥ Baby wipes
- ♥ Dish soap
- ♥ Hair brushes
- ♥ Shaving cream
- ♥ Plastic hangers
- ♥ Bath rugs
- ♥ Toilet bowl cleaner, toilet bowl brushes, and holders
- ♥ Merrill chamber gift certificates ( \$25 increments for gas/ grocery and emergency needs)
- ♥ Bottled water, disposable soup bowls, soda, and juice for support groups.
- ♥ New Trac phones & minutes

HAVEN can email you the newsletter.

If you are interested, please call

715-536-1300 or email

[childrensadv@haveninc.org](mailto:childrensadv@haveninc.org)



You can also find a PDF version of our  
newsletter at

<http://www.haveninc.org/>

Click on NEWSLETTER

**FOLLOW OUR  
SOCIAL MEDIA**



[HAVEN, Inc. | Facebook](#)



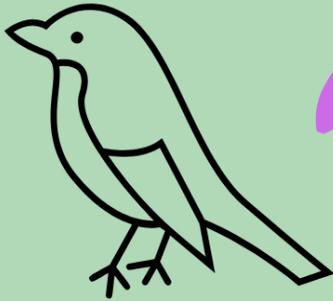
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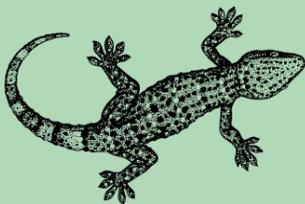
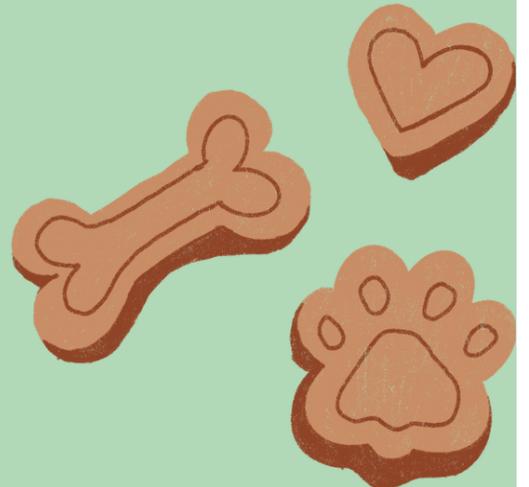
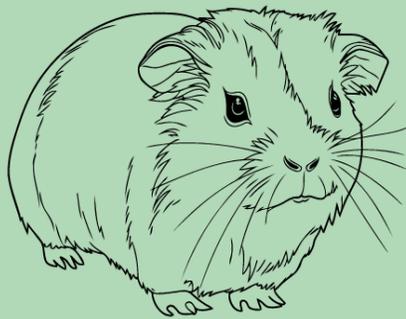
**HAVEN, INC.**  
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK



# Foster Roster



If you are willing to foster an animal for survivors of domestic violence and abuse, please call **HAVEN @ 715-536-1300**



## THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN from 1-1-2024 to 3-15-2024. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.

Allan Crevier	Lori Wendt
Amy K	Lynn W
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Cadence Ryman	Merrill Iron & Steel
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Elaine Barry	Sue Kunkel
Emily	Susan Dugan
Greg	Tricia Crockford
Jan F	Trinity Lutheran School 1 <sup>st</sup> Graders
Jeanne Hart	Ulla
JoAnn Opsahl	United Way of the Capital Region
Journey Church	Vanessa
Judy Woller	Weinbrenner Shoe Co.
Lori Blake	

### HAVEN Inc.

1106 E 8th St, Merrill, WI  
54452

Phone: 715-536-1300

Fax: 715-536-3816

Email:

[executivedirector@haveninc.org](mailto:executivedirector@haveninc.org)

### HAVEN Board of Directors

Dawn Ives, President

Art Lersch, Vice-President

Paul Wagner, Treasurer

Kathy Krohn-Gill

TJ Fecteau

Christine Baumann

Dave Johnson

### HAVEN Staff

Executive Director: Kim

Finance Officer: Augo

Community Educator: Nancy

Sexual Assault Advocate:

Hannah

Volunteer Coordinator: Jan

Youth and Family Advocate:

McKenzie

Maintenance: Ulla

### Shelter Advocates :

▪Amy K. ▪Chelsea M. ▪Sarah  
M. ▪Savanna R. ▪ Heather H.

# Upcoming Fundraisers

## Culver's

Please support HAVEN by eating  
at *Culvers*, Thur. April 4, 2024  
They are holding a Fundraiser and  
Bake Sale for us the entire  
day.

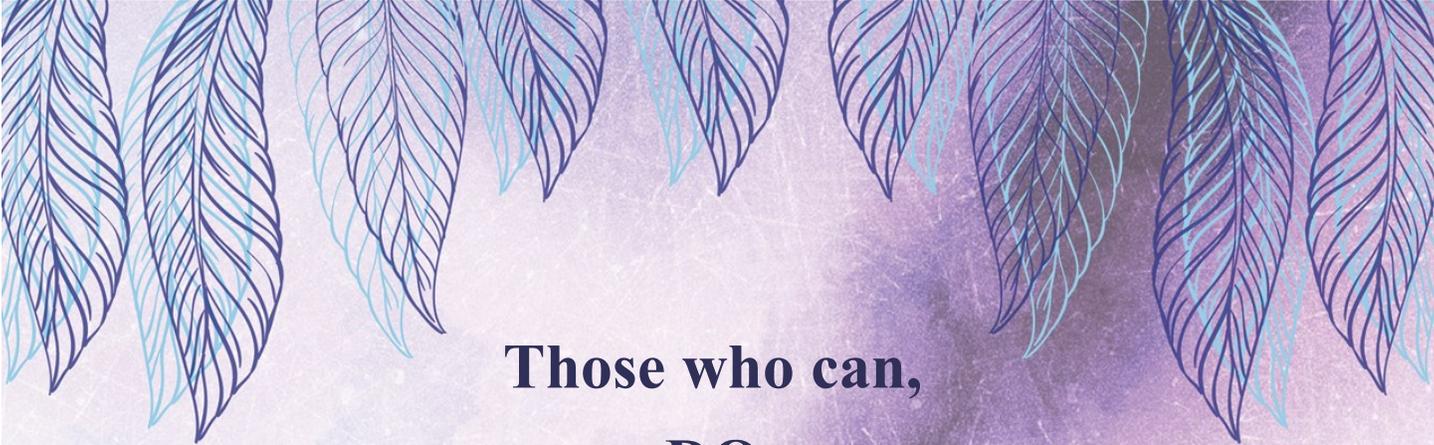


Another fundraiser for  
HAVEN:

The City-Wide  
Rummage Sale  
Friday and Saturday  
May 17 & 18 9am to 4pm



Who doesn't like a really good BBQ?  
Come join us on June 14 , 2024 at  
County Market's little booth and  
try out Lynn's famous BBQ.  
We'll be there from 11am till 2pm



**Those who can,  
DO**

**Those who can do more,  
VOLUNTEER**

HAVEN, INC needs volunteers for the following.

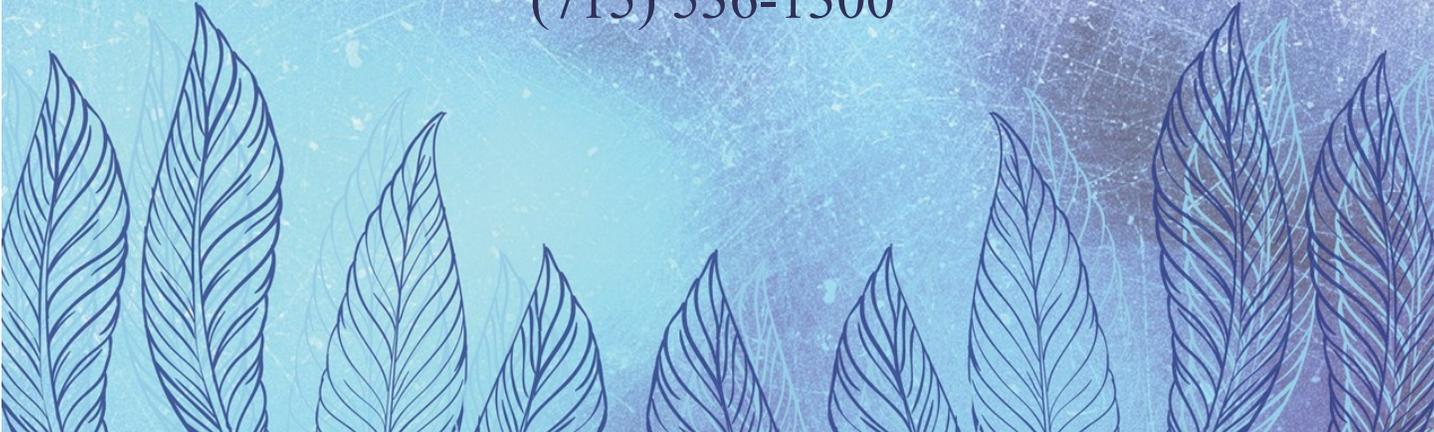
Transportation: requires a valid driver's license  
and insurance.

Selling food during Music in the Park  
Wednesdays starting 6/19/24.

Lawn and garden care.

Call Jan at Haven Tues-Fri 9a-2p  
for more information.

(715) 536-1300





### ELECTRONIC GIVING

Now you can have your donations automatically and regularly deposited to Haven's -Incredible Bank account.

Save time

Save checks

Give automatically, even when you're on vacation.

Automatic payment is safe, easy and convenient. To take advantage of this service, complete the attached authorization form and take it, along with a voided check, to **your** financial institution.

I authorize HAVEN and the financial institution listed below to initiate entries to my checking/savings account for payment of my donation. This authority will remain in effect until I cancel it in writing. Make this deduction from:

Checking

Savings

Monthly \_\_\_\_\_

Weekly \_\_\_\_\_

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Financial Institution

\_\_\_\_\_  
Account Number

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Phone

Financial Institution of HAVEN:

Incredible Bank  
3210 E. Main Street  
Merrill, WI 54452

Transit Routing Number-ABA: 075911742  
Account Number: 0100805605

We rely on your generosity. If you would like to do a single donation, please send or drop off your check to HAVEN at 1106 E 8<sup>th</sup> St, Merrill WI 54452. -Thank you!

Non-Profit Org.  
U.S. Postage  
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