



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.

PEACE ON EARTH
BEGINS AT HOME

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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| <i>Edited by: Kenzie Heimerl</i> | |

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.

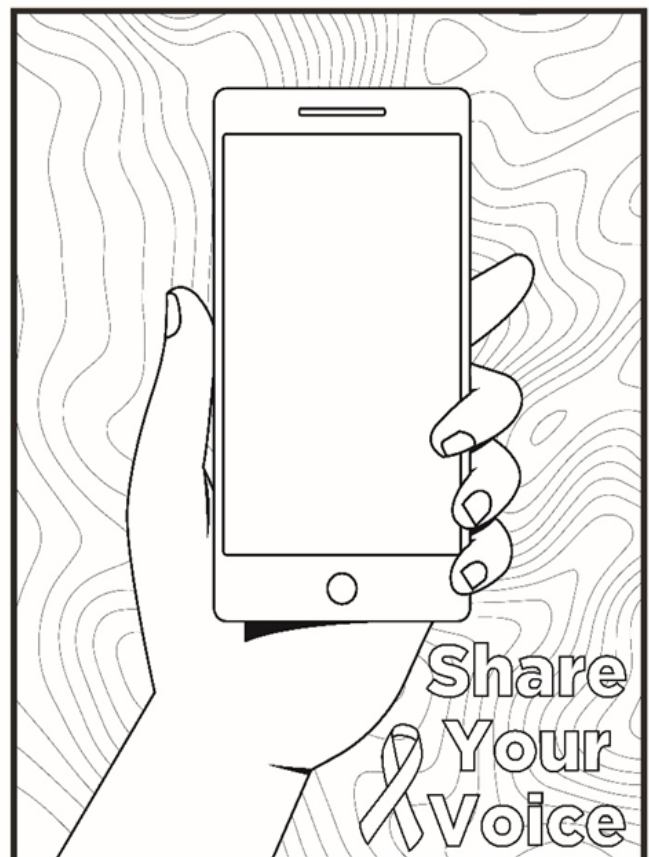
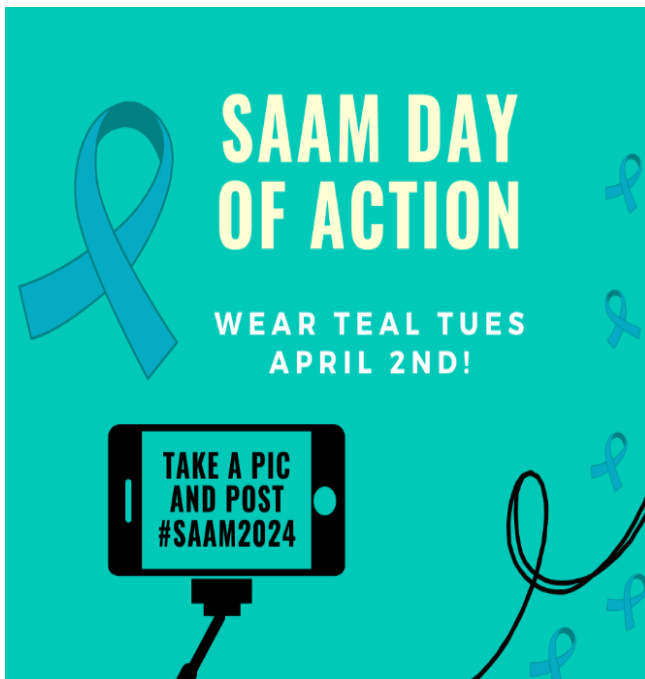
When there's openness, willingness to communicate, and honesty even in the hard conversations, we keep our communities safer.

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

What is Sexual Violence?



Color & Share #SAAM #SAAM2024



nsvrc

www.nsvrc.org

#saam

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)
- ♥ Five For Families: [Home - Five for Families](#)
- ♥ Child Abuse and Neglect Prevention Board: [Child Abuse and Neglect Prevention Board \(wi.gov\)](#)
- ♥ Link to wear Blue day poster: 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.

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

**FOLLOW OUR
SOCIAL MEDIA**



[HAVEN, Inc. | Facebook](#)



<https://instagram.com/>

HAVEN can email you the newsletter.

If you are interested, please call

715-536-1300 or email

childrensadv@haveninc.org



**You can also find a PDF version of our
newsletter at**

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

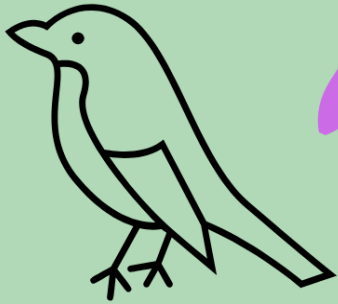
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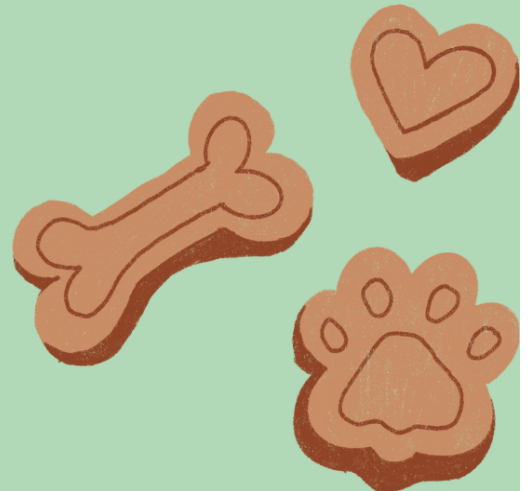
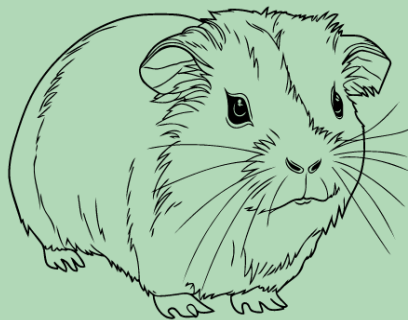
HAVEN, INC.
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK



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 |
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| Barb Koch | Merget's Mouthwatering Mayhem |
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| Lori Blake | |

HAVEN Inc.

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executivedirector@haveninc.org

HAVEN Board of Directors

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Art Lersch, Vice-President

Paul Wagner, Treasurer

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Christine Baumann

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Hannah

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Youth and Family Advocate:

McKenzie

Maintenance: Ulla

Shelter Advocates :

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

Upcoming Fundraisers




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 8th St, Merrill WI 54452. -Thank you!

