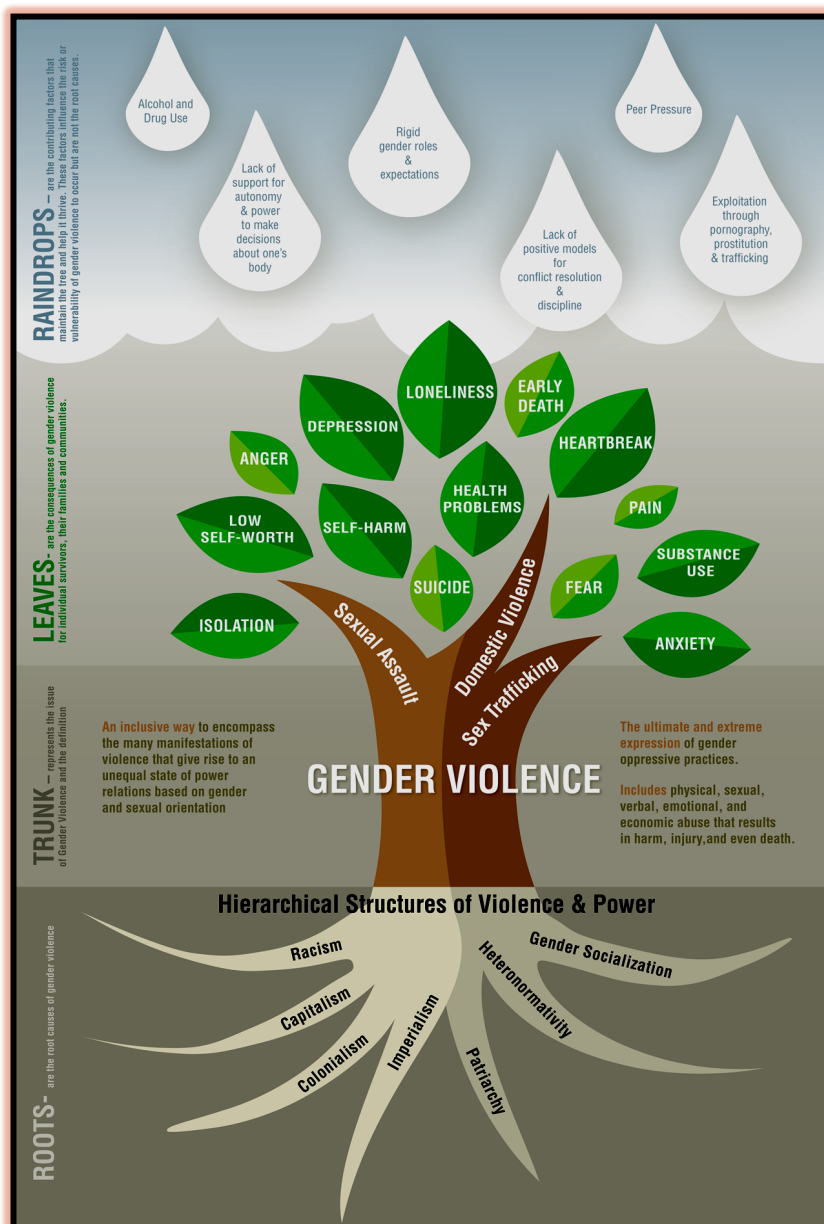


HAVEN. INC.

HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK



Common signs of abusive behavior in a partner include:

- ✓ Telling you that you never do anything right.
- ✓ Showing extreme jealousy of your friends or time spent away from them.
- ✓ Preventing or discouraging you from spending time with friends, family members, or peers.
- ✓ Insulting, demeaning, or shaming you, especially in front of other people.
- ✓ Preventing you from making your own decisions, including about working or attending school.
- ✓ Controlling finances in the household without discussion, including taking your money or refusing to provide money for necessary expenses.
- ✓ Pressuring you to have sex or perform sexual acts you're not comfortable with.
- ✓ Pressuring you to use drugs or alcohol.
- ✓ Intimidating you through threatening looks or actions.
- ✓ Insulting your parenting or threatening to harm or take away your children or pets.
- ✓ Intimidating you with weapons like guns, knives, bats, or mace.
- ✓ Destroying your belongings or your home.

Source: <https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs/>

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Edited by Esther Schulz

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.

Family Bonding

Building Healthy Relationships With Your Kids,

There is nothing greater than having a strong family bond and creating those lifelong memories that stick with you and your children for life. Children are happy when they are bonding with their parents/caregivers. It's important for your children to feel secure and safe, and spending that quality time with them makes them feel important and wanted. It is also important for their development.

Research has shown that engaging in family activities together, helps strengthen family bonds while teaching children social skills and building on their confidence and self-esteem! Parents and children both benefit from building that strong family connection.

Below are 100+ Family Bonding Ideas

McKenzie – Youth & Family Advocate.

100 FAMILY BONDING IDEAS



1. Read bedtime stories for 10+ minutes each night
2. Plan a family game night
3. Go for a walk around the neighborhood
4. Ask about their day at school
5. Bake cookies together
6. Sing aloud together in the car
7. Tell them how much you love them
8. Plan a one-on-one date with your child
9. Play tag
10. Watch a family movie
11. Play dress up
12. Put on a play
13. Jump on a trampoline, make up fun trampoline games
14. Go swimming and play pool games
15. Go stargazing in the back or front yard
16. Start a new family tradition
17. Have family dinner or breakfast daily
18. Make time for no electronics
19. Read a chapter book series together
20. Go on a scenic family drive
21. Go roller skating/ice skating
22. Learn more about your child's interests
23. Make a craft
24. Let the kids help make an easy dessert
25. Ride a roller coaster
26. Go on a family bike ride
27. Plan a family picnic
28. Plant a garden
29. Carve out time for daily play
30. Encourage your kids in their hobbies
31. Let your kids help make the grocery list
32. Go on a family road trip/day trip
33. Get out some coloring books
34. Draw pictures
35. Learn how to play your child's favorite video game
36. Go camping
37. Involve the kids in vacation planning
38. Make yearly, monthly, weekly family traditions
39. Explore some old family photos
40. Tell stories about your childhood
41. Ask questions about your child's day
42. Volunteer for a local cause
43. Learn a new skill/hobby together
44. Have a family contest/competition
45. Create a schedule of family events
46. Start a family YouTube channel
47. Do a science experiment
48. Take a class together (art, exercise, cooking)
49. Make family goals
50. Volunteer in child's classroom
51. Go on a class field trip
52. Attend your child's extra curricular events
53. Build a LEGO set
54. Make a blanket fort
53. Start a new family tradition
54. Go on a family hike
55. Play a board game. We love Monopoly!
56. Have a family Pokémon card tournament

57. Tell jokes
58. Donate old toys together
59. Go to the park
60. Take a weekly trip to the library
61. Have a themed story time
62. Go out for a family dinner
63. Stick a note in their school lunch
64. Find shells at the beach together
65. Have a water gun/balloon fight
66. Have a staring contest
67. Visit a zoo or museum together
68. Make ice cream sundaes
69. Learn a new game
70. Go to a concert
71. See a drive-in movie
72. Go swimming
73. Build a sand castle
74. Feed the ducks at a park
75. Pick out a family pet together
76. Give your kids a big hug
77. Make a secret code
78. Go to a theme park
79. Sing Karaoke
80. Make dinner together
81. Make a family calendar together
82. Plant a tree
83. Go on a bus/trolley ride

84. Climb a rock climbing wall
 85. Have a small, family only, birthday party
 86. Build a world with your kids in Minecraft
 87. Blow bubbles
 88. Make up stories
 89. Tell spooky stories
 90. Dance around the house
 91. Go searching for bugs, birds, wildlife
 92. Have a nature scavenger hunt
 93. Start a family piggy bank, save for a family trip or activity!
 94. Have a family slumber party
 95. Ask your kids what they want to do when they grow up
 96. Make a backyard fire pit, then make S'mores.
 97. Make chalk art in the driveway
 98. Play in the sprinklers
 99. Learn a new song
 100. Have a family pizza party
 101. Go searching for Pokémon
 102. Make your own stained glass window drawings with crayons
 103. Video chat with the kids when you are away
 104. Surprise your kids with a trip or fun activity
 105. Decorate a cake or sugar cookies together
 106. Play instruments and sing together (family band?)
 107. Have weekly family meetings
 108. Let your kids help with holiday baking and decorating
 109. Listen and respond when your kids are talking
- Resource: [100+ Easy Family Bonding Activities | Benefits of Family Togetherness \(sammyapproves.com\)](http://sammyapproves.com)**

It is easier to build
strong children
than to repair
broken men.

Frederick Douglass

*Every day in a hundred small ways our
children ask, "Do you hear me?" "Do you
see me?" "Do I matter?" Their behavior
often reflects our response.*

—L.R. Knost—

Children look to us
to show them what's
right and wrong.
They watch how we
behave and hear
what we say.

It's so important that
their environment reflects
the values we'd like to see
in them, for if it doesn't,
how can we possibly
be upset if they
misbehave!

"Giving our children rest
means being their safe
harbor, their place to
retreat when life hurts and
the world looms large and
people disappoint and
mistakes are made.

Becoming that safe harbor
means being free ~ freely
available, freely offered,
freely welcoming."

- LR Knost

Do not be dismayed by the
brokenness of the world. All things
break. And all things can be mended.
Not with time, as they say, but with
intention. So go, love intentionally,
extravagantly, unconditionally. The
broken world waits in the darkness
for the light that is you.

L.R. Knost

What is Sexual Abuse?

Sexual abuse refers to any action that pressures or coerces someone to do something sexually they don't want to do. It can also refer to behavior that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including oral sex, rape or restricting access to birth control and condoms. Some examples of sexual assault and abuse are:

- Unwanted kissing or touching.
- Unwanted rough or violent sexual activity.
- Rape or attempted rape.
- Refusing to use condoms or restricting someone's access to birth control.
- Keeping someone from protecting themselves from sexually transmitted infections (STIs).
- Sexual contact with someone who is very drunk, drugged, unconscious or otherwise unable to give a clear and informed "yes" or "no."
- Threatening or pressuring someone into unwanted sexual activity.



Keep in Mind

- Everyone has the right to decide what they do or don't want to do sexually. Not all sexual assaults are violent "attacks."
- Most victims of sexual assault know the assailant.
- Both men and women can be victims of sexual abuse.
- Both men and women can be perpetrators of sexual abuse.
- Sexual abuse can occur in same-sex and opposite-sex relationships.
- Sexual abuse can occur between two people who have been sexual with each other before, including people who are married or dating.



What to Do

If you have been sexually assaulted, first get to a safe place away from the attacker. You may be scared, angry and confused, but remember the abuse was in no way your fault. You have options. You can:

- **Contact Someone You Trust.** Many people feel fear, guilt, anger, shame and/or shock after they have been sexually assaulted. Having someone there to support you as you deal with these emotions can make a big difference. It may be helpful to speak with a counselor, someone at a sexual assault hotline or a support group.
- **Report What Happened to the Police.** If you do decide to report what happened, you will have a stronger case if you do not alter or destroy any evidence. This means don't shower, wash your hair or body, comb your hair or change your clothes, even if that is hard to do. If you are nervous about reporting to law enforcement, it may help to have a friend with you. There may also be sexual assault advocates in your area who can assist you and answer your questions.
- **Go to an Emergency Room or Health Clinic.** It is very important for you to seek health care as soon as you can after being assaulted. You will be treated for any injuries and offered medications to help prevent pregnancy and STIs. Remember there is always help.

Information retrieved from: loveisrespect.org

If you or someone you know has been impacted by sexual abuse you are not alone.

HAVEN provides free & confidential advocacy, 24 hours a day, 7 days a week.

To contact a HAVEN advocate call 715-536-1300.

HAVEN, Inc. has a staff member who is a trained facilitator of the Darkness to Light Stewards of Children® Child Sexual Abuse Prevention Training.

Would you like to schedule a Stewards of Children presentation specifically for your group or organization?

Please contact Esther Schulz at esther@haveninc.org (715-536-1300), as we would love to come to you with this important and valuable information on keeping children safe in our community.

Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. This program is designed for organizations that serve youth, parents/caregivers and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

We provide training in both **English** and **Spanish**, perfect for any adult who cares about the well-being of children in our community.

- ♥ Parents
- ♥ Employees
- ♥ Babysitters
- ♥ Sports league/coaches
- ♥ Day care providers
- ♥ After school program staff
- ♥ Children's group leaders
- ♥ Church groups
- ♥ Volunteers with youth-serving organization
- ♥ Every adult in every community



HAVEN can email you the newsletter: If you are interested, please call 715-536-1300 or email esther@haveninc.org



You can also find a PDF version of our newsletters at <http://www.haveninc.org/>

Click on NEWSLETTER



Am I Being Harmed?

Older adults may be harmed by spouses, partners, adult children, or other family members, caregivers, or others. They may experience physical, sexual, and emotional abuse, abandonment, exploitation, and neglect. Often several forms of abuse may be occurring at the same time.

Signs That Someone May Be Harming You

Does a spouse, partner, family member, caregiver, or other person:

- ◆ Try to limit the amount of time you spend with friends and family or on the phone or Internet?
- ◆ Scare you and make you feel fearful?
- ◆ Tell you that can never do anything right?
- ◆ Yell at you or tell you that you are worthless or no good?
- ◆ Make you feel as if you need to tip-toe around to prevent an outburst of anger?
- ◆ Make you do things you don't want to do?
- ◆ Threaten to put you in a nursing home if you do not do what they want?
- ◆ Touch you or force you to do sexual things you do not want to do?
- ◆ Take money or possessions from you without your permission?
- ◆ Refuse to provide care or provided care in a way that was hurtful?
- ◆ Throw or break items that belong to you?
- ◆ Threaten to harm you in any way?
- ◆ Hit, push, pinch, strangle, or slap you?
- ◆ Threaten to kill you?



Other Questions:

- ◆ Have family or friends expressed their concern about anything listed above?
- ◆ Are your children, friends, or other family members afraid to visit you?
- ◆ Are you concerned that someone may be harming or controlling you but you don't know where to get help?

If You Are Being Harmed

- ◆ Create a safety plan. Whether you choose to remain in your current living situation or choose to leave, consider contacting an advocate to create a safety plan. Our advocates specialize in safety planning, they can provide information about what you are experiencing and connect you to resources, or just talk to help answer questions, Our advocates can be reached at 715-536-1300.
- ◆ If you are in danger and want law enforcement to respond, call 911. Your safety is most important.
- ◆ You are not alone. Unfortunately, too many women and men are hurt in later life by spouses, partners, family members, caregivers, and others. You are not the only one who has experienced harm.

Source: <http://s3-us-east-2.amazonaws.com/ncall/wp-content/uploads/2018/12/29120009/AmIBeingHarmed.pdf>

Become a Monthly Donor

We rely on the generosity of many individuals and groups to support our work in Lincoln County and the surrounding areas. Please consider becoming a MONTHLY DONOR. Your hassle-free, recurring donation will provide a consistent and reliable source of funds that will allow us to continue supporting individuals and families who have experienced interpersonal abuse.

Donor Privacy Policy: Confidentiality is very important to HAVEN, Inc., both for the individuals we serve and for our donors. We will never share or sell your information.



First Name _____ Last Name _____

Address _____

Email Address _____ Phone # _____

Please email me HAVEN's quarterly newsletter ☐

I wish to become a monthly contributor with the amount of:

☐ \$10 ☐ \$15 ☐ \$25 ☐ Other \$_____ /Month

Method of
Payment

⇒ Pre-authorized withdrawal on the _____ of each month (voided check enclosed)

⇒ Pre-authorized payment by credit card

☐ VISA ☐ MASTERCARD ☐ OTHER _____

Card #

Expiration date ____/____/____

Name on Card _____

Signature _____ Date Signed _____

This donation is made by: ☐ Individual ☐ Business ☐ In memory of: _____

☐ I understand that my gift is ongoing and it will be deducted on a monthly basis.

☐ I understand that I can change or cancel my contribution at any time within five working days.

☐ Please send me a tax receipt

Instead of a monthly contribution, I would like to give one time donation in the amount of:

\$_____

☐ My check is enclosed ☐ Use my credit card

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!

- ♦ Fragrance-free laundry detergent
- ♦ AAA Duracell batteries
- ♦ Vinegar
- ♦ Merrill-Go-Round bus tokens
- ♦ Merrill Chamber gift certificates
(\$25 increments for gas/emergency needs)
- ♦ Toilet bowl cleaner
- ♦ New pillows
- ♦ Swiffer Wet Jet refills
- ♦ Baking soda
- ♦ Coloring books
- ♦ LEGO bricks bulk



Presents

4 Person Golf Scramble

Edgewater Country Club

Saturday, July 16th

Registration 8:00 am

Shotgun Start 9:00 am

\$50 per person includes cart, golf and lunch

Great Raffle Prizes!

Please contact:
Michelle Arnott for registration at
715.966.9230

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.



HAVEN's Vision:

Ending abuse and strengthening our communities.

Volunteer Opportunities

Shelter Maintenance: Job duties include any of the following: repairs, general cleaning, painting, etc.

Child Care/Child Activities: Come to the shelter and read a book or do any activity with the kids. Full volunteer training will be provided.

Transportation: Transport clients to various appointments when needed, and/or transport clients to the shelter (may include locations in the area). Must have a valid driver's license and liability insurance.

Auto Mechanic: Evaluate automobile problems and/or service automobiles. May include oil change, tune-ups, etc.

Fundraising: Plan and organize events to raise money and/or items for HAVEN.

Cleaning: Weekly office/shelter house chores.



We welcome all individuals to apply as volunteers who are committed to our cause. Volunteer opportunities can range from short-term to long-term, and locally or remotely.

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

We look forward to hearing from you!

THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. from 4/1/22 to 5/25/22. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.



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thank you for your kindness

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver."

-Barbara de Angelis



HAVEN Inc.

1106 E 8th St,
Merrill, WI 54452
Phone: 715-536-1300
Fax: 715-536-3816

Email: executivedirector@haveninc.org

HAVEN Staff

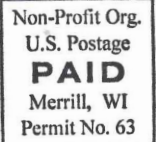
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THE SENSE OF OWNERSHIP IS ONE REASON WHY ABUSE TENDS TO GET WORSE AS RELATIONSHIPS GET MORE SERIOUS. THE MORE HISTORY AND COMMITMENT THAT DEVELOP IN THE COUPLE, THE MORE THE ABUSER COMES TO THINK OF HIS PARTNER AS A PRIZED OBJECT. POSSESSIVENESS IS AT THE CORE OF THE ABUSER'S MINDSET, THE SPRING FROM WHICH ALL THE OTHER STREAMS SPOUT; ON SOME LEVEL HE FEELS THAT HE OWNS YOU AND THEREFORE HAS THE RIGHT TO TREAT YOU AS HE SEES FIT.

- LUNDY BANCROFT -