

Women Rising



Women's Center of Mid-Minnesota
P.O. Box 602
Brainerd, Minnesota 56401

Fall / Winter 2011

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH, 2011

We invite our readers to take a stand against domestic violence. October has been designated National Domestic Violence Awareness month, so we at the Women's Center of Mid-Minnesota encourage you to learn more about how to end violence against women and their children.

Domestic violence is a problem that is too often kept quiet, or ends with devastating results. The human cost is staggering. Last year, according to the Minnesota Coalition for Battered Women, at least 15 women, 7 children and 4 family members/friends lost their lives in domestic violence related homicides. So far this year, we have provided shelter to 90 women and 83 children. As well, we have provided services and support to many, many more women who called or came to the shelter for assistance.

Our community's response is critical, both for victims' safety and perpetrator accountability. Ending domestic violence takes neighbors, business owners and faith communities willing to get involved and to provide a circle of support. It takes families, friends, neighbors and co-workers saying, "We will do what it takes to stop the cycle of violence and abuse."

Please join our efforts to stop the violence and reinforce support programs that focus on safety and justice for women and their children.



Take a stand by marching with the Women's Center Staff.

**October 21, 2011, 6:30PM—8:00PM,
From the Historic Court House to Gregory Park**

- **Candle Light Vigil**
- **Reading of Femicide Report**
- **Community Non-Violence Pledge**

Let's do it for all the Minnesotans who have lost their lives due to domestic violence and for the women and children in our community who are living in or leaving abusive homes. Let's work together to end violence against women and children.

A Letter From Our Executive Director

Greetings Friends!

As the Executive Director of the Mid-Minnesota Women's Center I would like to introduce myself and extend a warm "Thank You" to this great Community. We appreciate your continued support of our mission to provide safety to women and children fleeing domestic violence. In this changing economy we are presented with challenges that make our dependence on your support even more important.



I look forward to future community collaboration and conversation, and hope that together we can continue to provide safety to battered women and their children.

Sincerely,

*Tonya Heldt, Executive Director
Mid-Minnesota Women's Center*

Trees of Tears

Did you notice these trees as you strolled through the West Gate Mall in Brainerd, MN?

This powerful display represents the tears of the 572 women (purple tears), 343 children (yellow tears), and 10 men (blue tears) who have received services from the Women's Center as primary and secondary victims of domestic violence in a year's time. These men, women, and children live in our community. They are your friends, family members, co-workers, and neighbors.



Please take a few minutes of your day to reflect on the effects domestic violence has on your life and the lives of the people you care for, and help us dry their tears.



As you know, the Women's Center of Mid-Minnesota meets the needs of women and children who have fled their homes due to domestic violence and abuse. In addition, we continually provide services to those seeking advocacy, education, and resources in our community. The holidays are approaching quickly and although we are able to offer the precious gift of safety and meet basic needs of these families, we rely on the generosity of the Lakes Area to assist us in providing the more tangible signs of sharing during the Holiday season.

The anxiety of leaving behind everything they own in exchange for safety is difficult for anyone to comprehend. The reality of not being able to provide gift for their children during the Christmas season only adds to the immense emotional and financial strain for these families. In the past, the giving spirit of the Lakes Area has made the holiday season brighter for countless families. We are asking you, the members of our community, to help us continue this holiday spirit by making a cash contribution, purchasing gifts, or adopting a family and personally making the holiday a special time for someone in need.

Please contact Rita, or Annie at 218-828-1216 and together we can make a difference in meeting the needs of abused women and children in our community this 2011 holiday season. The following is a sample list of needed new gift items. A complete list can be obtained by calling the above number.

Sincerely, Rita DeChaine

Women

Towels & Wash Cloths	Coffee Maker / Toaster
Silverware & Dinner Ware	Kitchen Storage Containers
Cookware / Bake Ware	Blow Dryer / Curling & Straightening Irons
Personal Care Items	Pajamas / Slippers / Robes
Towels & Washcloths for Kitchen & Bath	Socks / Hats / Gloves
Microwave, Vacuum Cleaner	Gift Certificates and Gift Cards
Adult Games / Craft Items	Pillows / Blankets / Sheets / Comforters
Tool Sets / Jumper Cables / Snow Shovel	Perfume / Body Spray / Shower Gel / Etc.

Children

Baby Dolls, Teen Dolls: Barbie, Bratz, Hannah Montana, etc.
 Books for All Ages / Craft & Activity Sets / Lego's / Lincoln Logs / Farm Toys
 Lite-Brite / Spirograph / Hot Wheels and Race Tracks / Remote Control Vehicles
 Basketballs / Footballs / Sports Logo Hats / Baseball & Bat / Sleds / Board Games
 CD Players / Portable CD Players / Gift Certificates / Movie Passes
 Pocket Electronic Games / Hats / Gloves / Scarves / Socks / Slippers
 Infant & Toddler Toys / Blocks / Mr. & Mrs. Potato Head / Push-Pull Toys / Stuffed Animals

**We ask that all games, toys and books reflect our philosophy of non-violence.
 All donations to the Women's Center are tax deductible.**

31 Days of Action

O
C
T
O
B
E
R

2 If you suspect someone is a victim, ask if they are safe or need to talk and refer them to the nearest battered women's shelter.

3 If a victim confides in you, offer a safe place to make a phone call or a ride to the nearest shelter.

4. Offer to care for the pet of a victim who is hesitant to leave the pet to go a battered women's shelter.

9 Organize a collection needed items among your friends to donate to the Women's Center.

10 Ask your local battered women's shelter if you can organize a fundraiser on their behalf.

11 Become a volunteer at the Women's Center.

There are lots of things you can do.

16 Be a role model for your children and others by being respectful in all your relationships.

17 Learn the warning signs of abusive relationships at www.thehotline.org

18 Talk to your teen about what's appropriate and healthy behavior in dating relationships.

23 Ask your faith leader to offer a prayer or sermon on ending domestic violence.

24 Encourage businesses that you patronize to put out a donation jar for the Women's Center.

25 Invite a speaker from the Women's Center to educate your co-workers about workplace violence.

30 Ask candidates for public office how they plan to address domestic violence in your community.

31 Recognize that domestic violence is a crime that can happen in any neighborhood and all victims of it deserve safety.

10 Ways to Support the Women's Center Against Domestic Violence

			<p>1 Call the police when you see or hear domestic violence.</p> <p>Your call can save a life.</p>
5. Encourage a victim to work with the shelter to develop a safety plan.	6. Get referral information for someone you suspect is being abusive in a relationship.	7. Carry the number of the National Domestic Violence Hotline in your wallet for someone who needs it. 800-799-SAFE (7233)	8. Wear a purple ribbon during the month of October to show your support.
12 Participate in the Women's Center Holiday Adopt-A-Family program.	13 Include the Women's Center in your estate planning.	14 When you plan your next celebration, ask your guests to donate to the Women's Center in lieu of bringing gifts.	15 Donate your old cell phones to the Women's Center.
19 Get involved if you suspect your teen, or his/her friends, are in abusive relationships.	20 Ask your schools to bring in speakers on dating violence from the Women's Center.	21 Attend the Women's Center rally at the Historic Court House and Gregory Park tonight!!!	22 Suggest your faith community adopt the Women's Center as a service project.
26 Donate new children's toys and books to the Alex & Brandon Child Safety Center.	27 Place informational materials from the Women's Center in your workplace lounge and restrooms.	28 Speak to your HR Director about implementing safeguards to support domestic violence victims.	29 Lobby your state and federal elected officials to fully fund domestic violence services.

“Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has.” —Margaret Mead

If you are the friend of a woman experiencing domestic violence:

Listen to and believe what your friend says, even if the abuser seems nice or is also your friend.

Educate yourself. Not recognizing or ignoring the abuse further isolates victims. Contact your local domestic violence program for more information about services and resources.

Understand that leaving an abusive relationship is difficult. Allow your friend to make decisions at her own pace.

If you are a woman experiencing domestic violence:

If someone is hurting you, it is not your fault and you are not alone.

Talk with someone you trust—a good friend, a caring health care or social worker, a sensitive family member, and understanding person from your community. Talk with someone who will :

Listen to you.

Believe you.

Not blame you.

Not discriminate against you.

Keep what you tell them confidential.

Allow you to make your own decisions



Battered women's advocates are often the best people to talk with in order to understand your options. They are there to help you identify choices and to help you look at the risks and benefits of those choices. Advocates will not pressure you to do something you are not ready or able to do, and are there to listen, inform and support you. Their services are free and confidential.

VOLUNTEER CORNER



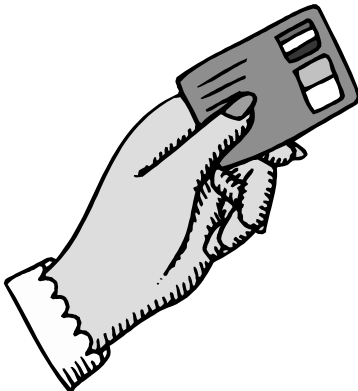
The Women’s Center would like to extend a heartfelt “**Thank You**” to the many volunteers who assist us in our work to end violence against women and children. Your generosity of time and talents impacts our ability to continue our work and your dedication and inspiration are invaluable gifts to us and the women we serve.

If you would like to find out more about volunteer opportunities at the Women’s Center, please call Julie at (218) 828-0022 or visit our website at www.womenscenteronline.org.

There are two ways of spreading light ...
To be the candle, or the mirror that reflects it.

~ Edith Wharton ~

Did you know ? ? ? ? ?



Now you can make donations to the Women’s Center with your credit card. It’s easy!

Just go to our website at womenscenteronline.org and Click on “**Make A Donation.**”

You can choose to make a one-time or monthly donation to support our work to end violence against women and children.

What are you waiting for?

The Battered Women’s Support Group, a self-help group for women who are, or who have been involved in an abusive relationship meets from 6:00 PM until 8:00 PM. Child care is provided. Please call (218) 828-1216 for more information.

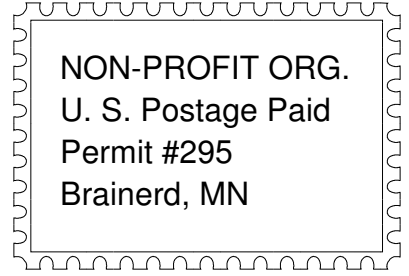
Women’s Center of Mid-Minnesota, Inc.

34 Years of Providing Shelter, Advocacy and Support To Battered Women and Their Children



Women's Center Of Mid-Minnesota

P. O. Box 602
Brainerd, Minnesota 56401



TIME SENSITIVE MATERIAL
PLEASE DELIVER PROMPTLY

CHANGE SERVICE REQUESTED

THE WOMEN'S CENTER OFFERS:

- Protective Residence
- 24-Hour Crisis Line
- Information and Referral
- Advocacy for Women and Children
- Support Groups
- Speakers' Bureau

NAME: _____

ADDRESS: _____

PHONE: _____

I have enclosed my donation to the Women's Center of:
 _____ \$15 _____ \$25 _____ \$5 _____ Other
 OR

Visit our website at www.womenscenteronline.org
 to make an online donation.

I am interested in training to become:
 _____ a volunteer at the Women's Center.
 _____ a speaker on the issue of battering.

I am interested in:
 _____ fund-raising for the Women's Center.
 _____ obtaining a speaker for my organization.
 _____ arranging a professional training/in-service for my organization.

MAIL TO:
 WOMEN'S CENTER OF MID-MINNESOTA
 PO BOX 602
 BRAINERD, MN 56401