

Women's Resource Center

Spring 2015 Edition

FOR THE GRAND TRAVERSE AREA

Director's Note

For many years, I've lived by the mantra that two of the most important words I can say to someone are "thank you." This past holiday season, I was humbled by the generosity shared with the community that we serve. Here is just a sampling of the love you shared with our clients:

- 109 clients and family members were adopted by individuals and businesses who contributed to our annual Holiday Needs Program
- \$105,000 in private donations were made during December
- 20 bicycles were given to children of current clients thanks to the team at H&R Block
- The WRC Thrift Shop donated 230 winter coats to those in need
- Two clients were awarded scholarships from the Zonta Club of Traverse City for transportation and tuition assistance
- \$3,600 in Target gift cards were given to fulfill holiday wishes for teens
- A Holiday Open House, hosted by Mel and Sid Hamill of Ranch Rudolf, benefitted the WRC's Doula Teen Parent Program
- Front Street Tattoo gave a room full of toys donated by customers
- An array of gift cards, gas cards stocking stuffers, personal care items, hand-crafted hats, scarves, baby blankets, afghans and stockings from Santa – all cherished and appreciated by our clients in need

From the bottom of my heart – **thank you!**



Juliette Schultz,
Executive Director

"A thankful heart is not only the greatest virtue, but the parent of all other virtues."
~ Cicero

From Our Clients, with Love

The following are excerpts from thank you notes from Holiday Needs Program recipients:

"Thank you so much for making my kids' faces light up on Christmas. That is all I could ask for!"

"Thank you from the bottom of my heart for blessing me and my boys this holiday season. This paper and pen could never express my gratitude. The boys and I will have a wonderful Christmas because of you."



"Dear Special Friend(s) ... May you be richly blessed this Christmas and throughout the New Year. Thank you for making a difference in our lives."

Welcoming New Staff Members

We are happy to welcome several new staff to the WRC, including:

Kristin McKolay, Client Advocate – Kristin has a BS in Behavioral Psychology and a MA in Counseling Education. She is also a founder of the annual Hands Are Not for Hurting 5K Run/Walk.

Peggy Briggs, Client Advocate – Peggy recently completed her work at WMU for a MA in Clinical Mental Health Counseling. She facilitates WRC's AWARE group, a batterer intervention program designed for female perpetrators of domestic violence.

Anne Brasie, Development Director – Anne brings more than 25 years of experience in non-profit management and fundraising to the WRC team.

Cathy Spidell, Thrift Shop Cashier – Cathy is following in her mother's (Doris Sloan's) footsteps. Doris recently retired from the shop after 21 years of service! Cathy also assists with our eBay auction items.

Amanda Kearns, Positive Relationships Facilitator/Housing Coordinator – Amanda has a BA in History/Political Science from Saginaw Valley State University and an MA in Critical Theory and Creative Research.

Carrie Douglass, Children's Advocate – Carrie recently graduated from WMU with an MA in Counseling. She has a background in early childhood education and works with children and their mothers living in WRC residential facilities.

Jennifer Cameron, Client Advocate – Jenn is completing her MA in Clinical Mental Health Counseling at WMU. She received her BA in Psychology and was a research assistant in a cognitive, behavioral and personality lab in Ann Arbor.

Jane Hayes, Direct Client Services Coordinator/Facilitator – Jane has returned to the WRC after 28 years of social work practice with 18 years in higher education as an Associate Professor of Social Work.

PROUDLY SERVING THE FIVE-COUNTY REGION SINCE 1975

Our mission is to end domestic and sexual violence and promote an equitable, safe environment for all.

Sexual Assault Awareness Month: Honoring Victims & Survivors

Fact: According to the National Intimate Partner and Sexual Violence Survey 2010 Summary Report, nearly **three in 10 women in the United States have experienced rape, physical violence and/or stalking** by an intimate partner.

Fact: Sexual assault perpetrators are not strangers to their victims. 76% of women who are raped or physically assaulted since the age of 18 were assaulted by a current or former husband, cohabitating partner or date.

The Sexual Assault Nurse Examiner (SANE) Team at Munson Healthcare reports conducting an estimated 75 sexual assault examinations each year. Recently, 12 staff members of the WRC participated in SANE response training. Along with the SANE nurses and law enforcement, we are part of the team that responds when someone has been sexually assaulted. Our job: to provide victims with emotional support and, in some cases, financial support.

An exam can be conducted up to 120 hours (five days) after an assault and takes 3-4 hours to complete.

Munson uses state-of-the-art camera equipment with an encryption program to ensure patient privacy and confidentiality.

What Can I Do? Join us in our mission to end domestic and sexual violence by:

1) **Attending** a showing of the documentary **"It Happened Here"** at Northwestern Michigan College, Scholars Hall (Room #109) on Thursday, April 9 from 7-9 p.m.

A candlelight vigil to honor victims/survivors will follow. Or, join us for a Community Prevention Seminar on child sexual abuse, Wednesday, April 15 from 6-7 p.m. at the WRC. Call 231-929-4250 to reserve a spot.

2) **Referring** anyone you know who needs help to attend our weekly **Sexual Assault Support Group**. Call 231-941-1210/1-800-554-4972 for time and location.

3) **Donating**. Our Advocates are able to support victims and their families because of your generous gifts. Thank you for considering making a donation in the envelope enclosed.

Board of Directors

Our Board of Directors is also pleased to welcome Liz Ascione as the new President and Jessica Wheaton as the Vice President, along with two new Directors: Matthew Wiliford and Lynne Moon.



Thrift Shop Donations Needed

Donate your unwanted household items and clothing to the WRC's Thrift Shop. Call 231-946-4180 if you have questions or want to schedule a pick-up for a large item. Donations are accepted Monday – Saturday, from 11 a.m. to 5 p.m. The store is located at 3030 N. US 31 South in Traverse City (next to Pizza Hut).

Sexual Assault
Awareness Month

*Women's
Resource Center*

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WEB www.womensresourcecenter.org

24-HOUR HELPLINE 1-800-554-4972