



Safe Haven
Shelter and Resource Center



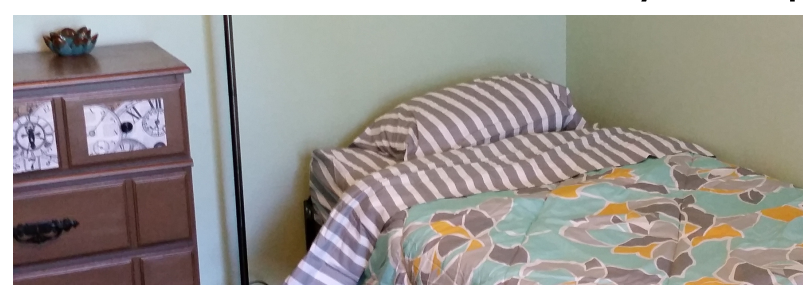
VOICES

SUMMER 2020

EMERGING STRONGER FROM CRISIS

Survivors of domestic violence are accustomed to operating in a state of crisis, and so are the advocates who support them once they come through our doors. At Safe Haven we are well-equipped to meet and adapt to new challenges, and we learn from the survivors we serve each and every day. While some of our services have changed, the pandemic and recent social unrest have taught us patience and resilience. And together, with the support of our community, we are emerging stronger from the crisis.

Thank you for helping us provide hope!



SHELTER

Our shelter remains open and our crisis line staffed 24/7, though distancing guidelines have reduced the number of survivors we can house at one time. Demand for our services remains high, so we are strategizing on how to remodel our shelter to safely accommodate more survivors in a trauma-informed setting. This has been a priority for some time now, but the pandemic has exacerbated our need. A few of our potential plans include:

- Creating additional smaller, private rooms by splitting up larger shared bedrooms
- Reconfiguring advocates' offices to create better privacy and access for survivors
- Adding bathroom and laundry capacity to decrease shared spaces and wait times



RESOURCE CENTER

Our drop-in communal kitchen, lounge, and showers have re-opened again on a limited basis and we are happy to welcome clients back into these spaces. The new hours for these communal areas are Monday-Friday from 9-11am and 1-3pm. With the help of several new staff, we continue to provide advocacy services at our Resource Center to support survivors on their path toward autonomous living. Our core services still include:

- Legal advocacy and support navigating the court system
- Self-sufficiency resources to obtain an education, employment and stable housing
- Support groups for youth and adults in a safe, confidential environment

FROM THE DIRECTOR

Hope is what inspires us to continue moving forward; finding our way through, around, and over whatever obstacles stand between where we are, and the bright future we see on the horizon. These past months have given us all plenty of challenges, but we have been reminded that there are many who face nearly insurmountable hurdles and for whom we must all stand up.

In a time when we are farther apart in physical distance, our staff have collectively rallied around the desire to do better for the hundreds of domestic violence survivors whose lived experiences as Black, Indigenous, and People of Color are even more challenging because of systemic racism. As a cohesive team, we are undergoing a concerted effort to unlearn some of the implicit biases that have perpetuated systemic racism and oppression. This effort is centered on first exploring why and how racism became institutionalized, and from there, we hope to better understand how we can play our part as change-makers.

The path to dismantling systems of oppression is fraught with discomfort as we engage in personal introspection, closely examining the ways in which we've unknowingly conformed to attitudes steeped in racism. But buried within our discomfort is boundless hope. We know that we can, and we will do better, for all survivors.



Brittany Robb
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Support is available 24/7



(218) 728-6481

IN THEIR VOICES

Inspiration from Safe Haven Advocates

Working with survivors of domestic violence has a way of changing a person. Perspectives are gained and empathy is deepened as Safe Haven's Advocates work around the clock to provide advocacy, support, resources, and hope to survivors in need. Our efficacy is rooted in the comprehensive nature of our programming; supporting survivors from their initial crisis all the way to autonomous living that is free from domestic violence. This process often follows a continuum of emotions -- **from initial hope, to healing, to real transformation, to thriving.** When asked what these words mean in the context of their work with survivors, this is what our advocates had to say:

HOPE

"Hope means that there is something to look forward to; a better tomorrow, a healthy meal, a happy child. Something better than what the now brings."

"Hope is optimism about the future. The belief that a survivor can start over and build a life for herself."

"Refueling passions and seeing a future. Hope is the concept of new beginnings."

"Hope means safety. Many of our clients face so much stress from experiencing domestic violence. My hope for them is that they are able to find 'safe havens' in many aspects of their lives. It is my greater hope to change systems and to live in a world where domestic violence isn't even imaginable."

HEAL

"Not necessarily forgetting the things that have happened, but finding a way to let them help you grow rather than holding you back. Healing is beginning the process of moving forward."

"Healing means to regain a sense of self. So much of a person is broken when they experience domestic violence and the stress caused by it actually changes our DNA. Healing means to change the societal factors that can lead to safer communities. A healing model in many Indigenous communities recognizes that if a person leaves a sick environment --or in their example if a tree leaves a sick forest and heals to only return to a sick forest -- it will be sick again itself. Healing takes healing all of the forest --the entire community."

"Healing is progress in any form. When a survivor comes to Safe Haven we do not hold the perfect image of what their life should be like. Instead, we listen to what they want for themselves and focus their goals around that. Healing for one person may be finding the courage to take the bus, for another it may be seeking mental health support or staying sober. Whatever progress they make towards their own goals is healing."



TRANSFORM

"Transformation is simply becoming a new person each day. Taking what life gives you and transforming those circumstances into the best they can be."

"Survivors often lose a sense of themselves and their identity to the abuse. When someone has controlled every aspect of your life it is hard to keep track of the things that you like to do. One of my favorite parts of my job is watching survivors find hobbies that are therapeutic, build relationships with our staff, and laugh together. As a survivor meets their goals you can watch their confidence and self-appreciation grow little by little."

"Transformation is the process that gets you to the point when you realize that you are ok, independent, and happy and that your past doesn't define you. Going from victimhood to survivor."

THRIVE

"Thriving simply means being able to believe and see that you are an amazing human being."

"Having healed (physically, emotionally, mentally) to a point of recognizing one's self as not defined by abuse, but rather it being an experience of the past."

"Thriving means to have the self-sufficiency, tools, and community to help a person live to their potential. To live without fear. Thriving only happens when a person has autonomy over their choices; when a person feels empowered to have control over their circumstances."

"Thriving is the point when you know you've made it. Only looking forward."

Safe Haven's Advocates are the backbone of this transformational process. Hand in hand, survivors are supported on their journey to a life free from violence.

Thank you, Advocates!

SUPPORTER SPOTLIGHT

Miner Family



Long-time Duluthians Diane and Jim Miner have always put community support at the top of their to-do list. Starting with Diane's service on Safe Haven's Board of Directors close to 15 years ago, the Miners' commitment to our agency and mission have only grown over time. Between generous annual sponsorships from their company Super One Foods, to personal contributions from various family members, the Miners have supported Safe Haven through thick and thin.

When asked what motivates their family to support Safe Haven, it was our comprehensive programming that rose to the top. The fact that survivors begin their journey with us in shelter and continue to receive all the legal support and advocacy services they need to move forward with a life free from violence is something the Miners value. They also appreciate seeing the broad base of support at Safe Haven's annual fundraising luncheons, and how that highlights the organization's strengths in assisting survivors during some of their most troubling times.


"We are proud to support Safe Haven in carrying out their mission."

- Miner Family

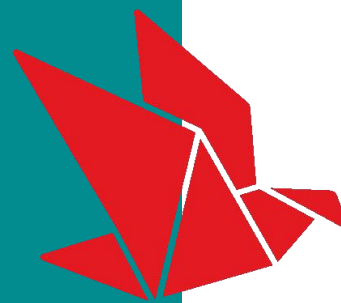
We couldn't be more grateful to the Miner Family for all they have made possible for the agency and the survivors we serve. From all of us at Safe Haven - thank you!

To remove yourself from our list or to
receive an electronic copy, email us
at outreach@safehavenshelter.org

Support is available 24/7

 (218) 728-6481

HOPE
HEAL
TRANSFORM
THRIVE



Week of Giving | Oct 5-9, 2020
15th Annual *Virtual* Fundraiser

Supporting Safe Haven is as easy as 1-2-3!

Choose one or more options to help us provide hope to survivors:

1. **Register today** to receive updates and inspiring video messages during our Week of Giving | safehavenshelter.org/fallevent
2. **Visit our social media pages** during the Week of Giving to access new content and get involved
3. **Donate now** | safehavenshelter.org/donate

Share this invitation far and wide! Thank you for supporting Safe Haven!