



Safe Haven
Shelter and Resource Center



VOICES

SPRING 2021

WE ♥ OUR COMMUNITY!

In lieu of our usual program update section, Safe Haven wishes to highlight several recent and generous community initiatives. These local businesses *contacted us* and asked if they could do something special for Safe Haven for Mother's Day -- and of course we said YES!



- 🔥 Dock 5 received a grant to work with Safe Haven residents to design new face masks. A percentage of proceeds will go back to support Safe Haven.
- 🔥 Leadership Duluth and Maurices sponsored a free shopping event for our clients. The 21 participating clients and teenage daughters were able to walk away with an entirely new wardrobe and renewed self-confidence.
- 🔥 Duluth Grill offered a Mother's Day Brunch Package where 100% of sales was donated to Safe Haven. With 72 packages sold, Duluth Grill helped raise over \$7,200 for our programs.
- 🔥 Ursa Minor hosted a DifferUNce 5k walk/run on Mother's Day where more than \$550 in donated registration fees went to Safe Haven. A portion of the sales of their Badass Warrior Goddess beer - honoring the strong women who live and work at Safe Haven - will also be donated.
- 🔥 Mocha Moose Coffee donated 10% of Mother's Day sales to Safe Haven, and rounded up for a total of \$100.
- 🔥 Tacos Tacos Tacos is donating a percentage of May 20th restaurant sales to Safe Haven.

From the bottom of our hearts, thank you to these businesses and for ALL the support we continue to receive from our generous local community.
YOU. ROCK.

If your business has an idea of how to partner with Safe Haven, we want to hear from you! Please contact our Director of Philanthropy at carinesafehavenshelter.org

FROM THE DIRECTOR

One of the many opportunities I am afforded in my role at Safe Haven is the ability to see the work of our staff and the achievements of our clients from a unique vantage point. When I worked as an Advocate, the daily successes of the survivors we served provided the motivation to work even harder for the next person for whom I was fortunate enough to cross paths. Their triumph was my joy. Their resolve fueled my commitment to doing whatever it took to support their accomplishments.

Now as the Executive Director, I have the privilege of seeing the impact of our entire agency comprised of many Advocates working diligently on behalf of many survivors; this collaborative effort is astonishingly beautiful to see from my perspective. The incredible resilience, innovation and perseverance of our agency is comprised of a legacy of individuals working against all odds to enhance the quality of life for survivors of domestic violence.

For more than forty years, their collective perseverance has inspired and strengthened our commitment to providing safety, space to heal, advocacy and empowerment for all survivors of domestic violence. We are proud of our work, and even prouder still of those who have come through our doors.



Brittany Robb
brittany@safehavenshelter.org

Support is available 24/7



(218) 728-6481

VOICES | Spring 2021

SUPPORTING THEIR VOICES

What is Relationship Violence? There are many different ways to describe this traumatic cycle:

Domestic Violence
Domestic Abuse
Relationship Violence
Intimate Partner Violence
Dating Violence

No matter what term you use, it simply means one partner is using behaviors to maintain **power and control** over the other partner. The controlling behaviors can include physical violence, belittling, manipulation, coercion, financial control, or even blaming the victim for the abuse. **Relationship Violence is a toxic and pervasive public health issue in America.**


1 in 10 men;


1 in 4 women; and


1 in 2 transgender individuals

will experience sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime.



It is estimated that every 15 seconds a woman experiences Relationship Violence in America.

This is simply unacceptable, and with knowledge comes the power to change. It takes all of us to recognize the signs and to step in to stop the cycle of violence:

RECOGNIZE THE RED FLAGS

Beyond looking for obvious bruises or unexplained injuries, red flags of abuse may be shifts in someone's mental health, how they speak about their partner, or a withdrawal from their friends and family. Perhaps you've noticed their self-confidence has disappeared, or that they are anxiously responding to messages and calls from their partner while out of the house.

If you are interested in learning more about Relationship Violence or Safe Haven's services, contact our Community Engagement Coordinator at jaci@safehavenshelter.org

SUPPORTING THEIR VOICES

USE DISCRETION

Talk to the survivor in a private setting, preferably alone. Point out why you are concerned, and never blame them for being in the relationship. Don't ask, "Why haven't you left?" There are many reasons a person stays, including fear of the violence escalating, lack of financial resources, still loving their partner, or simply not being ready yet.

BELIEVE. BELIEVE. BELIEVE.

You may know the person who is causing the harm and you can't picture them behaving this way; but please believe the survivor. Abusers groom everyone around them to believe they are good people. Don't question a survivor, and simply remind them that they don't deserve to experience harm and that they aren't alone. Just saying, "I believe you" can give a survivor the strength needed to leave an abusive relationship.

SAFETY PLAN

Safety planning is a crucial step to make sure a person is staying safe while preparing to leave. Below are a few safety planning tips, and **Safe Haven can provide safety planning over the phone or at our Resource Center.** If time is limited, a simple Google search will give you many suggestions:

- ☐ Where can you go if you need to leave quickly?
- ☐ Where can you keep any important paperwork?
- ☐ Do you have a spare car key or emergency bus fare?
- ☐ Do you have the crisis line written down (218-728-6481) or 2-1-1 memorized?
- ☐ Is there a code word you can use so others know when you need help?

GIVE HELP

We don't expect everyone to be an expert on Relationship Violence; that's what we are here for. **Provide them with Safe Haven's crisis line (218-728-6481) and we are ready to assist 24/7.** 2-1-1 is another great, easy-to-remember resource that can get someone connected to help right away. It's important to know that you don't have to be alone, and there are advocates who will unconditionally believe and support you.

If you are interested in learning more about Relationship Violence or Safe Haven's services, contact our Community Engagement Coordinator at jacie@safehavenshelter.org

SUPPORTER SPOTLIGHT

Maybe you?



Most of us find it difficult to ask others for money. You are happy to give of your own time and resources, but the thought of asking others to give makes you squirm. Sound familiar? For most people, fundraising doesn't come naturally - but online fundraising has made it much easier (and more fun!) to encourage friends and family to give to good causes, in honor of special events like a birthday, anniversary, or graduation.

Safe Haven now has a "Birthday Fundraiser" option available on our website, with simple step-by-step instructions that will allow you to create a personalized fundraiser page/link in less than 10 minutes that you can email/text/share with friends and family. Your page can include a photo and a short text telling people why supporting Safe Haven is important to you, and how much you appreciate their support in honor of your special day. We have found that people love giving in this way, because it shows support not only for a good cause, but almost more importantly support for the person whose special day it is. We all like to make people feel loved on their birthday, and Birthday Fundraising is a great way to do that and have double the impact!

For more information or to start your own simple online fundraiser (we ALL have birthdays!), go to www.safehavenshelter.org/birthday. Thank you for going the extra mile to support survivors!


Safe Haven
Shelter and Resource Center
Shelter for Battered Women
P.O. Box 3558
Duluth, MN 55803
Phone: 218-728-6481
Fax: 218-728-5084
safehavenshelter.org

Non-Profit Org
U.S. Postage
PAID
Duluth, MN
Permit No. 351

We are hiring!

Join our team of dedicated
advocates working to support all
survivors of domestic violence.

www.safehavenshelter.org

SAVE THE DATE

persevere 



national domestic violence awareness month | october 2021

**Find out how you can get involved and support our
16th Annual *Virtual* Fundraiser!**

www.safehavenshelter.org/fallevent