



The Voice

A publication by Voices Against Violence



Issue 19

Newsletter

Fall 2013

Spirit of Giving

We are often reminded of the needs of others, particularly around the Holiday season. Throughout the year we hear news story after news story of traumatic events that take place around the globe that brings heart-break and suffering to those involved; but tragedy has also brought communities together to support those in need. It's important to survivors of trauma to feel the support of their community when they, along with their family, are going through something that is life-changing. We all need to feel connected to others, to not feel isolated, and to be accepted by the people around us.

Sometimes it seems like we wait for something to happen before we take action. We get stuck in responding to a crisis instead of trying to prevent one. We wait for a signal, we wait for a sign or we wait for someone to ask before we offer our help. If this is so, then we may be missing opportunities to help, and there are so many ways that we could help. Not every effort of volunteering or support needs to be material goods or monetary assistance. Whereas these gifts could make an incredible impact on a person's life and mean the difference between living and surviving, there are many other ways to give as well. We could offer our time by talking with someone, asking how they are doing or giving them a ride to their doctor's appointment. We could offer our skills whether our expertise is with computers, baking or gardening. Others may need help with something that you happen to do well.

Asking for help is a skill that we need to practice in order to do it assertively. We know that many survivors of abuse can struggle with how to ask for help because they feel that asking for help equates to using someone because that is what happened to them in their abusive relationships. Their abusive partner, and sometimes others, have used and manipulated them in order to get their own needs met without regard for the victim. Survivors also sometimes struggle with self-esteem and feelings of self-worth, which could make them feel like they don't deserve help. Additionally, they may be concerned about sharing what their needs are because it may lead to disclosure of abuse, which may put them at greater risk for violence.

When we take the shame, embarrassment and isolation out of asking for help, we can start to work together to support individuals in our community. Additionally, when we remove all the blame from victims and survivors, they'll be better able to speak up, ask for help and receive support. When we start offering *what we can give*, we can break the cycle of violence.

Each year Voices Against Violence works hard to support the families we work with by providing some Holiday assistance. With the support of some community agencies, we're able to meet the basic needs of our families. This year, several dozen children will be receiving support from these agencies and Voices to make their Holiday a little brighter. If you or someone you know would like more information about volunteering or how to support our survivors, please call us at 536-5999. Thank you.

- Susan, Direct Service Coordinator at Voices Against Violence

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Dating Violence: It's not your fault

Domestic Violence can happen to anyone, whether you're married or not. The first thing you should know if you are a victim of domestic violence is to never blame yourself. NO, I mean it. I know it's obviously easier said than done. As a person that went through this, I can tell you it's not easy, and feeling that you're alone is horrible, but it is only a feeling and there are people you can contact.

It's important to know the warning signs of domestic violence and where to go for help if you recognize something's happening in your relationship. Let me start by saying what happened in my own experience. Early in the relationship, my partner started constantly asking who I was talking to. He would ask "Who are you chatting with?" and pretty soon more questions came regarding what people I hung out with and why I wasn't just hanging out with him.

He would yell at me and slam things to scare me. Then it progressed to him threatening self harm and suicide if I left him and making me take photos of myself.

I now know that control is part of the abuse and can show early in the relationship by your partner controlling what you do, where you go and who you see and talk to. I also found out that saying that they'd hurt or kill themselves is a common threat abusers make and making me take photos of myself is part of sexual coercion. After he did these things, he would apologize and try to give me gifts to make up for it. I found out that this was just a part of the cycle of violence, which abusers use to keep control over their victim and lure them back into the relationship, but their apologies are in no way genuine.

If you are experiencing this, you're not alone and it is in no way

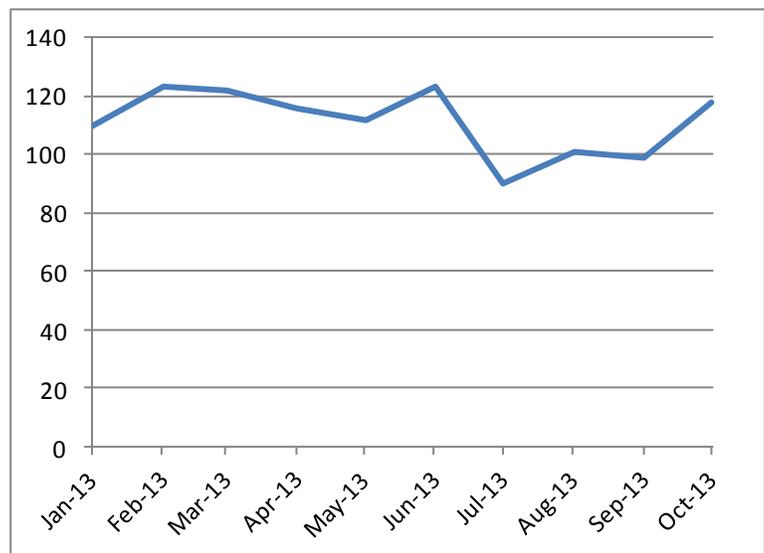
okay. You could talk to someone about what's going on. I talked with my counselor at school, but they didn't seem to understand abuse and didn't help me feel safe. So, I also talked with campus security and the chief of police who helped address some of my safety concerns, but not all of them. What also helped me was having my close friend as support. He was there for me when others were not. Voices Against Violence was the last confirmation that I needed that what I went through was abuse, and they were really there to help. I met some of the most kind empathetic people. The information given in training not only helped confirm it, but they take the time to get to know you. Voices really cares.

-Written by Alora Bowers, PSU Student

Client Numbers Are Steady

Despite the reduction in the number of direct service staff this summer due to funding cuts, Voices Against Violence continues to provide services to over a hundred clients per month on average. This seems to be the trend state-wide: funding for Crisis Centers has reduced, therefore, the number of staff have been reduced, but the need for services has not.

Providing comprehensive, high-quality services to our community and survivors remains our top priority. Voices, along with other programs, have had to do more with less. Please support your local programs in any way you can.





Thank You to Our Donors

Cheryl Kenney & Mary Brozena	Carol Magee
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Main Street Station	Kathy Boyle
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Shane Sirles	Haley Sciola
Carole Schumacher	Psi Beta Gamma
Beth Chalmers	Margaret Thompson
Janice Welch	Karen Boyd
Ann McClellan	Kathleen Mackay & Cameron Sanders
Brenda Mento	Holly Furlone
Taylor Mele	Uncle Steve Band

Wish List

- Small & medium size suitcases
- Full & queen size sheet sets
- Warm hats and gloves or mittens adult & children various sizes
- Socks for women & children in various sizes
- Trash bags and lawn bags
- Tissues
- Alarm clocks
- Kitchen sponges & dish cloths
- Hygiene products: razors, lotions, shampoo & conditioners (size 16 oz. and up)
- White or cream colored panel curtains (63-64")
- Step stools for children
- 2 new infant car-seats, all baby products: diapers— any size, wet wipes, baby shampoos, baby lotions, etc.
- Gift certificates to Hannaford's & Wal-Mart; local area services or stores. These make a positive difference in the lives of our clients.
- Passes for local events, outings, and activities
- Gas cards
- Gift certificate to Staples

To donate any of these items, please call 536-5999

To make a monetary gift to Voices Against Violence, please visit:

www.voicesagainstviolence.net

Voices Against Violence

PO Box 53
Plymouth, NH 03264

Office Phone:

1(603) 536-5999

1(603) 536-3423

24 Hour Hotline:

1 (603) 536-1659

1 (877) 221-6176 (toll free)

www.voicesagainstviolence.net

www.facebook.com/voicesagainstviolence



Reaching Out
Speaking Out

Since 1981 Voices Against Violence has been reaching out to and supporting victims and survivors of domestic violence, sexual violence, and stalking. Our advocates provide understanding, information, and support to victims, survivors, and non-offending family and friends. Our services include a 24-hour Crisis Line, Court Advocacy, Police and Hospital Accompaniment, Systems Advocacy, Emergency Shelter, Support Groups, and Education and Outreach. Domestic and sexual violence can take many forms including physical abuse, mental abuse, sexual assault, verbal threatening, and name calling. It can affect anyone at any time: friends, coworkers, relatives, children, teens, men, and women. By acknowledging the existence of domestic and sexual violence and stalking in our communities, we can raise awareness of the problem and enable both victims and witnesses to take action and break the cycle of violence.

Free and Confidential

24 hours a day, 7 days a week

Return Service Requested

Voices Against Violence
PO Box 53
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