



## Celebrating 40 Years of Safety, Hope, and Healing.

Dear Friends and Advocates,

**For 40 years now**, Voices Against Violence has worked tirelessly to help provide safe futures for those in our community who are impacted by domestic and sexual violence, stalking, bullying, and human trafficking.

Over these 40 years, Voices has had over **100,000 contacts with more than 15,000 survivors**. Four decades later, we remain dedicated to our mission, working to end the cycle of violence in our community. Voices provides survivors and their families not only safe shelter, but assistance in accessing critical services such as housing, daycare, and job placement, as well as court advocacy, hospital accompaniment, and education.

As always, all of our programs and services are provided **free of charge and completely confidential**.

Voices Against Violence is proud to offer coverage to 21 communities in the Southern and Eastern Grafton County Region, **24 hours a day, 365 days a year**. While Voices is grateful for our state and federal funding that helps us provide support to those in need, we also count on generous supporters like you, **so that our community can count on us**.

As we know, a dollar doesn't go as far as it used to; costs are on the rise for everyday items, and Voices Against Violence is no exception. The cost to assist survivors and victims with utility bills, medical and mental health visits, and hotel stays continues to increase, but so does the demand. **That's why we need your help.**

### BE A VOICE TO END THE CYCLE OF VIOLENCE IN YOUR COMMUNITY

Donating today in honor of our 40th anniversary will allow Voices to continue to provide these crucial services to our clients. **Your support helps survivors find safety, hope, and healing.**

You can make an immediate difference by making an in-kind or financial contribution today.

With the deepest gratitude,

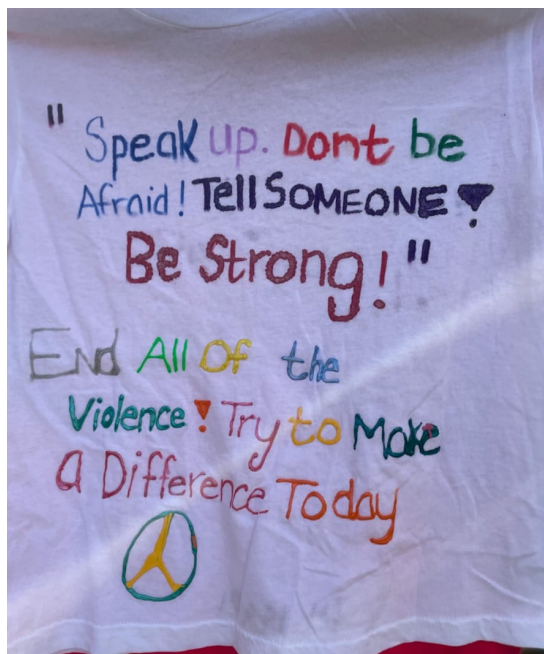
**Meg Kennedy Dugan**  
Executive Director

**Richard Gowen**  
Board President

### Are you an online donor?

If yes, we encourage you to use Voices Against Violence's website at [voicesagainstvviolence.net](http://voicesagainstvviolence.net), or donate with the enclosed envelope.





## MAKING A PLEDGE TO END DOMESTIC VIOLENCE IN OUR COMMUNITY, WITH OUR COMMUNITY.

Voices Against Violence held our annual Candlelight Vigil and Clothesline Project on Wednesday, October 19, 2022. While the pandemic forced the vigil to be held virtually the past two years, Voices was excited to be back in the Plymouth Town Common this year to spread awareness about domestic violence, and honor those who have lost their lives to it.

Domestic Violence will impact us all, either directly or through friends, acquaintances, family, or loved ones. If we don't experience it directly ourselves, we will witness the effects on classmates, students, coworkers, and neighbors. Domestic violence is the most prevalent social and legal issue in the country, and only by working together, can we make work to break the cycle.

We want to thank all who attended the vigil, either virtually or live in person, and made a pledge to work to end the cycle of violence in our community.



Voices Community Partner Program is back, providing local businesses the option to partner with Voices through a mutually beneficial partnership. By becoming a Community Partner, **you are sending a strong message to the community: you are committed to breaking the cycle of violence.**

*"For years I have given to Voices Against Violence as an individual. This year I became a Community Partner as I realized that I could reach more people and a bigger variety than my circle of friends **by using my business to advertise their events and expand their donor base** with my business contacts. I believe in the Voices Against Violence mission and hope that by becoming a Community Partner I might in some small way help them to break the cycle of violence."*

**- Sally Bevan**

*Goyles Cave Owner, Community Partner and Former Board Member*

## Community Partners Program

### Our Community Partners

Route 3 Storage  
Annie's Overflow  
M&M Scoops  
The Goyles Cave  
Dressers Unlimited

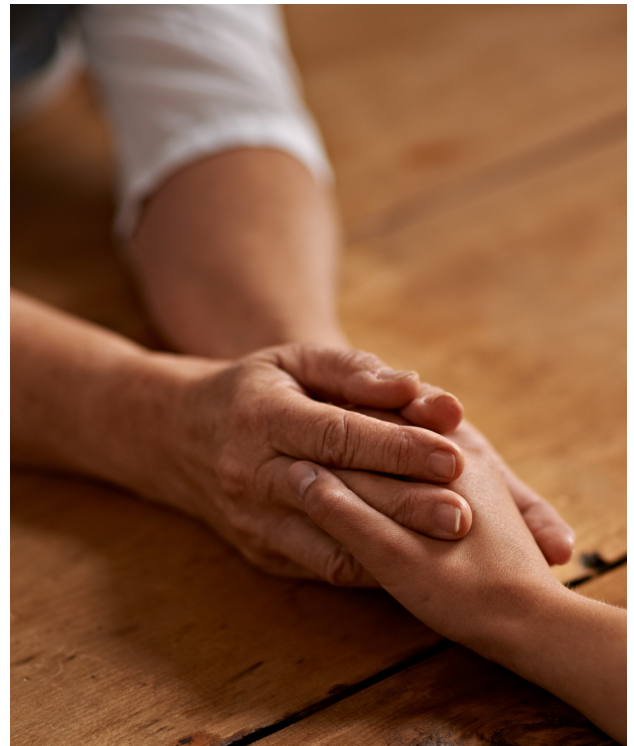
**Do you want to become a community partner? Call our office at 603-536-5999.**



## WHAT SHOULD I DO IF I THINK SOMEONE IS EXPERIENCING DOMESTIC VIOLENCE?

- **Listen and believe them.**
- Help them get medical attention if they need it.
- Let them know they are not alone and that they do not deserve to be abused.
- Support them in making their own decisions. Remind them only they know what is best for themselves, but that they are not alone.
- Call an advocate to guide you in supporting the individual.
- Let them know they have options and encourage them to call Voices Against Violence or a domestic violence program near them.

Voices is here to help, offering safe shelter, safety planning services and emotional support 24 hours a day, 7 days a week. We help anyone in need, and their families; all services are free and confidential.



**24-HOUR CRISIS LINE:**  
**1-877-221-6176**



### A SURVIVORS STORY: HOW VOICES HELPED ONE FAMILY FIND HOPE, HEALING, AND SAFETY.

"For many years I lived with an abusive husband. Living a nightmare that I couldn't wake up from...I felt alone.

I was homeless with my three daughters. I had no self-worth and I was broken down with no hope. I was far from my family when I made the call to Voices Against Violence. Right from that first phone call the warmth, caring and kindness was something I'd never encountered.

**Voices saved my life.**

A year later, I'm now moving into a brand new town house. I've had many struggles thrown my way over the past year and I have learned to overcome them because of Voices. They have taught me how to be a strong, independent and assertive woman. They have changed my life, as well as saved it. I can't express in words the gratitude for all the members at Voices that let me live again."

*- Anonymous Survivor*



**Voices Against Violence**  
Reaching Out, Speaking Out  
PO Box 53  
Plymouth NH 03264

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PERMIT NO. 12

It is our mission to break the cycle of violence by providing comprehensive services for all victims and survivors and by creating social change through education and action.

# UPCOMING EVENTS

**March 18, 2023**

## **The Roaring 20s Ball**

**@ The Common Man Inn  
Plymouth, NH 03264**

Buy your tickets online at

**[voicesagainstvviolence.net](http://voicesagainstvviolence.net)**

View our upcoming events by visiting us at  
**[www.voicesagainstvviolence.net](http://www.voicesagainstvviolence.net)**

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