

SHARED BLESSINGS

SUMMER 2015 NEWS *from* SHELTERING WINGS

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.— 2 CORINTHIANS 9:11

Directors Discussion *Cassie Martin, Executive Director*



If you ask most people about Sheltering Wings, they'll tell you that we are a safe haven for women who are being abused. Providing emergency shelter and crisis interventions is an important part of our mission, but it's not all we do.

The other key elements of our mission are helping domestic violence survivors build stable, independent lives—and offering all of our services in a Christ-centered environment. After all, providing shelter for families is a temporary solution. To achieve meaningful change, we

have to work with each family to break the cycle of violence. We do that through our Life Skills program, a variety of services that focus on helping women and their children attain independence and stability.

How important is that component of our mission? We know that the average domestic violence victim returns to her abuser seven times before leaving for good. Yes, it's heartbreaking, but each woman who gains that sense of self-sufficiency is a woman who won't give in to the empty promises of an abuser or the false hope that he'll change. We want everyone who calls our crisis line or enters our doors to transition from being a victim to becoming a survivor.

And, at Sheltering Wings, a critical part of that is introducing the women and children we serve to the ultimate source of hope and joy: God's love and the future He has created for them. As a supporter of our work, you make it possible for us to share that hope and joy every day, and you help us give strength to those who need it most.

**We've been
at capacity**

As this newsletter was being printed, Sheltering Wings was housing **34 women and 40 children**. Since January 1, we've taken **255 crisis calls**.

LETTER FROM A SURVIVOR

Our work must continue I am forever grateful for all that you have done for me and my son! You not only lit a fire under my tail but you have also protected me from several little "dings" I may have received during my stay.

I know we had our tough moments but I strongly feel like it was some good ole' fashioned "tough love!" I hope that any other residents you have realize and appreciate you and the job you do as much as I do! I really want to continue coming to Embracing Empowerment because I find it truly is helpful.
— "Lydia"

Our important Life Skills program

The women who seek refuge at Sheltering Wings come to us from vastly different lives, but more than 90 percent of them have something in common: they lack the basic life and job skills they need to become economically and emotionally independent.

If they are going to be able to move on to safe, independent lives after Sheltering Wings, it's critical that we help them develop the skills they'll need, or they may find themselves in another abusive situation. That's the basic idea behind our Life Skills program.

Through a case management approach, we provide coordinated, comprehensive educational, vocational, psychological, and other resources that are tailored to each resident's needs. Our current roster of Life Skills classes includes:

Embracing Empowerment, a support group for domestic violence victims.

Single and Parenting, to share tips and parenting wisdom for raising kids alone.

Nutrition Class, for planning healthy meals, budgeting, and understanding food labels.

Chapel Services, to address spiritual health and well-being.

Recovering Together, for those who are overcoming addictions.

Indy Reads, for those who need help with literacy (and English-language learners).

High School Equivalency, providing support to complete high school education.



Attend our public programs

Many of the programs at Sheltering Wings are open to the public. If you (or someone you know) could benefit from attending, please call **317.745.1496** for information or to save your place.

EMBRACING EMPOWERMENT. This support group, which meets **every Thursday from 6:30 to 8:00 p.m.**, helps victims and survivors better understand the dynamics of domestic violence, the difference between healthy and unhealthy relationships, personal safety, and resources that are available.

HIGH SCHOOL EQUIVALENCY CLASS. This class, which meets **every Tuesday and Wednesday from 5:30 to 8:30 p.m.**, prepares people for the exam (formerly known as GED) that allows them to complete their high school education. Students will work at their own pace, receiving guided instruction from a licensed educator, and being advised by the instructor as to when they're ready to take the exam.



URGENT NEED: help with kids!

For our Life Skills programs to succeed, the women must be able to concentrate. That's why we have a variety of children's activities to keep youngsters occupied in productive ways while Mom learns. We currently have an urgent need for skilled volunteers to lead children's activities such as crafts, games, and movie nights. If you have experience working with young children and can offer the time to help us encourage, shape, and guide them, please call our Volunteer Coordinator at **317.745.1496**.



We appreciate those who have helped us in special ways, including:

- **Lynelle Cullen**, who fosters many pets for us.
- **Michelle's Boutique** and **Kelly Nash (with Mark Kay)**, for hosting a Fashion Show focused on domestic abuse and benefiting Sheltering Wings.
- **Kingsway Christian School**, for making us part of their Days of Caring service project.
- **Covenant Christian High School**, whose Gone Servin' community project prepared our courtyard for spring.
- **Niagra Water**, who cleaned all of our windows
- **Vectren**, who supplied and installed new mulch.
- **Avon High School Interact Club (Avon Rotary)**, for their Prom Dress Sale benefitting our ladies.
- **Tri-West Service Club**, for making welcome bags for our ladies
- **Herman and Kittle Properties**, for "The Great Kitchen Cleaning Experience."
- **Cascade High School Honor Society**, who helped with spring cleaning.
- **Blue River Pharmacy**, for highlighting Sheltering Wings as part of their Community Day.
- **Jackie Guthrie**, for stepping up to help with children's programming.
- **Avon Police Department**, who raised funds for the Shelter while training to complete the mini-marathon.
- **Miss Eva Monroe**, who has provided Bible activities for our kiddos for years. She is the absolute best!



GOLF FOR SHELTERING WINGS

"Fairway to Haven" Golf Outing to benefit Sheltering Wings

September 3, 2015

West Chase Golf Club
4 Hollaway Blvd., Brownsburg

Registration 10:30 am to 11:45 a.m.
Shotgun start at Noon

Dinner and Silent Auction to follow

Golf and Dinner \$100.00 per person
Dinner only \$50.00 per person

Sponsorships and Auction
Donations welcomed.

Visit shelteringwings.org/events
for information on this and other
events at Sheltering Wings

Save the date

DOMESTIC VIOLENCE AWARENESS MONTH

We're planning for our annual observance of Domestic Violence Awareness Month. Mark your calendar for these events:

THURSDAY, OCTOBER 1
Annual Vigil

TUESDAY, OCTOBER 6
Safe Dating/Teen Dating Violence Event

TUESDAY, OCTOBER 13
Domestic Violence Training 101

TUESDAY, OCTOBER 20
Domestic Violence and the Workplace

TUESDAY, OCTOBER 27
Pastor Training and Breakfast

THURSDAY, OCTOBER 29
Dine Out Against
Domestic Violence

Support our work

Yes, I want to ensure that all victims have the resources they need. Please accept my tax-deductible donation of:

- \$25 \$50 \$100
 \$250 \$ Other _____
 Monthly One Time

To make an easy donation online, visit www.ShelteringWings.org and click **DONATE NOW!**

- I've enclosed my check # _____
 Please charge my credit card
\$ _____

- Visa MC Discover Amex

CARD NUMBER

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Exp. Date (MM/YY): □□/□□

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SIGN YOUR NAME: _____

Name _____

Address _____

Phone _____

Email _____



TRIM OUT AND RETURN TO SHELTERING WINGS

GIVING

Help us out

I'd like to volunteer.
I am interested in:

- Helping with administrative work in the office
- Providing child care at the Shelter
- Inviting a Shelter rep to my church or group to share an update
- Becoming a monthly prayer partner
- Organizing events
- Helping with the Shelter's domestic violence awareness campaign in October
- Serving on the Youth Council
- Sponsoring a room
- Learning more about planned giving (wills, bequests, donor advised funds)

Name _____

Address _____

Phone _____

Email _____

Look for us on



Facebook, Twitter,
Instagram and Pinterest!

Volunteer



SHELTERING WINGS

HAVEN • HOME • HOPE

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West Hospital **Thank you to IU West for sponsoring our newsletter.**

Please stay in touch

We make it easy to stay informed about domestic violence and what Sheltering Wings is doing:

- Like us on Facebook ([ShelteringWings](#))
- Follow us on Twitter, Pinterest, and Instagram ([@ShelteringWings](#))
- Sign up for our monthly Insider Email, prayer list, and wish list at www.ShelteringWings.org/stay-connected

What's on our Wish List?

Sheltering Wings is able to accomplish so much with a budget that's far below that of comparable domestic violence shelters thanks in large part to your generosity. When you make a donation from our Wish List, we don't have to spend money to purchase those items, which adds up to tens of thousands of dollars every year! You'll find our current wish list at shelteringwings.org. Can you help us with these ongoing needs?

- Postage stamps
- Large paper clips
- 39 gallon trash bags
- Gift cards (gas stations and Lowe's)
- Neosporin, Advil and Tylenol, Cold Medicine (adult and baby/children)
- Disinfectant spray and dryer sheets
- Copy paper
- Black Sharpies
- Ziploc bags (gallon)

