



SHARED BLESSINGS

SUMMER 2018 NEWS *from* SHELTERING WINGS

The purpose in a man's heart is like deep water, but a man of understanding will draw it out.— PROVERBS 20:5

Director's Discussion *Cassie Martin, Executive Director*



Sometimes, I get an idea I ruminate over endlessly. If it's looking forward to a fun adventure with my nephews, I don't mind letting the thought consume me. But when I'm thinking about a particularly challenging, hurtful, or frustrating experience, I'd rather not stew on it.

That's when our thoughts can take control of us if we let them. We may focus on what is going wrong instead of finding solutions to make things go right. If we can share those thoughts with someone we trust, it helps us find clarity and develop a plan. Often, finding the right plan requires some time and a journey.

Last year, one of our supporters stepped up and helped us establish the funding to hire a staff therapist who could be a trusted person for the families we serve. Most of them desperately need someone who can listen to their stories, help them unpack their experiences, understand their own expectations, describe their dreams, and move forward to hope and healing.

This new position adds a critical component to the services we provide, and it's another example of how the support, advocacy, and partnership you and others provide helps us transform lives every day. And best of all, it gives me something positive to ruminate over endlessly: my deep appreciation for all you do!

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**Dozens of
people under
our roof**

As we print this, Sheltering Wings is home to 29 women and 26 children. Since January 1, we've handled 291 crisis calls.

CALL OUR 24/7 HELP LINE AT 317-745-1496

P.O. BOX 92 | DANVILLE, IN 46122 | HELP LINE: (317) 745-1496 | ADMIN LINE: (317) 718-5460 | FAX LINE: (317) 745-1497 | shelteringwings.org

“You are worth the fight.”

Adding an on-staff therapist has enhanced our ability to serve the families of Sheltering Wings, and our residents are already seeing benefits. “One day I was feeling almost suicidal,” Tammie (we’ve changed their names) recalls. “I had a lot going on in my life and it was shortly after I’d come here. Miss Elizabeth showed up and knocked on my door with three Hershey Kisses, sat in the living room with me, and helped me see there’s light at the end of the tunnel.”



Tammie appreciates having a caring professional close by. “She’s so aware of the people and things we have to go through here at the shelter. We know we can leave a voicemail or slide a note under the door and she will get with us as soon as she can.” Without that resource, “it would be a big hassle because a lot of us don’t have vehicles and we wouldn’t be able to get to counseling.”

The ladies welcome the one-on-one counseling, but Laurie, another one of our residents, says they particularly enjoy the group sessions. “They’re all really good. I wish we could have one every day.” Tammie adds that the hands-down favorite is the HOPE Circle. “Every single person in this place looks forward to it. She has also showed us different apps on our phones we can use to calm us down and soothe our souls.”

Most of all, Laurie adds, “It’s helped me to know self-care is important and you are worth the fight.”

Meet *Elizabeth Craig*



Our Adult Therapist joined Sheltering Wings three and half years ago as our second-shift advocate. She subsequently moved into the role of case manager, then stepped into her current position last fall.

HOW IS HAVING AN ON-STAFF THERAPIST BENEFICIAL?

It’s helpful because of the significant barriers that make it extremely challenging for families to receive mental health services from an outside provider. Some barriers include a lack of transportation, childcare, finances, and health insurance. It’s also helpful for clients who have safety concerns, because they can receive services without having to leave the security of the shelter.

WHAT DO YOU DO BESIDES INDIVIDUAL COUNSELING?

I facilitate several therapeutic groups. My favorite is HOPE Circle, a group centering on recovery from depression and anxiety using components such as yoga, cognitive behavioral therapy exercises, and art therapy. I also work with other local

mental health professionals to help clients access services that aren’t available at our facility, such as medication management, psychological testing, and inpatient treatment.

WHAT IS YOUR FAVORITE PART OF BEING A THERAPIST HERE?

Witnessing the miracles occurring within the hearts and lives of the residents we serve. It’s a profound privilege and honor that my clients, who have been hurt so intensely, allow me into some of the deepest regions of their pain.

WHAT ARE THE BIGGEST HURDLES FOR RESIDENTS?

Rebuilding a sense of self-worth and resisting the urge to go back to the abuser.

DO YOU HAVE ANY GOALS FOR FUTURE SERVICES?

I would like to expand our services in the area of addictions treatment. Our Residential Services Director, Linda Wells, and I are currently networking with local treatment facilities and organizations to see how we can better serve those struggling with addiction.



Let's celebrate Christmas in July

Christmas is truly the most wonderful time of the year at Sheltering Wings, thanks to the amazing outpouring of support our residents receive from the community. In fact, the extra support we receive during the holiday season sustains our families for nearly half of the year.

So why not celebrate Christmas twice, and provide for the rest of the year? That's the idea behind our new Christmas in July campaign! We've posted a special Christmas in July wish list at shelteringwings.org. Please look at it and see how you can support our residents during our snow-free Christmas celebration. Looking for other ways to help out? **Please contact our Volunteer Coordinator, Alva Rice, at arice@shelteringwings.org or 317-386-5056.**



One of the biggest needs for victims of abuse is reliable transportation, and many of the women we serve have never been allowed to own a car or even have a driver's license.

When someone donates a car to Sheltering Wings, a woman who escaped an abusive relationship gains the freedom and opportunity to live a safe, independent life. So far this year, we've been able to help two women do just that thanks to donations of well-running cars. Patricia, who received one of our cars, was able to land a job. Just as important, she now has a way to bring her son to daycare when she has to work. Without a vehicle, neither may have been possible.

A donated car and a woman who's ready for a new life may just be a match made in heaven!

EMBRACE EMPOWERMENT with our group



Are you in an abusive relationship? Are you a survivor of past abuse? Whether you have experiences to share or aren't quite sure whether you need help, you're welcome to attend our weekly Embracing Empowerment support group.

Every Thursday evening from 6:30 p.m. to 8:00 p.m., you're invited to join us at Sheltering Wings to learn more about the dynamics of domestic violence, the differences between healthy and unhealthy relationships, providing for your safety, and resources that are available. There's no cost to participate, we encourage you to call 317-745-1496 and let us know you are coming. The time for this event is 6:30-8:00pm

We hope to see you next Thursday evening. If you have questions or want additional information, please contact **Linda Wells at lwells@shelteringwings.org or 317-386-5040.**

WORKING WITH WorkOne works

There are many community organizations who help us serve survivors of domestic abuse, and one of the most helpful is WorkOne. Their team helps our residents regain the independence and financial health they need by providing skills training, resume building, mock interviews, and job placement.

The goal of our Life Skills program is to promote independence and stability to reduce the possibility of returning to an abusive situation. **WorkOne's assistance in making it happen has been invaluable, and we appreciate everything they do for Sheltering Wings!**

Our beautiful boutique

Ever have those moments when you want to feel a little special? For some women, treating themselves to a new purse or a pretty piece of jewelry will brighten their day. Maybe it's a reward for something they did or just a little pampering to make them feel better.

Did you know there's a boutique here at Sheltering Wings? Its shelves and racks are full of new items such as make-up, health and beauty items, purses, jewelry, bags, shoes, scarves, and other pretty items. Our residents earn "Beauty Bucks" for participating in various programs, meeting with their case manager, and working on their family development matrix.

The ladies save up those Beauty Bucks and create budgets for the items they wish to buy. Not only does this help them sharpen their financial skills, it creates an important sense of success, value and empowerment. The better they feel about themselves, the better they feel about their situation and the future ahead of them.

Thank you to all of the donors who have helped fill our boutique. The items you're placing on our shelves are truly helping to change lives.



Stay connected

It's 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

Look for
us on



Facebook, Twitter,
Instagram and Pinterest!

DV Awareness is coming



October is still a few months away, but we're already making plans for our annual observance of Domestic Violence Awareness Month. Be sure to save these dates!

ANNUAL SHINE THE LIGHT VIGIL

Monday, October 1

MEN IN ACTION ANNUAL BREAKFAST

Tuesday, October 9

PURPLE IN THE PEWS

Sunday, October 14

DINE OUT AGAINST DOMESTIC VIOLENCE

Thursday, October 25

Life skills prevent future abuse



Providing a safe place to stay is only the first part of what we do. It's even more important to help the women we serve develop the confidence, skills, and access to resources they need to take control of

their lives and ensure that they will never again fall victim to abuse. That's why we focus on helping them build stable and independent lives.

Because every woman arrives with unique challenges and obstacles, we assess their status in 11 different life domains, and then create individual paths to stability and independence. Our Life Skills Advocates and Case Managers work with each woman as a team, mapping out and navigating a step-by-step plan.

We help women update their resumes, search for jobs, create a budget, pursue their high school equivalency diplomas, prepare for court, and secure transportation to and from important appointments. We tap into community resources that provide added support and guide them through the legal process. Our advocates model daily living skills like parenting and stress management, providing emotional support for women as they work through their goals.

That support and those services help women regain their independence, hope, and self-esteem, all supported by resources that help them thrive and ensure their continued safety for the rest of their lives.

CALENDAR

Add these to your calendar

June

Volunteer Trainings

Saturday, June 23 9:00 a.m.

Tuesday, July 17 9:00 a.m.

Saturday, August 18 9:00 a.m.

Annual Fairway to Haven Golf Outing

Thursday, June 28

West Chase Golf Course,
Brownsburg

July

Christmas in July

All month long

Sept

Church Leadership Breakfast

Wednesday, September 5

Special
thanks

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

- **Debbie Drake** for using her nursing skills to help make the drug screens at our volunteer trainings so much easier.
- **Olivia our Children's Team intern** has accumulated over 300 volunteer hours!
- **All those** who donated Easter baskets full of goodies for our children and ladies.
- **ICADV** for their continued advocacy and support services for our residents.
- **All of our faithful recurring givers**, who help sustain our programs and services.
- **Our mentors**, who make such a life-changing commitment to our kids.



What's on our Wish List?

When you provide items from our Wish List, we don't have to spend money to purchase them. That turns generosity into savings of thousands of dollars every year! Our current wish list is at shelteringwings.org. Can you help with these ongoing needs?

- **Paper plates, cutlery and cups**
- **Individual wrapped snack items (chips, crackers, granola bars, fruit cups, yogurt, smoothies, breakfast bars)**
- **New twin size comforters, sheet sets, towels and pillows**
- **Paper towel/toilet paper**
- **HE laundry detergent**
- **Hair and skin care products for African American women (leave in conditioner, hair glosser, hair butter, curling jelly, oil moisturizers, coconut oil, Vaseline and very small rubber bands)**
- **Reams of copy paper**
- **55 (or larger) trash bags**
- **Windex, spray cleaners, toilet bowl cleaner, Fabuloso**