

Shared Blessings

Thank you for caring about young survivors like Haydan

Chest pains sent Haydan to the emergency room. The 21-year-old thought she was having a heart attack.

Instead, she was having a severe anxiety attack brought on by relentless abuse from her boyfriend. For more than a year, she had been harassed and suffered emotional manipulation and abuse. Hospital staff members were so concerned about Haydan's safety that they referred her to Sheltering Wings.

Thanks to you, safety was waiting. Haydan moved into Sheltering Wings two days later.

"I thought I was dying," Haydan remembers of the event. "I felt really helpless. I needed to move out but couldn't afford it. I was super overwhelmed all the time. He just never gave me a break."

You helped her feel safe and supported for the first time.

Haydan's family home was not safe. She and her siblings lived with abuse and addiction. Two days before her 18th birthday, Haydan escaped to Indiana to be with a boyfriend she met online.

Haydan hoped the move would provide the safety and stability she craved. It did not. What started as joking jabs and criticism from her boyfriend evolved into a terribly abusive dating relationship.

"I wasn't really aware that half of what I was experiencing was abuse. It feels like someone was always abusing me," Haydan says. "In hindsight now, it seems obvious. But I made excuses. It's what I knew. I still struggle with

feeling like maybe he wasn't that bad. Maybe I was just overreacting to the situation. I know realistically, that's not true."

When doubt creeps in, Haydan reminds herself of what she now understands was an escalating cycle of abuse.

"When I lived with him, things would get bad, then they would get worse, then they would get even worse," she remembers. "It just felt like there was no way out. Nobody helped me. Nobody cared what happened to me. There came a point when I didn't really care what happened to me."

But, you care.

At Sheltering Wings, Haydan feels the support she missed growing up.

"Now I have people who care and people who are actively trying to make things
(Continued below)

"It just felt like there was no way out. Nobody helped me. Nobody cared what happened to me."

— Haydan



Names in survivor stories may be changed for their protection.

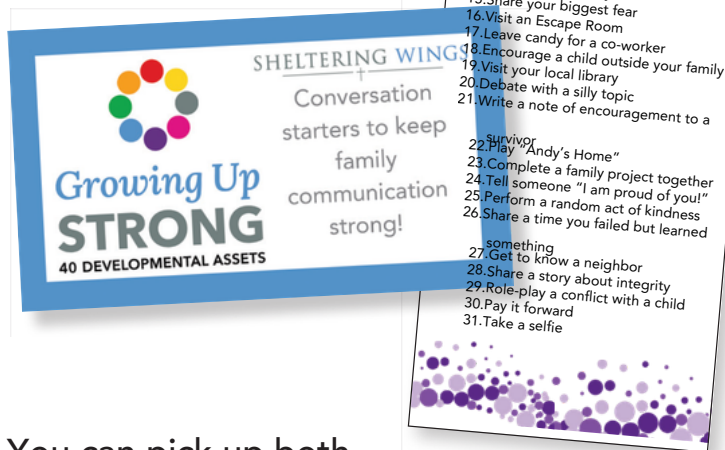
24/7 HELPLINE (317) 745-1496

Family-friendly (and fun!) activities to prevent abuse

While preventing abuse may seem like a daunting concept, building a strong foundation starts with small steps. And they're fun, too!

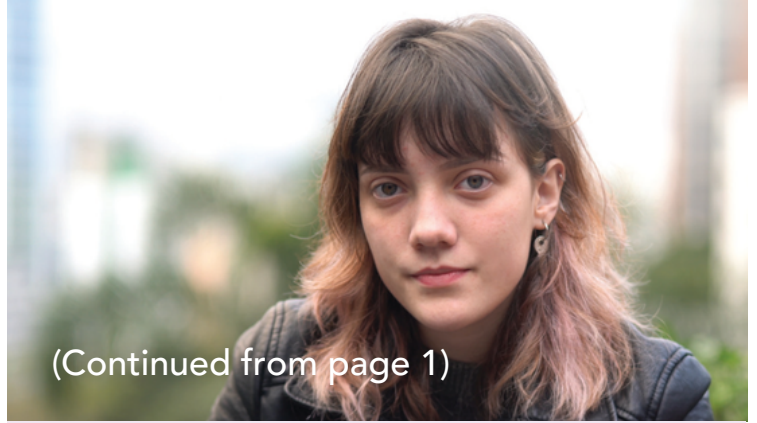
The Sheltering Wings **31 Days, 31 Ways to prevent abuse** bookmark is filled with 31 simple family-friendly activities designed to build healthy communication, healthy relationships, and positive values.

Get the conversation started with our Sheltering Wings **Conversation Cards**. These simple, yet thought-provoking questions are designed to build family connection and foundational values.



You can pick up both free resources at a Sheltering Wings booth throughout October.

Or, visit ShelteringWings.org/DVAP (or scan the QR code) for a digital copy.



(Continued from page 1)

better for me," she says. "It's crazy how many opportunities have opened up just by having people be nice to you. I'm not doing it alone. You can't drag yourself out of that kind of hole without having other people to help you."

Haydan is now just 21 years old. Being a young adult on her own isn't easy. She still needs you.

Earning her driver's license – without an adult to help with the driving requirement – is arduous. Getting to work without reliable transportation is expensive. She spends half of her weekly paycheck on Uber.

But still, Haydan is hopeful. This fall, Haydan started college classes for a position in healthcare. Eventually, she would like to attend medical school. She passed her written driver's test and is working on a plan to earn her license.

Thanks to you, Haydan is building the strong foundation she didn't experience as a child.

"I am determined to make sure that before I ever think about being with anyone again, I am completely able to take care of myself," she said. "There will be nothing that I have to depend on someone else for. It's bettering myself as a person and figuring out ways to protect myself in the future."

Thank you for helping survivors like Haydan build a stronger future.

Look what you made possible...

700+ DELIVERIES

during Christmas in July. Your generosity means survivors have the essentials they need—toilet paper, toiletries, school supplies and snacks—to get through the fall months. Thank you for seeing and supporting our families!



12 RING DOORBELLS AND

CAMERAS given to help survivors feel safe in their homes. Any survivor concerned about their safety can request a free Ring doorbell, Ring camera—or both. Devices are available to clients moving from emergency shelter to safe housing and to Community Advocacy Services clients who remain in their own home.

15 INDIANA COUNTIES

were represented by Sheltering Wings clients in 2024. Thanks to you, Sheltering Wings offers safety to families from the entire state! Most residents were from Marion (42%) and Hendricks (38%) counties. Rounding out the top 5 (all under 5%) were Morgan, Hamilton and Boone counties.

4,763 VOLUNTEER HOURS

served by YOU in 2024—and we're on track to top that in 2025! Volunteers like you are the backbone of Sheltering Wings. You make our work possible.



Your Story is the best part of my job.

Let me explain: my role is to learn about what's meaningful for you and to help you give in a way that honors your story and values.

Recently, I talked with a donor who knew she'd be able to give a gift of about \$30,000 through her will. We got to know each other, and she asked if we could help people with small legal needs. She'd seen that traffic fines, court fees, and document costs add up and create a barrier to success.

My answer: We have a fund for that! Now, her gift will clear the path via our El Roi **"The God Who Sees Me"** fund. Her dollars will do exactly what she wants them to.



Let's talk about what you'd like to do. (We might have a fund for that!)

Paige Vanzo, Donor and Engagement Director
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You can prevent abuse

Please consider a gift to help Sheltering Wings continue educating adults and teens about how to identify, avoid and end domestic violence. To give, scan the QR code, visit ShelteringWings.org/DVAP, or return a gift in the enclosed envelope.



STRONG FOUNDATION – STRONGER FUTURES

October is Domestic Violence Awareness & Prevention Month

Think about the children in your life. They need YOU to give them the tools to prevent abuse.

October is Domestic Violence Awareness & Prevention (DVAP) Month. The path to preventing abuse starts with solid foundations for kids. Those strong starts lead to a stronger, healthier future for everyone.

Our 2025 theme, Strong Foundation – Stronger Futures, highlights the importance of personal development based on the Search Institute's 40 Developmental Assets™. Research shows these positive factors are important for healthy development.

Building a strong foundation gives children the confidence and resilience to make positive decisions. It also helps eliminate risky behaviors that can lead to abuse.

DVAP Month 2025 focuses on the four internal assets. These are personal skills, commitments, and values everyone needs to make good choices, take responsibility for their own lives, be independent and fulfilled.



Commitment to Learning

Young people need a sense of the lasting importance of learning and a belief in their own abilities.



Positive Values

Young people need to develop strong guiding values to help them make healthy life choices.



Social Competencies

Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.

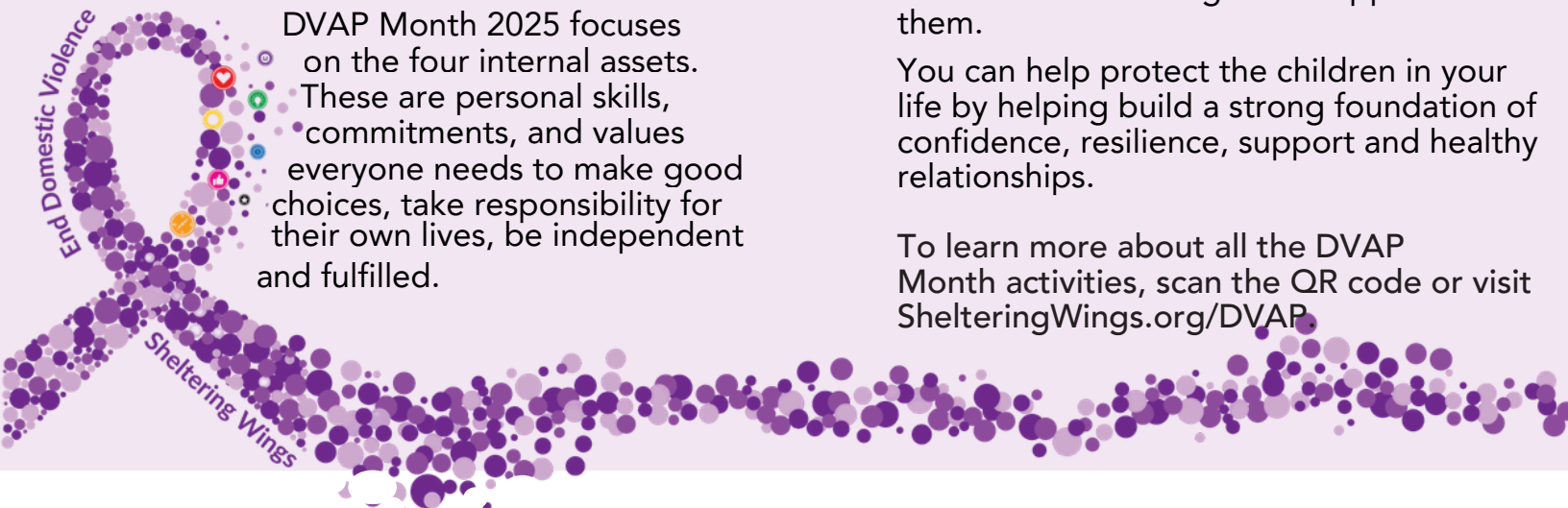


Positive Identity

Young people need to believe in their own self-worth and to feel they have control over the things that happen to them.

You can help protect the children in your life by helping build a strong foundation of confidence, resilience, support and healthy relationships.

To learn more about all the DVAP Month activities, scan the QR code or visit ShelteringWings.org/DVAP.



UPCOMING EVENTS

Join us in October and beyond for these abuse-preventing events.

OCTOBER: SURVIVOR ART FAIR

View a moving display of creativity and resilience created by Sheltering Wings clients. Hosted by Hendricks County Fairgrounds during the month of October. Art is on display in the main building hallway anytime the office is open and is available for purchase. 1900 E. Main St., Danville.

OCT 19: Purple in the Pews

DEC 02: Giving Tuesday: Your gift will be doubled on this day of global generosity

OCT 23: National Wear Purple Day

OCT 23: Dine Out Against Domestic Violence at any Hendricks County Cunningham Group Restaurant

DEC 31: Last day to give in 2025. Watch for a special year-end match.

