



Shared Blessings

"My dad is proud of me now. I'm proud of me too."

'Trying to Tough it Out'

A year ago, Caitlin, 32, was living with a dying mother, fighting binge drug addiction, and facing a toxic relationship with her father.

"I gained 60 pounds and couldn't escape depression. I needed a life change."

She left a Western state to come to Indiana. She knew almost no one here—except a man she'd been talking to via a dating website.

"I knew it was risky, but I felt like I had no option except to live with him," she said. "He turned out to be a bad guy. When his neighbor stepped in to rescue me, it seemed too good to be true."

And it was. After moving in with the neighbor, he soon became abusive, too. Caitlin saw the red flags almost immediately but "was trying to tough it out."

The emotional abuse began with building Caitlin up one day, and then tearing her down the next. It got physical, too. He locked her out of the house, repeatedly choked her, and held a gun against her cheek – threatening to kill her, her dad, and even her grandmother.

He finally forced her to leave. She found Sheltering Wings on a list provided by Indiana 2-1-1 and arrived here on New Year's Day.

"I was in awe on the tour," she said. "When you come from such a messed-up place into



the shelter, you're in disbelief about all that's offered here. Everyone will go above and beyond for you, and all you need to do is try." Now, with help made possible through your support, Caitlin is ready to move into an apartment and rely on herself.

"My dad is proud of me now. I'm proud of me, too," she said.

Names in survivor stories may be changed for their protection.

What's your plan?



I'm so impressed by people who have smart plans for giving to their favorite causes in their retirement years and beyond. Whether you are setting up a gift from a retirement account or naming us as a beneficiary when creating your Will, your planned gift to Sheltering Wings will save lives. Email or call me at pvanzo@shelteringwings.org, (317) 386-5049 to learn more.

Thank you,

Paige Vanzo, Donor and Engagement Director

pvanzo@shelteringwings.org

317.386.5049

Nothing in this communication is meant to provide financial or legal advice.

Your old car could be the Christmas gift of a lifetime!

One of the biggest needs for survivors of abuse is reliable transportation. Many of the people 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 survivor 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 one woman do just that thanks to donations of well-running cars.

A donated car for a survivor of abuse might just be the best Christmas (in July!) gift they could ever receive!

Contact Paige Vanzo at 317.386.5049 or pvanzo@shelteringwings.org to learn more.



SHELTERING WINGS



ShelteringWings.org

Volunteering

“Wow! What a night!” Hélio Castroneves, 4-time Indianapolis 500 winner, after co-hosting the 2022 Premier Event.

“Hello, boys and girls! I’m going to read to you today.” Hendricks County

Sheriff’s Deputy Dennis Sanchez during Men IN Action READ.



“Melissa, we have a lot of suggestions for the website pages for teens.”

a Teens That Talk member. “Let’s do it!” —Melissa Echerd, Prevention and Education Officer

You can give your time to any number of worthy causes. But, when you volunteer at Sheltering Wings, know that you’ll really be involved.

Your time matters. We want the time you spend at Sheltering Wings to mean as much to you as it does to us. So, we’ll be partners in making our community safer for everyone—and we’ll have fun doing it together!

Sheltering Wings serves a critical role in our community, and we need financial support, a steady supply of volunteers, and people committed to spreading information about domestic violence and the services we provide. People like YOU who provide this are incredibly special!

We could not do what we do without you. Stay in touch. Get involved. Help prevent abuse by sharing our social media (Instagram, Facebook, LinkedIn, YouTube) and website, shelteringwings.org.



You Did It Again: Another Great Premier Event

What a mosaic we built at the 2024 Premier Event! Thank you for attending, giving, sponsoring, playing games, donating to or buying from the silent auction, and so much more. In whatever way you added your “tile” to the mosaic, you made a difference in the lives of our families!

Special thanks to our Presenting Sponsors



Thanks to our Titanium Sponsor



YOU are needed this Christmas (in July!)

The weather may be heating up, but at Sheltering Wings it's Christmas. Christmas in July!

As the weather heats up, donations received during the Christmas season start to dwindle. Christmas in July gives our families a much-needed boost – from stocked pantry shelves to children's summer fun and even back-to-school supplies.

But, Christmas in July is about so much more than stocked shelves.

This year, we're adding "Learn" to our "Give, Gather, Learn and Share" motto —new trainings and workshops to help your church, club, or workplace make sense of a difficult subject and become better equipped to address domestic abuse in your own or another's life. Here's how you can join the Christmas in July celebration:

Give! Donors like you make our work possible. As a small nonprofit, every dollar makes a big difference for our families. Donations of all types and sizes keep our doors open and our families safe.

Gather! Hold a Wish List drive with your church, business or group.

Learn! Visit shelteringwings.org/prevent-abuse to learn more about your specific role in preventing abuse. Grab a friend and attend a Sheltering Wings training or invite us to present to your group on-site.

Share! Spread the word to your friends and community about helping survivors — and to people who need our services. Follow our social media accounts and share our materials. Explore all the ways you can Give, Gather, Learn and Share at ShelteringWings.org/ways-to-give/christmas-in-july/.

We may not see snow, but we're hoping for a blizzard of support!





Easy ways to build your child's self-esteem this summer.

The self-esteem of most kids is too low for many reasons, including the physical, emotional, and social transformations they experience in adolescence. Add all the "you're-not-enough" pressures they get from social media, and you can see why our kids need our help.

According to Riley Children's Health, the first mission of adolescence is "to sustain self-esteem—to feel good about oneself most of the time." The most significant contributor to this is "the presence of at least one parent or adult with whom the child has a loving and trusting relationship."

Here are a few ways to strengthen that relationship, build self-esteem, and keep your kids busy with worthwhile activities this summer!

- **Live Action Role Playing (LARPing)**
Create a character with a background story, design a "look" and props, then act out a story in your own backyard. Or find local groups to join.
- **Create Anything**
Make a pile of random items from around the house and ask kids to create something from them.
- **Write (or Talk) to Your Younger Self**
Ask your child to imagine they can talk to their younger self. What would they tell them about things they have done, learned, or been proud of?
- **Volunteer**
If your child isn't old enough to volunteer in the community by themselves, find an opportunity you'd enjoy doing together.

The idea is to focus on building the supports, opportunities, skills and values young people need to become independent and fulfilled adults. Find more by searching "ACES activities" online and visiting shelteringwings.org/40-developmental-assets/.



You can make sure that survivors like Caitlin have a safe place to go.

Your gift during **Christmas in July** means safety and stability for survivors like Caitlin.



I want to help survivors like Caitlin with a monthly tax-deductible donation and join the Hope Monthly Giving Society! \$10 \$25 \$50 \$100 \$ _____

I would like to make a one-time gift: \$ _____

I've enclosed my check # _____

Please charge my credit card \$ _____ Visa MC Discover Amex

CREDIT CARD NUMBER

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Exp. Date (MM/YY) □ □ / □ □

CW □ □ □

Signature _____ Print Name _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ Email _____

Gifts made to Sheltering Wings go to the greatest needs of our programs unless designated for a special purpose.

Use the enclosed envelope, scan the QR code, or visit ShelteringWings.org/ChristmasInJuly to make your gift today.



Thank you!

