



# Inspire

Winter 2010

## *Dear Inspire Readers:*

When asked to write about the women's support groups here at the Center, we agreed with great enthusiasm. We are so proud of the women who come to our groups. They often come in confused and afraid—they often leave empowered and with purpose. We've watched the women bond together to support each other, speak out against injustices and advocate for the safety of other women. The power is in the group. Support groups offer all women a chance to share, learn and grow as individuals and to take the necessary steps, whether as immigrants or life long residents, toward emotional strength, self-reliance and social change as they educate themselves and each other about the role domestic and other forms of violence have played in their lives.

Through the group, they see other women who have been through similar things—and know they are not alone. For some, this is the only place they don't feel judged or blamed. The dialogue they share is often the first time many of the women have had their voice heard. This experience, combined with the Duluth curriculum, leads to personal change and awareness.

Some women may only attend once or twice, but many attend over several years for ongoing support in their search for respect, safety and autonomy. Women range in age from 18 to 72 and an average of 45 come to the Center each week. A key concept in group is that we are all responsible for our own behavior and cannot control someone else's, therefore we focus on developing as individuals into the healthiest and most aware women possible. Women explore their own lives while developing and understanding the social and cultural influences that often dictate behavior and beliefs. In the words of Ellen Pence, author of the Duluth Model, "The nature of our common female experience is one of imposed limits and imposed control." It is our goal to challenge this belief through the women's program.

For survivors who choose to come to group have found that there is a certain magic that happens in the group. The magic of seeing yourself as a woman, reflected in the smiles and stories of others sitting across from you, hearing your own fears and pain shared by others whose character and intelligence you value can help heal a wounded soul. It is the magic of knowing you are important, you are appreciated, and are not alone and never will be again.

Ana Giusti, Latina Program Coordinator  
Pat Cornell, Women's Program Facilitator

*Inspiring Change. One person...One family...One world*



**CfN's  
Coordinating  
Panel**

Kim Miller

Brindha Hariharan

Nancy Cripe

Susan Minke

Ann Frellick

Jose Hernandez

Alan Hoffer

Sherwin Kepes

Barbara Linden

Jeanne McGee

Laurie Weier

Marcia Schaefer

## ***Women's Support Program Offers:***

**Support, Education, Advocacy :** Support groups are held weekly (English & Spanish) on a free and noncommittal basis. Childcare is provided for children (up to the age of 12) while mothers attend support groups. Transportation is available on a limited basis.

***Women Served : 177***

***Children & Youth Served: 241***

***Outcome:***

97% of women attending support groups state that the group has helped them learn to act in their own best interest

*Dec '08-Nov '09*

### ***Feedback from clients.....***

My husband can take anything he wants away from me, but one thing he can not take is my group time.

My support groups give me my weekly energy drink

This group is a great opportunity to learn from others as well as share my needs and concerns. It has been a great opportunity for me to meet a variety of women that have blessed my life in more ways then they may ever know.

The encouragement and advice is invaluable.

Coming to group has helped me with support and understanding...I always know when I need support, the group is there.

### ***Taking the next step:***

\$7,000—that's the dollar amount that has passed through the Center from Allstate Insurance and the National Network to End Domestic Violence to women in the Center support groups. The funds are scholarships designed to assist women who have experienced domestic violence cover expenses to attend a college or university. The funds can be used to cover school fees and expenses, tuition, books and even computers. To date, one woman has completed her program and has obtained a job in an area hospital. Good luck to all of the Allstate & NNEDV scholarship recipients!

***Thank you to all the community individuals and organizations who have helped support the women and children in our support groups. We honor and appreciate your help in creating nonviolent homes in our community!***

***Support others in their time of need ...inspire change.***

# Giving Back

Upon hearing about how tight money was getting at the Center for Nonviolence in the midst of the economic meltdown, the incredible women of “Mujeres Unidas” sprung into action. Reflecting on everything they felt the Center had given them, the women planned and carried out “Abriendo Puertas” or “Opening Doors.” The women made delicious dishes from their native countries which they sold to the public and provided cultural dancing and music for entertainment. The event raised over \$1,000. Thank you Mujeres Unidas!



When members of the group were facing difficult times, the women coordinated and pooled donations to help.

Prompted by their shared experiences and knowledge of how intimidating the system can be, women often support each other by attending various appointments (court, lawyer, counseling, etc.) together.

Several women from the support groups have given of their many talents and have joined some of the Center’s committees to help raise funds and awareness.

## Activism

*Never underestimate the power of one woman!*

Upon learning of a registered sexual perpetrator’s job at the local library, one woman acted by going to the library board of directors, police, and the Indiana House Representative to make them aware. All shared her concern for the children at the library and within a week the man was removed from his job.

One woman is working with the Chief of Police and a congressman representing Wells County to change child visitation rules when there has been family violence. Additionally, she is advocating training for judges, statewide.

Several women have become members of the Wells County Domestic Violence Task Force. They attend meetings, bring survivor realities to the forefront and participate in efforts to spread D.V. awareness.

In conjunction with the Immigrant Women’s Legal Initiative, the women participated in the 2009 campaign to bring awareness to, and eradicate the sexual violence in migrant camps (the group of women most at risk for sexual assault). The group decorated and displayed bandanas in our lobby which then became part of the national “bandana project” display.

. Chief Tammy Schaffer and several survivors have taken on the huge task of reviewing and changing the protocol for D.V. response in Wells County.



*Model the change you want to see in your community.*

## *Center's Wish List*

- Digital camera
- Instrumental CDs
- Projector (for computer-Microsoft compatible)
- Laminator
- Diapers & Wipes
- Bubbles
- Markers
- Clay
- Construction Paper
- Playground balls
- Office supplies
- Boxes of Kleenex
- Book shelf
- (3) 5 gallon bucket of asphalt
- Basketball hoop (that can be attached to garage)
- Gift Certificates to...
  - Lowes
  - Home Depot
  - Meijer
  - Target



## *Services of the Center*

*All services are also available in Spanish*

- Adult Violence Intervention Programs
- Support Groups
- Mother's Intervention Groups
- Child-Centered Parenting After Divorce
- Violence Intervention for Youth
- Thinking Errors Intervention for Youth
- Community Nonviolence Initiative (school-based programming)
- Trainings

*Mission: To provide education, support, and advocacy to end domestic and other forms of violence while modeling equality and power sharing*

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**Center for Nonviolence**