



CONTACT THE
FAMILY GUIDANCE
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FGCSERVICES.COM



Spotlight On Domestic Violence

First Step Newsletter

A Program of

The Family Guidance Center

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Holidays, A Time of Risk for Victims

Many victims dread the holidays because they anticipate an explosion of anger and violence. All the elements are present during the Christmas and New Year holidays. Parties, family get-togethers, the stress of gift giving, and excessive drinking or drug use often contribute to holiday violence. There is about a 17% increase at Christmas and a whopping 32% increase at New Year's.

There are some steps which victims need to take to ensure their safety: 1) Make a plan for getting out safely; 2) Avoid rooms with no doors; 3) Program your telephone with emergency numbers, i.e. police, family member, neighbor; 4) Ask a neighbor to contact the police if they hear fighting screaming, loud noises; 5) Establish a signal to alert your neighbor to call the police such as turning on a light, pulling the shades, and; 6) Teach your children how to call 911.

We wish all victims a safe holiday.



**Victims of
Domestic Violence
Need Your Help**

[https://www.razoo.com/us/story/
Family-Guidance-Center-Incorporated](https://www.razoo.com/us/story/Family-Guidance-Center-Incorporated)



Donate to help Victims of Domestic Violence
receive
Free Counseling

The Perfect Gift: Family

*When I think of Christmas,
I don't think of presents and gifts.
I don't long for anything that someone
Could put in a box or wrap up until Christmas.
What I want and hope to get,
You all give every day.
When I think about what I want for Christmas,
I think of "family."*



Caring for Families Since 1958

December 16, 2015

Dear Friends,

'Twas the night before Christmas when all through the house, not a creature was stirring, not even a mouse . . . oh no, wait! There's angry sounds. Dad hit Mom and she's crying. The children are upstairs, all huddled in their beds, they are filled with fear and sadness. Visions of another holiday spent in terror pound in their heads.

Not the idyllic poem we all know, but the reality of family life for over thousands of children here in our community. Domestic violence robs children of their childhood, it destroys their sense of security and safety, it shatters families, creating emotional scars that can last a lifetime.

We're writing to you during this season of holiday cheer, family celebrations, and sharing because we know you value family and care about the lives of children. Family Guidance Center is dedicated to protecting women and children and ending the cycle of domestic violence. We are the county's only provider of domestic violence services; we provide 24-hour crisis services, counseling, court advocacy, support, Shelter for Battered Women, and other needed services. We need your help to continue transforming broken lives.

Your tax deductible gift will be such a help. You can change despair into *HOPE* this Christmas. Please help ensure that children have a chance at life, free from the fear of violence in their own home.

Thank you in advance for your gift of any amount. Your support of our services and caring about women and children hurt by domestic violence is greatly valued.

Our staff wishes you a joyful holiday filled with love and peace.

Sincerely,

Ann C. Peele, ACSW
Executive Director