

CONTACT THE  
FAMILY GUIDANCE CENTER  
AT 828-322-1400

OCTOBER 2015



17 US HWY 70 SE  
HICKORY, NC 28602



# Spotlight

## On Domestic Violence

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 COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

*First Step Newsletter  
A Program of  
Family Guidance Center*

### DOMESTIC VIOLENCE AWARENESS MONTH

#### DOMESTIC VIOLENCE IS...

A deliberate pattern of assaultive and controlling behaviors, including physical, verbal, emotional, sexual, and psychological attacks that one intimate partner does to another to gain power and maintain control.

A serious problem in our country and in Catawba County. In the U.S., 1 out of every 4 women has been assaulted by the man who said he loved her. Our First Step Domestic Violence Program served over 1,500 women in 2014!

Is deadly... 64 victims were killed in North Carolina in 2014. This year from January 1 through August 21, 27 victims were killed in North Carolina.



*You are  
Cordially Invited to  
First Step's  
DV Awareness Dinner and  
Candlelight Vigil  
on Thursday, October 29 at 6:00  
First Baptist Church of Hickory  
Cost of meal is \$10  
Call 828-322-1400 for Reservations*



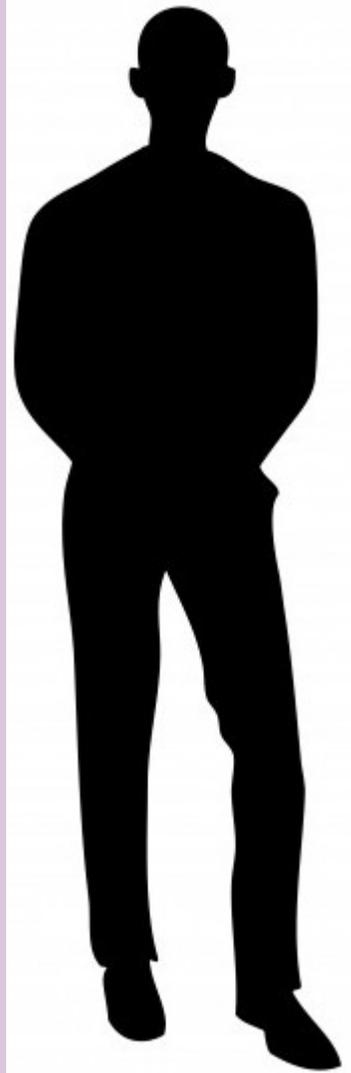
**A WOMAN IS BEATEN  
EVERY NINE SECONDS  
IN THE U.S.**

# KNOW THE DIFFERENCE

Relationships can be confusing. There is usually “ups and downs” along the way, making it difficult to determine if his behavior is abusive or maybe it is just him having a bad day. Read the two lists below and keep them as a reference: (from Pat Craven’s “The Freedom Programme”)

## ABUSIVE MAN

- Shouts, curses you
- Sulks, gives you the silent treatment
- Smashes/throws things
- Calls you degrading names
- Makes you feel ugly and useless
- Cuts you off from your family and friends
- Won't let you work/go to school
- Never admits he is wrong
- Blames you or others for his behavior
- Turns the children against you
- Uses the children to control you
- Expects sex on demand
- Never helps with housework or the children
- Controls the money
- Threatens or wheedles you to get his way



## NON- ABUSIVE MAN

- Is cheerful , positive
- Talks out problems
- Handles anger appropriately
- Tells you you're competent
- Tells you you look good, you're needed
- Welcomes your family and friends
- Trusts your judgment
- Admits to being wrong
- Accepts responsibility for his behavior
- Is a responsible parent, shows respect for you
- Encourages your independence
- Accepts your right to say no to sex
- Does his share of the housework /helps with the children
- Shares financial responsibility
- Compromises, involves you in decision-making

In short, *the non-abusive person (male or female) will show you CARE and RESPECT in all aspects of your relationship.* He will value what you say and want to hear your thoughts, opinions, and ideas. He will accept you as you are and not try to change you. He will care about your feelings and respect them even when he doesn't feel the same way. He will treat you as an equal and involve you in decision-making. His behavior will be consistent. There won't be explosive outbursts. You will feel emotionally safe with him.

**END THE SILENCE, SPEAK UP ABOUT DOMESTIC VIOLENCE**

## Recognize the Signs of Abuse

### These signs may indicate abuse:

- ◆ Bruising in different stages of healing, especially in areas not usually seen by others, such as the scalp.
- ◆ Bald spots indicating her hair has been torn or pulled out.
- ◆ Very frequent injuries, especially with unusual explanations.
- ◆ Isolation from friends and family.
- ◆ Low self-esteem, a sense that she doesn't deserve better treatment.
- ◆ Self-blame or unrealistic guilt ("It's my fault, I shouldn't have made him mad.")
- ◆ Fear of the partner, insecurity about his actions.
- ◆ Depression/Withdrawn
- ◆ Change in activity
- ◆ Seems anxious
- ◆ Usually wears long sleeves, even on hot days
- ◆ Frequently misses work

### What you can do:

- ◆ Ask her if someone is hurting her
- ◆ Believe her when she tells you she is being abused
- ◆ Tell her about our First Step Services and encourage her to call us.

## DV TRAINING



*L to R: LaWanda Brown, Sgt. John Guard and Elyse Hamilton-Childres*

First Step hosted a DV training conducted by Sgt. John Guard, a well known trainer across NC, on September 15th. The event was well attended and very successful. We were honored to have Elise Hamilton-Childres, Regional Director, NC Council for Women.



## TAKE A STAND AGAINST DOMESTIC VIOLENCE

*Kim Sigmon, Clerk of Court, and her office staff pause to remember victims.*



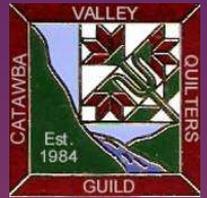
*LaWanda Brown, our Court Advocate, honors victims of DV*



First Step promoted the national "Take A Stand" movement on October 1st by tying purple ribbons at various locations in the county and by asking the community to pause for a moment of silence in memory of those in our country who lost their lives due to domestic violence.

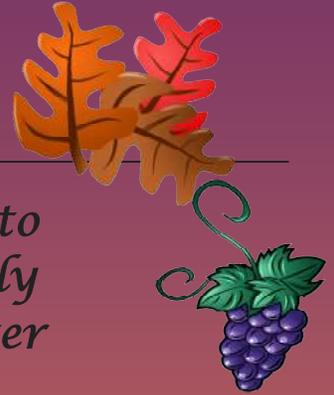


## Quilts of the Valley "Autumn Expressions"



Don't miss the Catawba Valley Quilters' Guild's Quilt Show on October 16-17 from 9:00am to 5:00pm at the Hickory Metro Convention Center. There will be 250+ quilts on display. Admission is \$5.

The Guild has been a great friend to Family Guidance Center and has donated numerous quilts to our Shelter over the years. We encourage everyone to attend this event.



## YOU MADE A DIFFERENCE



*Thank You to Bob Hall and Erwin Velasco who participated in United Way's "Day of Caring." They are members of St. Aloysius Catholic Church and the Knights of Columbus. They worked hard on repairing the steps and porch at one of our entry doors. It looks GREAT! We are grateful to them for making our porch safe again.*

**They Made a Difference!**

## Wine Tasting to Support Family Guidance Center



*The Hickory Wine Shoppe is hosting a wine tasting on Thursday, October 15 from 5 to 8 pm. You will be able to taste over 7 different wines and have some crackers and cheese.*

*The Hickory Wine Shoppe  
238 Union Sq. NW, Hickory*

## THANK YOU HICKORY FIRE DEPARTMENT



**We appreciate your help in putting up our Purple Ribbons in honor of the 64 victims killed in NC in 2014.**