

September | 2015



CONTACT THE  
FAMILY GUIDANCE  
CENTER AT  
828-322-1400

#17 HWY 70 SE

HICKORY, NC 28602  
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.

## DOMESTIC VIOLENCE TRAINING

September 16, 2015 at 8:30 am



*Presenter Sgt. John Guard ,  
Pitt County Sheriff's Office*

The **Hickory Police Department** and **First Step** have partnered to bring Sgt. Guard to Hickory for a day-long training. Sgt. Guard has over 20 years of experience in law enforcement and for almost two decades, he has specialized in investigating domestic violence cases. He has been instrumental in developing policies and procedures related to domestic violence response throughout North Carolina.

Sgt. Guard is a dynamic speaker and one you don't want to miss, The training is free and oriented to law enforcement, victim advocates, probation, attorneys, etc...

*It will be held at Highland Recreation Center, Hickory. Register by calling Family Guidance Center (828-322-1400) or at [familyguidance@fgcservices.com](mailto:familyguidance@fgcservices.com)*

## WE NEED YOUR SPOON

Family Guidance Center is on di'lishi's Giving Wall. We need your SPOON! Stop in, and have a cup or a waffle cone of their refreshing yogurt and put your spoon in our slot. They have many delicious flavors for you to enjoy.

We appreciate di'lishi for generously giving back to the community.



*is located in Hollar Mill  
at 883 Highland Ave SE,*

## FGC Golf Tournament



**Catawba Valley Medical Center** is the Corporate Sponsor for our 24th Annual Golf Tournament. You don't want to miss the fun. There's still time to register your team by calling us at 828-322-1400.

**When** - September 24, 2015

**Where** - Catawba Springs CC

**Time** - Registration begins @ 11:30; lunch at noon; tee-off at 1:00

**Type** - Captain's Choice

## A READER'S QUESTION

**Q.** My boyfriend of a year tells me all the time that he loves me, but I'm feeling disrespected by him. He lashes out at me when he's upset over anything, tells me I'm dumb and don't know what I'm talking about, that I'm lucky to have him, etc... His words really hurt me. Should I break up with him?

**A.** What you've described is emotional and verbal abuse. He intends to hurt you with his words, it's a way to manipulate and control you. Verbal and emotional abuse can be an indicator of future physical violence. At the very least, this is an unhealthy relationship. You deserve to be respected... staying in this relationship is unwise. Just be sure to break up in a safe way.

## CONGRATULATIONS

Congratulations to our Board Member, Heidi Ragan, on being named one of the Top Ten Under 40 Young Professionals in Catawba County. Heidi is the Manager of Organizational Development at Transportation Insight.

Heidi, we're proud of you and proud to have you on our Board.

## What is Your Image of an Abuser?

Many of us have a mental image of what an abuser looks like. Perhaps when we see a man of small stature, we immediately think "Hitler Complex" and assume he's an abuser. Or would it more likely be a big, burly man with a gruff personality? The truth is *anyone can be an abuser*. An abuser may be your next door neighbor, a friend, or someone with whom you work. They may hold high profile jobs, be out of work, use drugs or alcohol—no level of society is exempt. We've worked with victims whose abusers were in the medical field, education, as well as the unemployed or homeless. The primary message here is that you can't tell just by looking at a person.

This is one of the complexities of domestic violence. It is difficult to identify a potential abuser. Too often a victim has become very involved with their partner before they realize that they have lost their power. We will discuss the common characteristics of abusers in our next issue.

## YOU MADE A DIFFERENCE

- Thank you for the kindness of the people who provided funds for one of our victims to obtain a consultation with an attorney. She was overwhelmed by your kind support.
- Much appreciation to Cathy Barnette and AIG Insurance for donating school supplies for children in our Shelter. Thanks to you, our children were prepared for the beginning of school.

*It is through the generosity of our community that we can meet the needs of victims of domestic violence.*

