



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.

## ABUSERS' Jail Phone Calls... Bad Idea for Victims

Even behind bars, abusers in jail can still have a profound effect on their victims. Abusers do this through phone calls, to their victims, while waiting for their court appearance and sentencing. The goal is to manipulate their victims into changing their stories to lessen the impending criminal charge or to recant the story.



Abusers may also use the children. They talk to them, telling them that their mother is cruel and doesn't love him. They might say, "She's trying to break up our family, it's her fault that I'm in jail. She doesn't care whether you have food or the things you need. Tell her she's selfish and that you want me home. She can't take care of you all by herself. If she doesn't get me out of here, then I'll just disappear and you'll never see me again." His efforts are aimed at getting the children on his side and for them to pressure their mom. (continued, page 2)

The abusers' first calls may be sprinkled with anger and disbelief that the victim called the law and put him in jail. They minimize the abuse and make themselves the victim. They say things like, "*C'mon honey, you know I'll go crazy in prison. In here, they treat you like dirt, I can't stand it. I love you and can't live without you. You know I didn't hurt you cause you're my life. Just get me out of here.*" The abuser's statements are intended to make her feel guilty, feel sorry for him and to get him freed.

Another way to manipulate the victim is to appeal to her value of "family" and fear of being on her own. Statements might include, "You gotta get me out of here. I need to be at work so I can support you and the baby. You know you don't want her going without. I don't want you to have to work. The baby deserves to have her mom home with her. What are you going to do if I go to prison? You'll wind up living in the Projects – that ain't a safe place for you and the baby, I don't want you there. We just need to work harder to keep our family together, remember how happy we were on our wedding day. We can be that way again if you'll just end this mess."

Purple Ribbon Thrift Store  
**PARKING LOT SALE**  
One Day Event  
August 12th 8:00 - 2:00

Summer BLOW OUT

**BIG SALE**

**BARGINS! BARGINS!**

360 US Highway 70 SE Hickory, NC

All proceeds go to support victims of Domestic Violence.  
Do your back to school shopping,  
bring a truck.

## ABUSERS' Jail Phone Calls... continued

Such calls, on a repeated basis, wear the victim down and, too often, the abuser wins – she changes the story, recants, or doesn't show up in court to testify. The abuser's manipulation is so strong that he continues to control, even when jailed. Victims can change this; they can refuse to talk with him or block his calls. It's just not a good idea for victims to talk with their abusers when he's jailed.

## The Question

*"How could she love him after what he did to her?"  
How could she contemplate taking him back?"*

**It's sad that those are the first thoughts that run through our minds when someone is abused. Shouldn't there be more distaste in our mouths for the abusers than for those who continue to love the abusers?"**  
– Colleen Hoover



Steve Ohnesorge with WBTB included FGC in a news story on Domestic Violence and options to get help.

**If you have experienced domestic violence and need HELP, call us at  
828-322-1400  
Crisis line 828-228-1787**



Left to right— Christy Sigmon, Lisa Crump, Tonya Rathbone

Thanks to First Citizens for their sponsorship of our first Homebuyer Education Workshop held in May. Twelve participants attended and are on their way to owning a home of their own. Lisa Crump and Christy Sigmon of First Citizens present the sponsorship check to Tonya Rathbone, CCCS Program Director.

## QUOTES ABOUT DOMESTIC VIOLENCE

The problem with depicting abusers as full-time monsters is that when a person is actually experiencing abuse in their own life, they'll think, "oh but he's the sweetest guy most of the time so he can't be an abuser," or "but he's not ALWAYS horrible, he's usually amazing, so he's not an abuser", and they'll make the mistake of thinking they mustn't really be being abused when they actually are." – *Miya Yamanouchi*

"An abuser isn't abusive 24/7. They usually demonstrate positive character traits most of the time. That's what makes the abuse so confusing when it happens, and what makes leaving so much more difficult." – *Miya Yamanouchi*

"An abuser can seem emotionally needy. You can get caught in a trap of catering to him, trying to fill a bottomless pit. But he's not so much needy as entitled, so no matter how much you give him, it will never be enough. He will just keep coming up with more demands because he believes his needs are your responsibility, until you feel drained down to nothing." – *Lundy Bancroft, Why Does He Do That?: Inside the Minds of Angry and Controlling Men*

"He always apologized, and sometimes he would even cry because of the bruises he'd make on her arms or legs or her back. He would say that he hated what he'd done, but in the next breath tell her she'd deserved it. That if she hadn't been so stupid, he wouldn't have lost his temper." – *Nicholas Sparks, Safe Haven*

## Consumer Credit Counseling Services Helps Prevent Foreclosure

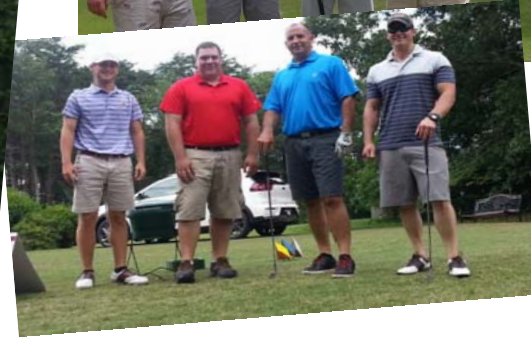
Families struggling to make their house payments or on the brink of losing their home to foreclosure can receive help through our services. Staff works to find a solution to financial problems and to present families with options. **Don't put off seeking help . . .** our counselors are non-judgmental, services are confidential, free and our counselors are Certified Housing Counselors.

Going through the process of a foreclosure can be devastating. The wage earner may feel that he/she let the family down, he/she feels like a failure. It's depressing. There is an emotional toll on the children and the parents, especially as they pack up their belongings. Don't let this happen to you.

**Call CCCS at 828-322-7161.**

## You Made a Difference

Thank you!



## Annual Golf Tournament

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**Special Thanks To:** Papa John's, Paramount Motors, Sign Systems and Pepsi.

### Many Thanks

We're so fortunate in Catawba County to have a wonderful network of agencies who work together to meet community needs. We're thankful for our partnership with the Child Advocacy Center, who is responding to Rape crisis calls, while Family Guidance Center provides counseling and court advocacy for rape victims. Together, we are making a difference in our community.