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CONTACT THE  
FAMILY GUIDANCE  
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# 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.

## Have a Safe Summer



It's summer . . . freedom from school, vacations, new adventures, and fun times. It's a time to relax and to be carefree, yet danger can be lurking in summer activities. We want to alert everyone, especially teens and young adults, to the danger of rape or sexual assault. Every 2 minutes someone is sexually assaulted in America. There are some steps you can take to reduce the risk of a sexual assault, including the following:

1. Rapists seek out venues where intoxicated, potential victims are likely to be, such as parties, concerts and bars. It is critical that you practice safe drinking in social situations. Limit the amount you drink.
2. Do not leave your drink unattended or out of your sight, even for one minute. You could be a victim of a date rape drug. Always be aware.
3. Ask for a drink to be opened in front of you – don't accept a drink from others if you didn't see them open it.
4. Avoid drinking from open containers, such as punch bowls or buckets. These are easy to put date rape drugs in.
5. Always attend parties or events with friends, watch out for each other, and leave together. Don't leave with someone you don't know, no matter how charming he/she is.
6. Always know your surroundings. Park in well-lit public areas; avoid parking in garages, especially after dark or if you're alone. Have your keys ready at all times.
7. Avoid using headphones or becoming engrossed in a phone conversation when walking alone. Be alert.
8. Never get into a car with a stranger.
9. When home alone, keep your doors locked, and don't let anyone in. Remember, in most cases, the victim knew the person who sexually assaulted her/him.



### Happy Father's Day!

**To All The Fathers Who  
treat their children's mother  
with respect and dignity;  
provide support and  
unconditional  
love to their children**

**Rape is always the fault of the  
rapist, *never the victim.***

**If you have experienced an assault or  
any type of domestic violence and  
need HELP, call us at 828-322-1400  
or the Crisis line 828-228-1787**

## Did You Know?

**While you were sipping your coffee this morning, thousands of victims of domestic violence were waking up in a shelter, safe for the time being.** In a single day, nearly 42, 000 victims of domestic violence found refuge in emergency shelter and transitional housing providing by a local domestic violence program, like our First Step Program. That's enough survivors to fill Wrigley Field to capacity – and then some.

**When you dropped your kids off at school this year, thousands of children were heading into a new school, hauling backpacks provided by their shelter advocates.** In a single day, nearly 72, 000 victims of domestic violence received help and support from advocates at a domestic violence program in 2016.

## Family Guidance Center Providing a Circle of Support

- \* Individual, Family and Couples Counseling
  - Adults / Child / Adolescents
  - Family / Stepfamilies / Grandparents
  - Parent— Child
- \* First Step Domestic Violence Services
  - 24 hour crisis assistance
  - Support and counseling
  - Domestic violence assessment
  - Court advocacy / accompaniment
  - Victim support group / Life skills class
  - Mate abuser treatment group (MAT)
  - Community education / training
  - Shelter for Battered Women
- \* Credit Counseling Services
  - Comprehensive Financial Analysis
  - Budget Counseling
  - Debt Management Program
  - Housing Counseling—Pre & Post Purchase
  - Pre & Post Bankruptcy Counseling
  - NC Foreclosure Prevention Fund

## THE IMPACT OF TRAUMA



Many people who go through traumatic events may find it takes time to re-adjust and cope for a period of time after the event. The lingering mental, physical, and spiritual effects of sexual assault or domestic violence can impact the daily lives of survivors, which make it difficult to heal. For many, the feelings come in waves and aren't felt until the shock of the event wears off. These feelings can occur "out of the blue" or be triggered by a smell, noises, something you see or hear. With time, healing, developing strong, positive coping mechanisms, and taking care of one's self, such reactions tend to become less severe. Talking with a professional counselor can be key to the healing process. Our counselors can help. Call 828-322-1400.



## Recognizing the Signs of an Abusive Relationship and Getting Help

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Noticing and acknowledging the signs of an abusive relationship is the first step to ending it. There is help available. No one should live in fear of the person they love. Call 828-322-1400

## You Made a Difference

*Thank you!*

Thank you to...



**Two Men and A Truck** for collecting so many wonderful items for women in our Shelter for Battered Women.

You are an awesome company with a big heart!



*Thank you*

*Thank you*

*Thank you*

**We Appreciate Shell's Bar-B-Que on Springs Road** for hosting a Spirit Day in which they gave a percentage of their sales to our Shelter. Shell's has great food and truly invests in our community.

We are very grateful to you and to all of those who support our services.

## SHOP AMAZON SMILE

When you shop online, shop Amazon Smile and click Family Guidance Center as your charity. A percent of your purchases will go to Family Guidance Center and it doesn't cost you anything extra. Tell everyone you know to shop Amazon Smile for our agency.

**SHOP to STOP DOMESTIC VIOLENCE**

## THE PURPLE RIBBON

We invite all former customers of the Family Care Center's Thrift Store to come visit our Purple Ribbon. We have many good deals and get in new items everyday.



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

## Quilt Raffle



Mrs. Nancy Briggs (on right) has donated a quilt to Family Guidance Center, which will be raffled off on September 5<sup>th</sup>. Proceeds from the raffle will be used for our Rape and Sexual Assault Services. Tickets can be purchased at Family Guidance Center. \$1.00 for a ticket or 6 tickets for \$5.00