

November | 2017



CONTACT THE
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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.



We're sending our wishes to you for a
Thanksgiving filled with Happiness and Peace.

SURVIVAL TIPS FOR THE HOLIDAYS

The following tips can help prevent stress, anxiety, and mild depression with the holiday season:

- ⇒ Make realistic expectations for the holiday season
- ⇒ Set realistic goals for yourself.
- ⇒ Pace yourself. Do not take on more responsibilities than you can handle.
- ⇒ Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
- ⇒ Be realistic about what you can and cannot do.
- ⇒ Do not put all your energy into just one day (for example, Thanksgiving Day, New Year's Eve). The holiday cheer can be spread from one holiday event to the next.
- ⇒ Live "in the moment" and enjoy the present.
- ⇒ Look to the future with optimism.
- ⇒ Don't set yourself up for disappointment and sadness by comparing today with the "good old days" of the past.
- ⇒ If you are lonely, try volunteering some of your time to help others.
- ⇒ Find holiday activities that are free, such as looking at holiday decorations, going window shopping without buying, and watching the winter weather, whether it's a snowflake or a raindrop.
- ⇒ Limit your consumption of alcohol, since excessive drinking will only increase your feelings of depression.
- ⇒ Try something new. Celebrate the holidays in a new way.
- ⇒ Spend time with supportive and caring people.
- ⇒ Reach out and make new friends.
- ⇒ Make time to contact a long lost friend or relative and spend some holiday cheer.
- ⇒ Make time for yourself!

SHOP



You just click on Amazon Smile, make your purchases, and Amazon Smile will donate ½% of your purchase to our agency. *There is no cost to you* and the price of items are the same as on Amazon. Remember, click on Amazon Smile.



Dave and Nikki Howard are "CAN DO" people. They had a desire to support our services for victims of domestic violence. They had an idea, then went to work. In October, they held their first successful fundraiser, "Shop for a Cause" to raise funds for First Step. They recently dropped by our office to present a check from the event.

Thanksgiving reminds us to reflect on all the things that we are grateful for. Our agency is grateful for many things, including you and all the people in the community who support our work to help victims of domestic violence. Thank You for helping us **MAKE A DIFFERENCE** in the lives of others.

Domestic Violence Facts

While domestic abuse strikes couples of all races, religions, social economic status, and sexual orientations, risk factors for men or women becoming victims or abusers include poverty, lack of a high school education, witnessing family violence as a child, and attitudes of male domination and substance abuse especially alcohol abuse.

Domestic abuse is treated by establishing and maintain the safety of the victim, providing appropriate legal consequences to the batterer, addressing the emotional impact on the victim and the problems of the abuser, particularly if one of the problems includes alcohol or other substance abuse.

The prognosis of domestic violence can be quite negative if it goes on untreated, in that the emotional and physical consequences of continued abuse can be severe and even end in homicide. Treatment and enhancing social supports to the victim can improve prognosis.

Prevention of domestic violence involves providing economic opportunity, mentors, role models, organized community programs for youth and families, a school environment that promotes prevention of abusiveness in any relationship, and adult family members who are nurturing and who provide consistent, structured support.

Domestic Violence is not your fault!

Call **FIRST STEP FOR HELP**

828-322-1400

Crisis Line – 828-228-1787



Domestic Violence
&
the Holidays

Victims and survivors may experience additional stress and unique challenges over the holiday season and may turn to advocates for needed support.

Family Guidance Center will be busy working with victims and survivors and their families during this time.

**SHOP to STOP
DOMESTIC VIOLENCE**



Our Purple Ribbon Thrift Store has extended its hours on Saturdays through the holidays.
Saturdays Hours Now 10am – 4pm.

