



Friends of Abused Families empowers and provides safety to those affected by domestic and sexual violence through support services and prevention education in Washington County.

Visit our website at www.fafinc.org

Support Group Schedule



Day/Time	Type of Group	Description
Monday 6:30 - 8:00 pm	Domestic & Sexual Violence	For women who are victims of domestic and sexual violence. Childcare provided.
Monday 6:30-8:00 pm	Teen Group - Healthy Relationships	For teens who have experienced or witnessed abusive relationships.
Tuesday 6:30 - 8:00 pm	Domestic Violence	For women who have experienced or are experiencing abusive relationships. Childcare provided.
Monday & Tuesday 6:30 - 8:00 pm	Children - Art Therapy	For children who have experienced or witnessed abusive relationships. Childcare provided.

These groups are free of charge and open to the public.
Please call **(262) 334-5598** to speak with a counselor before attending.

Free and Confidential Services

Emergency Shelter
24 Hour Crisis Line
Legal Assistance
Domestic Violence
Individual / Group Counseling
Sexual Violence
Individual / Group Counseling
Transitional Living Assistance
Children's Art Therapy
Community Education

2010

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April is Sexual Assault Awareness Month How Aware Are You?



In 2009, the number of charged sexual violence acts increased 4% from 2008. **All residents must take an active role to help end the growing trend of sexual violence in adult and teenage relationships.**

Sexual violence is a physical act where sex is used as a weapon. Victims or survivors of sexual violence are forced, coerced, and/or manipulated to participate in unwanted sexual activity. These acts are motivated out of a need to feel powerful by controlling and dominating another. Sexual violence also includes sexual harassment.

It is estimated that as many as **1 in 3 women** and **1 in 5 men** will have been the victim of sexual assault in their lifetime. It is also reported that 93% of sexual violence survivors are violated by someone they know and trust.

Survivors do not cause their assaults and are not to blame. Offenders are responsible for the assaults. One of the major steps we can take towards prevention is education. Each misperception about sexual assault that exists in society serves to protect perpetrators, blame victims, and make all of us more vulnerable. Below are some myths and facts about sexual violence. If you have questions about the information listed below please contact Friends at 262-334-7298.

Myth	Fact
The greatest danger is from a stranger.	93% of sexual violence acts are committed by someone the victim knows.
Someone who has been drinking or is drunk when assaulted is partially to blame.	Survivors are never responsible for the violence. Responsibility lies with the perpetrator.
Most rapes occur in dark alleys, or to hitchhikers.	Over 33% of rapes occur after an assailant has forced entry into a home; over 50% of rapes occur in a residence.
If the victim didn't fight, try to run, no use of weapons or sustained injuries, violence did not occur.	Threats of violence are a weapon, and a victim may not resist vigorously for fear of injury or death.

Education and Advocacy... Partners in Prevention



During 2009, FRIENDS experienced a 15% increase in the number of calls received on our crisis line; an 11% increase in the number of shelter nights provided; a 42% increase in the number of art therapy hours provided to children; and an 8% increase in the number of 1:1 counseling sessions provided.

In anticipation of continuing growth in need, the leadership team has developed a strategic plan to assist and create awareness about domestic and sexual violence and the programs available for victims. This plan included staff restructuring to guarantee the best care and service to clients. Below are the new titles for previous staff, as well as names and titles for new Friends staff members.

◆ **Kate Ebert - Victim Services Program Coordinator**

In this role, Kate will coordinate all aspects of victim services including support groups, individual counseling, crisis intervention, and case management.

◆ **Kristin Pfahler - Outreach Coordinator**

As Outreach Coordinator, Kristin will develop and present age appropriate prevention education sessions to youth and adult audiences. She will facilitate teen group and work individually with them. In addition, she will also plan and organize domestic and sexual violence community awareness events.

◆ **Alissa Grosh - Domestic Violence Advocate**

Alissa is new to Friends. In her role, she will provide individual counseling to victims of domestic and sexual violence. Sessions will focus on the dynamics of abuse, the power and control wheel, and other Community resources that they can use to remain safe in the future.

◆ **Christina Benson - Attorney**

Christina will provide legal representation, assistance and advocacy to clients of Friends. She will help clients review legal options, provide representation at injunction hearings, assist at charging conferences and act as a resource for family law matters.

◆ **Leah Fochs - Crisis Intervention Counselor**

New to Friends staff, Leah will provide crisis intervention services during non-traditional hours. She will also assist residents as they take steps toward independent living.

Education is a key to breaking the growing trend of sexual violence in teen and adult relationships. Below are some ways parents and educators can come together to prevent it from happening in the future.

For Parents:

- ◆ Educate yourself on sexual abuse.
- ◆ Keep an open environment.
- ◆ Give your undivided attention to your child.
- ◆ Talk at the child's level.
- ◆ Discuss topics often and openly.
- ◆ Discuss body safety rules with your child.
- ◆ Connect with community resources.

For Educators:

- ◆ Educate yourself on sexual abuse.
- ◆ Listen carefully if a child discloses abuse.
- ◆ Commend a child for reaching out.
- ◆ Validate a child's feelings.
- ◆ Look into school policies on mandated reporting.
- ◆ Connect with community resources.
- ◆ Contact Friends of Abused Families for assistance.



Spring into Action!

THANK YOU! Friends of Abused Families is grateful for your generous donations of time, talent, and financial resources. Your help and support are critical in helping our neighbors live a life free of fear and intimidation. For more information about the following volunteer opportunities or how to make a donation, please contact Friends at info@fafinc.org or (262) 334-5598. **Thank you for your continued generosity!**

Volunteer Opportunities:

◆ **Childcare Provider:**

Needed for Monday and Tuesday evenings from 6:30 – 8:00 pm to provide a nurturing, safe, and fun environment for children under the age of 5 years while their mothers or caretakers attend support group. These volunteers are asked to make a bi-weekly commitment for a minimum of six months. Training is provided by Friends staff.

◆ **Sexual Violence Victim Advocate:**

These advocates provide emotional support and information about community resources to victims of sexual violence when they present at local hospitals and medical facilities. These volunteers are typically “on-call” for one or two weeks per month to assist victims from 4:30pm-8:00am Monday through Friday and 24 hours per day on weekends. During the 2009 calendar year, volunteer advocates assisted 24 individuals during non-traditional business hours. Training is provided by Friends staff.

◆ **Pasta Challenge 2010 Event Staff:**

Last year this event raised close to \$10,000 to support the programs for victims of violence in Washington County. Held in October 2010, volunteers are needed to greet guests, serve food, sell raffle tickets, and clear tables. This is a one time commitment for approximately 3-4 hours.

◆ **Run/Walk Event Staff:**

Held October 2nd, this event is being sponsored by Washington County Community Coordinated Response Team for Domestic and Sexual Violence. Many volunteers will be needed to help make this event a success! Specific event details are being developed. Volunteer job descriptions will be available soon.

Mark Your Calendar!

Pasta Challenge 2010

to benefit Friends of Abused Families

October 15th, 2010

5:30 - 9:00pm

West Bend Insurance
Prairie Center

Adults \$15.00 Children \$7.00
Children Under 5 yrs: Free

For more information email
info@fafinc.org

Help provide hope, safety and PEACE,
one family at a time.

Enclosed is my gift of \$ _____.

Please make your check payable to Friends of Abused Families.
Your gift is tax-deductible as permitted by law.

I wish for my gift to remain anonymous

My company will match my gift.

Name _____

Address _____

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**Please return this card with your donation to
Friends of Abused Families, P.O. Box 117
West Bend, Wisconsin 53095**