



FRIENDS of Abused Families

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.

Support Group Schedule



| Day/Time | Type of Group | Description |
|------------------------------------|------------------------------------|--|
| Monday 6:30 - 8:00 pm | Sexual Violence | For women who are victims of 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

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The Merry Go Round ... Anything But Fun! Understanding the Cycle of Violence



Domestic violence does not discriminate. It happens among heterosexual couples, in same-sex partnerships, in teen dating, in older couples, and in all ethnic groups and socioeconomic classes.



Contrary to the belief of many, domestic violence is not due to the loss of temper.

Phase One - Tension Building

This phase occurs prior to an abusive act. It is characterized by rising tension, and the fear of causing outbursts from the abuser. During this time many victims modify their behavior in an attempt to avoid triggering a violent episode - which despite their best efforts, is simply not possible.

Phase Two - The Explosion

This phase is characterized by outbursts of violent, abusive behaviors. During this stage the abuser attempts to dominate their partner through repeated acts of fear, intimidation, and violence.

Phase 3 - The Honeymoon

This phase is loaded with affection and apologies, and marks the apparent end to the violence. The abuser will make assurances that "it" will never happen again. During this phase the abuser has overwhelming feelings of remorse. Initially, abusers may walk away from the situation with little comment, but will eventually shower their victims with love and affection.

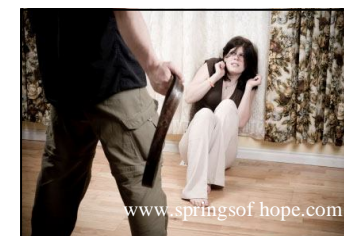
Phase 4 - The Calm After the Storm

During this phase the relationship is relatively calm and peaceful. However, communication difficulties will arise, leading again to the tension building phase.

Abusers make a deliberate choice to do whatever is necessary to control the victim. Domestic violence is used for one purpose only; to gain and maintain total control over the victim.

Although the methods used to gain control take many forms. The one constant found in abusive relationships is the cycle in which the abusers' behaviors manifest themselves.

Phases of the cycle follow the same order, and will repeat until the victim relents or the relationship abandoned. The longer the relationship, the shorter the period of time between the phases until the honeymoon and calm before the storm completely disappear.



When the cycle is spinning out of control, the explosion may be a fatal one.

February ~ Teen Dating Violence Awareness Month



Young LOVE...
or NOT?



Ten common WARNING SIGNS of violence in a teen relationship

1. Checking your cell phone or email without your permission.
2. Constant put-downs, name calling or negative comments about you as a person.
3. Extreme jealousy or insecurity
4. Explosive temper
5. Financial control
6. Isolating you from family or friends
7. Mood swings
8. Physically hurting you
9. Possessiveness
10. Telling you what to do

On January 31, 2011, President Obama wrote the following, "National Teen Dating Violence Awareness and Prevention Month reflects our Nation's growing understanding that violence within relationships often begins during adolescence".

Each year, about one in four teens report being the victim of verbal, physical, emotional, or sexual violence. Abusive relationships can impact adolescent development, and teens who experience dating violence may suffer long-term negative behavioral and health consequences. Adolescents in controlling or violent relationships may carry these dangerous and unhealthy patterns into future relationships.

The time to break the cycle of teen dating violence is now, before another generation falls victim to this tragedy.

Help break the cycle of violence for future generations

Contributions from this month's newsletter will be dedicated to providing prevention education to youth of all ages and adults throughout Washington County.



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 _____

City, State, Zip _____

Email address _____

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

Teen Dating Violence, What Every Parent Should Know



The statistics are alarming!

- The Wisconsin Coalition Against Domestic Violence (WCADV) reports 1 in 3 high school students will experience some form of dating violence before they graduate.
- According to loveisrespect.org, 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.
- According to WCADV, 40% of girls ages 14 to 17 years know someone their age who has been hit or beaten by a boyfriend.

These statistics speak volumes about the prevalence of dating violence among teenagers. *The district attorney's office states teen dating violence is one of the fastest growing crimes in Washington County.* That said, it is crucial for parents to have a role in their teenagers relationships.

Dating violence can take many forms including emotional, sexual, physical, verbal and psychological abuse. Dating violence happens in all types of homes, and in families of all cultures, educational levels, and socio-economic classes. Boys as well as girls can be victims of dating violence.

Thank you ~ to everyone who gave so generously to our clients and programs this past holiday season. You are appreciated!



Great Lakes Roofing Corporation donated turkeys for Thanksgiving meals.

How Parents Can Help

Tell your teen you are there to help and not judge.

Listen to the whole story give your teen a chance to talk.

Focus on your teenager and how unhappy they appear to be in the company of the other person. Do not put down the abuser.

Advise a permanent break up is the best option. Allow the teen to make their own decisions.

Develop a safety plan with your teen. If possible, try to avoid unsafe or one on one confrontation with the abuser.

Provide your teen with alternate resources such as dating violence hotlines or local victim service providers.

Cheryl Fehlhaber,
West Bend Insurance
Sue Holfeltz
Kim Behling, First Weber
Gigi and Rick Kupka
Lisa Vida, WFD Office
Dan O'Donnell
Lynn Holl
St. John's Church
West Bend Surgery Center
Karen Held
The Larson Family
The Brown Family
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Our advanced apologies for any omissions or in correct spelling.