



**FRIENDS**  
*of Abused Families Inc*

P.O. Box 117  
West Bend, WI 53095

Visit our website at [www.fafinc.org](http://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.

# FRIENDS of Abused Families

November 2010



*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.*

## 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

### BOARD OF DIRECTORS

Dan Roskopf, President  
*West Bend Mutual Insurance*

Lisa Sanborn, Vice-President  
*Kieckhafer, Dietzler & Hauser*

Nikola Schaumberg, Treasurer  
*West Bend Savings Bank*

Candice Sarauer, Secretary  
*RegalWare Inc.*

Joanne Bodien  
*Cedar Community*

Pam Farrell  
*Community Volunteer*

Chief Peter Hoell  
*Germantown Police Department*

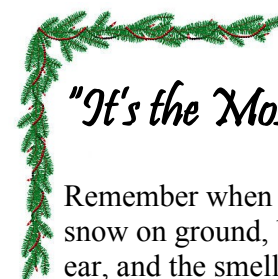
Patricia Holmes  
*Community Volunteer*

Ali Krueger  
*Washington County District Attorney's Office*

Jason Ebert  
*Harley Davidson Inc.*

Daniel Van Beek  
*West Bend Police Department*

Lisa Krenke  
*Executive Director*



## "It's the Most Wonderful Time of Year" ... OR IS IT?

Remember when the holidays meant snow on ground, bells whispering in your ear, and the smell of evergreens teasing your nose? With this imagery, it is easy to see why so many refer to this as **"the most wonderful time of the year"**.

Unfortunately, for many, the holiday season is not all cheer.

A recent study by the University of California at Berkeley and UC San Diego documented police calls about partner violence, taking note of particular holidays; they found a 22% increase on Thanksgiving; a 17 % increase on Christmas; and a 32% spike on New Year's Eve.

The key elements of domestic violence are power and control. Financial exploitation is one tactic many abusers will increase use of during the holiday season; refusing to provide gifts or withholding money for gifts unless the victim complies with their demands.

Holiday celebrations are a prime time for abusers to increase power and control over their victims. Many abusers may tighten their grip or further isolate the victim. One client I spoke to said, *"The look of satisfaction on his face as I cried on Christmas day because he took the car keys from me so I couldn't go to my parent's home, made me sick to my stomach."*

It's important for family members and friends to be aware of possible warning signs for abuse. Bruises, cuts, and broken bones are the most obvious signs however more often the signs are much less noticeable. Some warning signs include; skipping family gatherings without notice, excessive blame, a

sudden change in the victim's behavior or the behavior of the children when the abuser enters the same room and low self-esteem.

If you suspect someone is in danger, talk with them offering support not criticism of the relationship or abuser, and work with them to develop a safety plan for future incidents.



<http://charactertherapist.blogspot.com>

**Help is only a phone call away -  
Friends 24 Hour Crisis Line  
(262) 334-7298**

[www.fafinc.org](http://www.fafinc.org)

Happy Holidays!



# And the Winners Are...

Friends is honored to announce the winners of the Pasta Challenge 2010!



First Place



Second Place



Third Place

Other participating restaurants included:



New features at Pasta Challenge 2010 included an all you can eat pasta bar and a gold raffle package which included lodging, air, and rental car for a one week vacation in Fort Myers Florida. Event sponsors and participants helped raise over \$11,000 which will be used to support operations of our emergency shelter and 24 hour crisis line.

Event Sponsors included:



Klotz's Piggly Wiggly

Hofferts Auto Repair

Matching funds provided by Thrivent Financial Services for Lutherans

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 \_\_\_\_\_

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



# Supervised Visitation

Using strategic partnership, Friends, The Youth & Family Project, Washington County Human Services Department, Office of the Family Court Commissioner, and members of the Community Coordinated Response Team opened "The Family Corner", Washington County's supervised visitation and exchange center.

Staffed by trained personnel from the Youth and Family Project, "The Family Corner" provides a nurturing home like environment where visitation, placement, and exchange services are provided to promote healthy parent-child relationships and the development of positive childhood memories.

Supervised visitation or parenting time may be used where it is necessary to protect the child, model parenting and discipline methods, and re-build the family unit.

Supervised exchange may be used when the parents are court-ordered to have no contact with each other. Staff will take the child from one parent to the other and parents will leave through different exits.

For more information, contact the Youth & Family Project at 262-338-1661



Youth & Family Project



## 2010 Holiday Wish List



### Cleaning Supplies

- Laundry Detergent
- Fabric Softener
- Dryer Sheets
- Dishwasher Soap
- Liquid Dish Soap
- Dish Rags / Towels
- Windex
- Clorox Wipes
- Pledge / Dust Spray
- Toilet Brushes
- Bathtub Scrubbing Bubbles
- Toilet Bowl Cleaner

### Kitchen Products

- Garbage Bags (13 Gal)
- Sandwich Bags
- Freezer Bags
- Napkins
- Paper plates
- Paper Towel
- Toilet Paper
- Plastic Utensils
- Kleenex
- Saran Wrap
- Aluminum Foil
- Inexpensive Food Storage Containers

### Baby Products

- Diapers (All Sizes)
- Wipes
- Baby Bubble Bath
- Baby Shampoo
- Baby Bathtub
- Desitin Diaper Cream
- Sippy Cups
- Baby forks / spoons
- Dry cereal
- Teething Biscuits
- Waterproof Mattress Pads
- Baby Monitors

### Miscellaneous

- Medications (Allergy, Tylenol, Etc.)
- Gas Vouchers / Cards
- Light Bulbs (40W, 60W, 100W)
- Copy Paper
- Postage
- Prepaid Cell Phones
- Grocery Gift Cards
- Nonperishable Foods
- Crayons, Paints, Clay