

November | 2010

Spotlight On Domestic Violence

First Step Newsletter
A Program of
The Family Guidance Center



Happy
Thanksgiving!

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 COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Much to be Thankful for

Leslie is a courageous young woman who “tells her story” to educate and help prevent domestic violence. She recently spoke to students at CVCC and said that speaking about her abuse is helping her to heal.

In 2008, Leslie was in love with a man she'd been with for over a year. He was the father of her young son. She was happy and looking forward to their future together. Then suddenly, a few months before Thanksgiving, her dreams were shattered. She'd come home from church and found her boyfriend acting strange. She smelled alcohol on him and confronted him about drinking, something he'd promised her he wouldn't do. They began arguing. He grabbed her, slammed her head into a window, brutally strangled her and punched her in the face. “I was shocked, I was bleeding all over the place, and he just

cheekbone, a chipped tooth, and her eyes were swollen shut. Her injuries were so severe that she's had to go through 2 re-constructive surgeries.

This assault led to her involvement with First Step. Our Court Advocate, LaWanda, helped her through the legal process, supporting her through every step. “She sat with me in court and helped prepare me for the hearing. First Step's support literally surrounded me. They helped me get furniture to replace the furniture that was damaged in the assault. They made sure that my children had Christmas that year. To see my kids faces opening their Christmas presents turned all that was bad into good.”

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-Domestic Violence Survivor



kept hitting me. I thought he was going to kill me.” A neighbor heard her screams and called the police. “That call saved my life.” When the police arrived, her boyfriend ran; after a short chase, he

was caught and arrested. Leslie was rushed to the hospital.

She was bruised around her neck by the strangulation; she had 3 concussions, a broken eye socket, nose and

Thanks to United Way funding and other community donors, our agency was here for Leslie. She's a true survivor. Today, she's still healing from the abuse, but she's moving forward. She's busy being a mom, going to college, and empowering other women by sharing her powerful story. Her abuser? He's in prison, serving a sentence of 11 years on a felony charge for assault by strangulation, assault with a deadly weapon with intention to kill, and inflicting serious bodily injury.

Love shouldn't hurt, so if you or someone you know is hurting call, **First Step 828-322-1400**

Your Christmas Giving Can Make A Difference

This Christmas season, give a gift that will keep giving. Send a donation to Family Guidance Center in honor of your family, someone special, or a gift in memory of someone.

Our agency will gladly send a note to acknowledge the recipient's Christmas gift.



Send your donation confidently through Pal Pay at <http://fgcservices.com/support.html> or write a check to Family Guidance Center 17 HWY 70 SE Hickory, NC 28602

Cookies for Cops



DV Educator giving cookies to officer Chapman and Aleia Burwell, Victims Services Coordinator

The First Step Staff delivered homemade cookies on October 25th to the county's Sheriff Department and all the police departments. "We do this annually to express our appreciation for all they do," said Liz Eller, DV Educator.

Helpful Tips to Support Victims

Domestic violence is so widespread in our society that you most likely know someone who is a victim, a friend, family member, co-worker, or neighbor. Here are some helpful tips for supporting a victim.

1. Tell the victim you are concerned for their safety, using "I" statements; talk to them when the abuser is not around, and assure them that the conversation is private.
2. Be supportive, patient, and non-judgmental. They may go back to their abuser many times before leaving for good.
3. Ask questions, in a nice way, about what is going on; listen, and believe what they are telling you.
4. Acknowledge that the abuse is not their fault, **they do not deserve it, and they are not alone.**
5. Get them in touch with our First Step Program. We can provide them with safe shelter, counseling, support group, and court advocacy. **828-322-1400**

Help us Keep Domestic Violence Out of our Community

\$1.00 Raffle Tickets

All proceeds goes toward the Shelter for Battered Women

The Quilt (image to the right) is a beautiful homemade queen size



Tickets may be purchased at Family Guidance Center, 828-322-1400 *Drawing will be mid-December

We're Thankful to for Pink Magnolias

For hosting their first Wine & Charity Event to benefit our Shelter for Battered Women. It was a nice evening for shoppers. Thanks for your wonderful support! The store is located in downtown Newton and is a great, unique gift shop. Please visit their website at www.2pinkmagnolias.com. Special thanks to the Newton-Conover Woman's club for helping arrange this event. We appreciate you!



Catawba County United Way



Candlelight Vigil



The First Step Domestic Violence Dinner and Candlelight Vigil was empowering. It was a time to remember the 70 lives lost in NC last year due to domestic violence. Hal Row, with WHKY Radio, read the names, saying “that is too many names.”



Our keynote speaker M.J. Creed, an activist for those who are vulnerable, gave a powerful presentation. She said, “domestic violence exists in all areas of society. It is always uncivilized and always unacceptable. We have the duty to stop it. You and I have the power.”

Have you Heard of: Consumer Credit Counseling Services?

In today’s world, it’s important that a woman have a strong knowledge of finances, how to budget, how to save, etc. Ask yourself, what would you need to know before you sign-up for a credit card? How do you keep track of your spending?



Help is available. Our Consumer Credit Counseling Services provides financial/ credit counseling, teaches financial management and budgeting, consumer information, foreclosure prevention, the debt management program etc.

Seizing the opportunity to improve your financial skills may prevent you from falling prey to someone who controls through economic control. **Call 828-322-7161**



The Purple Ribbon Smells like Pies and Muffins!!!



Banana Nut Bread Loaf Soy Candle

The Purple Ribbon Thrift Store is having a fundraiser. They are selling candles that look and smell like sweet desserts!

ALL PROCEEDS HELP KEEP THE SHELTER OPEN FOR WOMEN AND CHILDREN ESCAPING ABUSE!

Stop by the Thrift Store to pick one up at:
360 US Highway 70 SW Hickory, NC 28602

For more info please call the Purple Ribbon at 828-322-3423

If you or someone you know is abused call

**FIRST STEP
Domestic Violence
Program**

828-322-1400

**Crisis Line:
828-228-1787**



**17 Hwy. 70
Hickory NC 28602**

www.fgcservices.com

**Check us out on
Facebook at Family
Guidance Center!**

