



September | 2011

Spotlight On Domestic Violence



CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400

#17 HWY 70 SE
HICKORY, NC 28602

WWW.FGCSERVICES.COM



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 COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Survivor's Corner: How Can We Support You?

This is a story of a young woman who is a victim of domestic violence, and how the First Step Program is helping her become a survivor.

► **Support:** Over the summer, Cindy (her name has been changed for her safety) was physically attacked by her husband in their car, while their 1 year old was in the backseat. She was shocked and scared. Her husband had never hurt her before he went off to fight in the war. She came to our office, hopeless and ashamed of her situation which was beyond her control. Cindy instantly received non-judgmental support and counseling from First Step's staff.

► **Safety:** Cindy wanted her and her child to feel and be safe. She did not know her rights for protection. With First Step's Court Advocate's assistance, she was able to obtain a protective order for her and her child. Today, her husband has been ordered to stay away from Cindy and her child and she feels more safe.

► **Supplies:** Cindy lost her job, due to missing work because she was sick. Without her job and financial support from her husband, she was in need of emergency funds for rent,



diapers, and food. First Step was able to help Cindy with her needs because of the community's financial support and donations. Today, Cindy was able to find a job and is safe from her abuser. Recently, Cindy told a First Step Staff, *"I cannot wait to fully get back on my feet, so that I may one day be able to give back and help First Step assist women that are in a similar situation I was in. Thank you First Step and everyone who gives to that agency"*.

If you are interested in helping victims of domestic violence like Cindy and her 3 year old, you can give by visiting our secure page at

www.fgcservices.com/support.html

**or mail a check to Family Guidance Center at
17 HWY 70 SE Hickory, NC 28602.**

On check memo write: First Step Program.

All funds will go into the First Step Program that will help victims and children of domestic violence.

Thank You for Your Support!

See how First Step has helped other victims, and also new staff at First Step on page 2!



Who's New at First Step?

We are excited to announce our new First Step Program Case Manager, Aishia. It is an honor to have her on board and here is what she had to say:

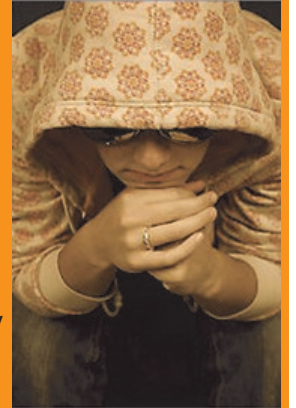
“I'm excited to be working with the Family Guidance Center's First Step Program. I have a love for working with nonprofit organizations and giving back by changing lives. I'm happy to be here”!



Lucia has been interning with the First Step Program. Her heart is with helping the Hispanic community. She assists victims with Domestic Violence Protective Orders, counseling, and support. We appreciate her work and her passion to help victims get back on their feet.

With Your Help...

▶ “I was able to get free legal aid to get my Domestic Violence Protective Order. I did not know my rights. I felt alone, and



First Step helped me know my rights and practice them. Court was scary, but I was able to go because I had First Step's support. Thank you for all your support”!

▶ “I was ashamed. I never ever would have thought I would be a victim of domestic violence. I went to First Step with my head down. I felt violated and that I was not worth receiving free help. I saw their Domestic Violence Therapist. She helped me realize that I was not alone and the abuse was not my fault. I still am healing, but I have more self-esteem now than I have had in years. I am able to walk with my head up. Thank you to my accepting therapist”.

Thank you to the survivors of domestic violence for sharing their stories in hopes that it will prevent and stop domestic violence in our communities!

Look forward to more info in our next newsletter about our awareness event in October!

Support us as we remember victims and support survivors!



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Be Changed; Get Involved

The Purple Ribbon Thrift Store's Facebook Page



The Purple Ribbon is now on Facebook! There has been several new posts and pictures updated weekly. You can find great deals and know what is new at The Purple Ribbon. Like us on Facebook today at The Purple Ribbon Thrift Store and you could get weekly updates, pictures of new items, and also find weekly specials and great buys!



Posted on Facebook: One of our valued customer's help with clothing displays

Hope to see you online!

Thanks for Your Help

Thanks to Ann, Pam, Sandy, and Anne who volunteered at the Bloomin' Orchard Festival at Sipe's Orchard Home. It was a good thing to promote Family Guidance Center's services to the community.



If you would like a free presentation, or information table for your staff or students about domestic violence please contact Liz Eller at 828-322-1400 or email her at ljordan@fgcservices.com.

"I have witnessed how education helps victims realize there is hope and that they are not alone or to blame. I have also seen people realize how devastating abuse is and have made a pledge to have healthy relationships. Education truly brings prevention and ends domestic violence".

—Liz Eller DV Educator

Pampered Chef Corner

September is here and Pampered Chef has a NEW Fall/Winter Catalog. September is a great month to host a Family Guidance Center Fundraiser Show to help raise awareness about domestic violence. Be the first to host a show with the new fall products. By hosting a FGCDV fundraiser, you are eligible to purchase a monthly host special as a Thank You for organizing a fundraiser show. This month's host special is awesome! You can get a choice of one of our new bamboo knife block set, new bamboo tool turn about and several other products at 60% off the original cost.





So get your community together and make a difference in the lives of victims of DV by hosting a Pampered Chef Fundraiser show. For more information or a catalog call Sara Ann Icard, your local Pampered Chef consultant.

Call or email Sara Ann today @ 828-328-2985 or sap1973@aol.com.

You can also visit her website at www.pamperedchef.biz/saicard

I will be at the Hickory Union Square Emporium on Sat Oct 1st from 2-5 pm for a Vendor Event for Breast Cancer Awareness, if you would like to stop by my table.