

Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

CONTACT THE
FAMILY GUIDANCE CENTER AT
828-322-1400
www.fgcservices.com



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.

What Do You Have In Common With These Celebrities?



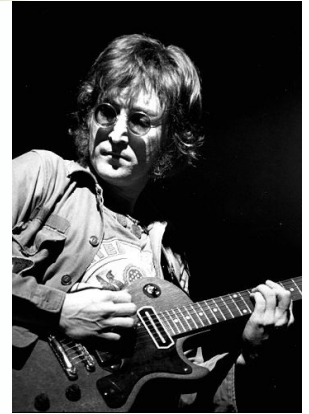
January is National Stalking Awareness Month First Step, along with other victim advocates across the country, is pledging to use this month as an opportunity to educate the public about the pervasive crime that affects

nearly 1.4 million Americans a year. The most known stalking cases are the celebrities. What can we learn from these stories below and what do we have in common with these Hollywood stars?



dead in an apparent suicide outside her home.

John Lennon was fatally shot by Mark David Chapman, who stalked him, on Dec. 8, 1980 outside the Dakota apartment building.



Stalking- a pattern of behavior, harassing or pursuing a person with unwanted and obsessive attention, that would put a reasonable person in fear- is a crime. One in 12 women and one in 45 men will be stalked in their lifetime, for an average duration of almost two years, and most victims are ordinary Americans.

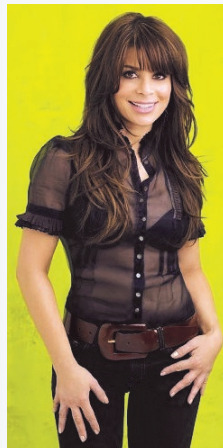
The commonality between the life of a celebrity and ordinary Americans is stalking can happen to anyone. Anyone can be stalked, and stalkers fit no psychological profile. Married, dating, or single, stalkers do not discriminate. We can learn from these celebrities stories that stalking is dangerous and has to be taken seriously.



Actress Keira Knightley, fled the UK two years ago after discovering she had a stalker. Marek Daniluk, 41, was arrested on Feb. 4, 2011, and charged with harassment. Knightley stated feeling, "threatened" when Daniluk became a regular fixture outside the West End's

Comedy Theatre where she was performing on stage. The actress reportedly told police she had become "worried and distressed" by Daniluk's behavior, which involved sending her gifts and letters.

Paula Abdul became the latest celebrity stalking victim when an obsessed fan was found



For more information, a free presentation or materials please call Family Guidance Center 828-322-1400 or email Liz Eller, Community Educator at ljordan@fgcservices.com. You can also visit the national stalking website at

www.stalkingawarenessmonth.org. To read more on celebrity stalking victims, visit: www.nydailynews.com/entertainment/celebrity-stalking-victims-gallery-1.45896



Easy tips to help yourself or others on page 2!

Your Christmas Gift Made A Difference

The Family Guidance Center thanks everyone in the community who gave to the agency this Christmas. Your financial donation will be used to help people in crisis get back on their feet.

You have given hope to the hopeless, and for that, we thank you!

I Am A Catawba County Survivor of Stalking



Amber, whose true name is not revealed, spent 3 years married to her abusive husband. She endured threatening, stalking, and controlling behaviors from the man she once trusted. "I was able to get help from the First Step Domestic Violence Program. They helped me with a Domestic Violence Protective Order", says Amber, "I had to go to the Shelter for Battered Women because he was stalking me and was going to hurt me".

Amber's relationship did not begin with stalking. When she first met her husband, he was successful and well respected in the community. Once married, he started to threaten, isolate, and control where she went and who she interacted with. "He got so controlling, I could not talk to anyone without him present", Amber said, "he would listen to all my calls, and he would have to know everywhere I went and tracked my miles on my car. At one point, he hid my car so I could not go get my license renewed. I not only became trapped in my house, but I also felt like a prisoner".

Even after she got the Protective Order, Amber's husband was seen stalking her on two different occasions. He served jail time for violating the Protective Order. Amber is still cautious, and switches her routine regularly, but she feels safer everyday. She receives help from a supportive family member and the First Step's Therapy Program. She is on her way to becoming herself again with a sense of security.

Batterers use stalking and fear as a tactic to control and monitor their victims. Many cases are similar to Amber's case. Stalking may take many forms-such as assaults, threats, vandalism, burglary, or animal abuse-as well as unwanted cards or hidden cameras, or computers. Anyone can be stalked, and stalkers fit no psychological profile. Married, dating, or single, stalkers do not discriminate.

If you are being stalked or know someone who is, please call First Step at 828-322-1400 or visit our website for information at www.fgcservices.com

"I not only became trapped in my house, but I also felt like a prisoner"

Are you being Stalked?

Things to do:

Stalking is unpredictable and dangerous. No two stalking situations are alike. Know what to do to help a friend or yourself:

- ▶ Trust your instincts. Don't downplay the danger. Take threats seriously. If you feel unsafe, you probably are.
- ▶ Take threats seriously. Danger is usually higher when the stalker talks about suicide or murder.
- ▶ Don't communicate with the stalker or respond to his/her attempts to contact you.
- ▶ Keep evidence of the stalking. When the stalker follows you or contacts you, write down the time, date, and place. Keep emails, messages, and notes. Photograph anything of yours the stalker damages and any injuries the stalker causes.
- ▶ Tell people you trust, who can help support you.
- ▶ Report to law enforcement
- ▶ Report/Discuss with your supervisor at work
- ▶ Change your daily routine, but be sure that a trusted friend knows it.
- ▶ Contact First Step Program to help with options such as a safety plan and seeking a Protective Order
828-322-1400



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People Who Make A Difference

A Special Thanks for Christmas...

Thank you to all the caring people in our community who gave Christmas gifts to our clients. "It was special to see clients' joyful faces, full of tears, when they saw the gifts for their families", says Lisa Drum First Step Therapist, "It was a such a relief for them to have gifts for their children to open on Christmas morning." One parent said, "I don't have the words to express how grateful I am".



An 8th Grader Enriching the Lives of Children



A couple days before Christmas, Katie Cockerham, a local 8th grader at Concordia Lutheran School, donated children's books with stuffed animals and teen novels to children at the Shelter! What a way to make a difference! **We are very thankful for Katie's compassionate and giving heart. Katie wanted to share her hobby, reading, with the children at the Shelter.** Katie hopes the books can bring joy and relief to them. (Liz Eller, DV Educator, left, receiving the gifts from Katie on right.)

A Special Thank You To:

**Greater Faith
Missionary Church**

**Rock Barn Golf and Spa
Dining Services**

**Piedmont Cardiology
Associates**

For recently providing a special meal for the families in our Shelter. It was such a nice treat for them. We appreciate your nurturing our families with delicious food.



Big, big thanks to Greater Faith for their abundant donation of canned food, turkeys for our families, and small refrigerator. We're grateful for your tremendous support!



Purple Ribbon Thrift Store Shop to Stop Domestic Violence!



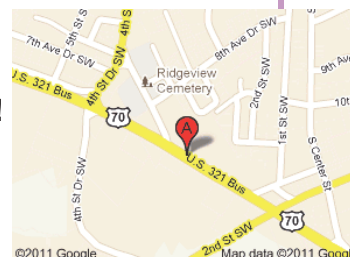
Frequent shopper of The Purple Ribbon Thrift Store Debbie says, "I personally love shopping at your store. It is like walking into a specialty boutique with a good cause! I know the good work First Step Domestic Violence Program does, and I support the program by always bringing in

my donations to you. Thank you for all you do".

Thank you for all who donate! You help us keep the doors to the Shelter for Battered Women open!

360 US Highway 70 SW Hickory, NC 28602
For more information, please call 828-322-3423

"I have purchased several sweaters, and a gorgeous dress coat for the best deal in town!"



If you or someone you know is abused call

**FIRST STEP
Domestic Violence
Program**

828-322-1400

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



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