



Safe Haven Shelter
for Battered Women

VOICES

Summer 2006

Lake Superior Region Family Justice Center:

Safe Haven Shelter Purchases Water and Gas Building

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It is exciting to watch as an important piece of a long-held dream falls into place. And excitement is what surrounds the next step in creating the Lake Superior Region Family Justice Center, a centralized location for services for victims of domestic violence, a reality. It was about 3 years ago when Lisa DeVillar, a new legal advocate from San Diego, California, told us about the San Diego Family Justice Center at which she had volunteered. Lisa strongly advocated that we consider a similar concept.

We were intrigued by what was known as the "one stop shop" concept, and went online to learn more. With the "One Stop Shop" concept, victims and survivors come to one central location where they have access to all the services they might need. These services can include but are not limited to; police, prosecutors, probation officers, job counselors, mini medical exam room, therapists, Visitation Center staff, childcare, and legal advocates.

President George W. Bush had allocated federal money to fund twelve to fourteen more Justice

Centers around the country similar to the first one created in San Diego. I attended a conference in San Diego with much curiosity and enthusiasm. After the conference, I knew the "One Stop Shop" concept could be great for the Duluth community if it was applied with careful forethought and victim and survivor input.

With the seed now planted, we began to actively pursue our own Family Justice Center. As expected, there have been many ups and downs along the journey, but due to the dedication and support of volunteers, staff, and community members we will now be making the Family Justice Center in Duluth a reality. We are extremely happy and excited to announce that after a generous \$100,000 donation from Seth Oliver, we closed on the purchase of the first floor of the old Water and Gas Building (across from the Civic Center) on August 15, 2006. We are now redoubling our efforts to collaborate with and include

other community services in the Family Justice Center. We will also begin the next step in the journey to realizing our dream by actively raising funds for needed renovations.

"In the meantime, our legal advocacy program has moved into the Building for Women (32 East First St., 3rd Floor)—a step closer to the Lake Superior Region Family Justice Center."

In the meantime, our legal advocacy program has moved into the Building for Women—a step closer to the Lake

Superior Region Family Justice Center. We miss the shelter and the people there, but we are still in the great company of strong women: PAVSA, Women's Health Center, Aurora, League of Women Voters, and North Country Women's Coffeehouse. We are enthusiastically awaiting the date of our next and final move. It is exciting to know that the Lake Superior Region Family Justice Center will be a convenient way to provide much needed advocacy and hope to the victims of domestic violence.

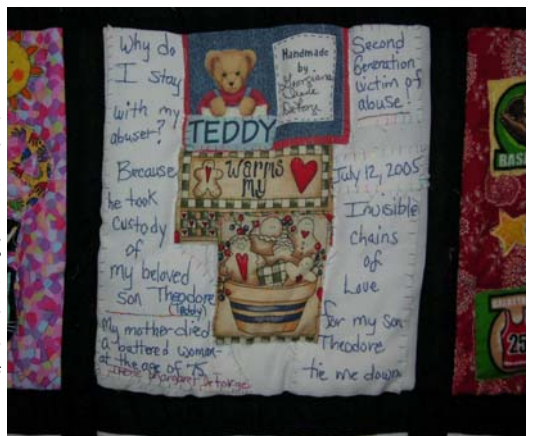
-Cathryn Curley



Verizon Wireless Sponsors "Voices of Hope: A Quilt Display"



"Voices of Hope: A Quilt Display" was on exhibition at the Holiday Center in Duluth June 12th-25th. Under the guidance of Free Arts Minnesota, residents at the Safe Haven Shelter for Battered Women were among victims from 13 shelters in Minnesota and North Dakota who used the traveling exhibit to express what "Hope" means to them. Artists also created statements to accompany their art as another outlet for their voice. Voices of Hope was co-sponsored by Verizon Wireless and Free Arts Minnesota.



October is Domestic Violence Awareness Month

In 1987, October was proclaimed Domestic Violence Awareness Month in the United States. This October, we will be busy bringing domestic violence issues into the Duluth community's spotlight.

Domestic Violence Awareness Month is a wonderful opportunity to encourage hope for a future without domestic violence, while remembering past victims. Safe Haven Shelter will be working with the AICHO, CASDA, DAIP, PAVSA, WRAC, Mending the Sacred Hoop, Dabinoos' Igan Shelter, Men as Peacemakers, and Dad's and Daughters to sponsor a Candlelight Vigil. The vigil will be a public testimonial about the impact of domestic violence in the Duluth Community, as well as a celebration of hope for a future without domestic violence. Further details for the event will be posted on Safe Haven's website.

On October 12 from 12:00 to 1:00 p.m. at the Holiday Inn, Safe Haven Shelter will be holding an "Overcoming Family Violence" fundraising luncheon. The purpose of this luncheon will be to gather pledges for the upcoming fiscal year while educating community members on the issue of domestic violence and the services Safe Haven Shelter provides. Facing ever lower government funding, shelters are finding it essential to obtain private funding. If you are interested in attending the Overcoming Family Violence luncheon, please call Safe Haven Shelter for more information (contact information at end of article).

Also during October, Safe Haven employees will be working together to present an interactive workshop on domestic violence for "What's Happening to Our Village?", this year's St. Louis County Health

and Human Service conference. The presentation entitled, "Behind the Scenes: Bringing Domestic Violence to the Forefront of People's Minds" will be October 13, from 1:30-3:00.

Finally, Safe Haven's Education Advocates will continue to do community presentations, workshops, and trainings during October. Please consider highlighting domestic violence awareness in your home, organization, or place of employment. For presentations or workshops, please contact Safe Haven's Education Advocates:

Cassandra Vore: (218) 730-2469
cvore@safehavenshelter.org

Ed Heisler: (218) 730-2468
eheisler@safehavenshelter.org



Keeping Up With the Times

These days, many of us find ourselves getting our news, doing our shopping, and even performing our jobs online. While nothing can replace the importance of face-to-face interaction, utilizing the world-wide web can be beneficial in many respects. Safe Haven Shelter is now harnessing these benefits with software called Volunteer2. It allows us to more efficiently and effectively manage our volunteer program. In turn, our dedicated volunteers receive more accessible information and an even better volunteer experience. Once volunteers complete an electronic application form, they can sign up for activities, check their schedules, view reports on their volunteer hours, and communicate directly with the volunteer coordinators—all from the comfort of their nearest computer.

And that's just the beginning of the exciting changes happening in the volunteer program at Safe Haven Shelter. New educational programming and training opportunities abound. Not only do volunteers receive intensive training that highlights shelter procedures and provides an understanding of the dynamics of domestic violence, but they now have access to weekly workshops on a variety of significant and contemporary topics. Keeping up with the times is an exciting venture. We invite all who are interested to join us by accessing our volunteer page on our website at www.safehavenshelter.org.

Volunteers Make a Difference:

1 in 4 women are victims of domestic violence. This could be your sister, friend, neighbor or even you. By volunteering you can help end this tragedy. One person CAN make a difference.

- **Speakers Bureau:** Share your story as a survivor of domestic violence as a way of raising awareness and educating the public.
- **Donations Coordinator:** Help us fully utilize the items we receive by keeping our donations organized and inventoried.
- **On-Call Advocate:** Provide support to women whose partner has been arrested for assault.
- **Receptionist:** Help us serve our clients in a friendly and efficient manner at our new Legal Advocacy office in downtown Duluth.

To find out more about these or other opportunities contact: *

Cassandra Vore: 218-730-2469 or cvore@safehavenshelter.org
Ed Heisler: 218-730-2468 or eheisler@safehavenshelter.org

*We ask that women who have stayed at the shelter wait at least 1 year before volunteering.

Got an Old Cell Phone?

Safe Haven Shelter reprograms used phones and gives them to victims of domestic violence in the Duluth community. Reprogrammed cell phones will place free 911 calls. This program is very important to the safety of the women and children we serve. Please consider dropping off your old but working cell phone at Safe Haven Shelter, or at the West Duluth, Hermantown, or Superior Super One stores.

Special thank you to the Miner Family for the use of their Super One stores.



Voices

Maria Bamford Headlines Hometown Benefit for Safe Haven Shelter

On June 1, Maria Bamford headlined Safe Haven's benefit show, "An Evening of Comedy." Maria is a native of Duluth, and the daughter of Safe Haven's board chair, Marilyn Bamford. Many of Maria's childhood supporters, including her kindergarten teacher, came for the homecoming event.

Maria is an internationally acclaimed comedian who appears regularly on Comedy



Central. As the headlining act, Maria was a hit with the Duluth crowd. Her impersonations and comedic portrayals of family life kept the audience roaring with laughter.

"An Evening of Comedy" began with an hour-long social before the show. After the social, Mix 108's Cathy Kates opened up the show by sharing her personal experience using Safe Haven's hotline service. She remarked on the importance of the services Safe Haven provides. Next, Beth Elstad, surrounded by Safe Haven staff and board members, gave a victim state-

ment about her experience with domestic violence. Kathy Heltzer followed with a hilarious comic act inspired by the humor in every day life.

Jackie Kashian caused fits of audience laughter to precede Maria Bamford's act. Kashien, a nationally celebrated comic and native of Milwaukee Wisconsin, used a mixture of story telling and sharp social commentary. Safe Haven greatly appreciates the support of all three comedians, as well as each of the volunteers, sponsors, and audience members that made the event a success.

Irene's Story:

(Identifying information has been changed)

I fled to Safe Haven Shelter for Battered Women with my ten-year-old son in order to save our lives. We had been living with Ron, a federal law enforcement officer, for nine years. Our lives became filled with escalating violence for most of that time.

Before my relationship with Ron, I had earned a master's degree in social work, and secured a long-term job at a youth center. As Ron's abuse escalated, however, I lost my job. I was frightened—too frightened to leave. Ron would beat me up or destroy parts of the house two or three times a week. He always reminded me that if I ever tried to leave, he would kill both me and my son. Even when I called 911, my cries for help were ignored. He was protected by his connections in law enforcement. I was imprisoned in my own house. It wasn't safe to ask anyone for help, and Ron wouldn't let me have any unsupervised contact with the outside world. Sometimes the violence was so bad that he would stick guns in my mouth, or knock me unconscious.

Over the years I saved a small stash of secret money. I was focused on freeing myself from my prison, and freeing my son from witnessing such terrible abuse at the hands of his stepfather. Finally, the day came when my son and I had the opportunity to escape. I had looked up battered women's shelters in various states.

We caught a bus straight to Safe Haven Shelter in Duluth.

My stay at Safe Haven was a transforming experience in my life. I was in great danger. Ron had every intention of carrying through on his threats to kill me and my son. Safe Haven made sure we were kept safe, and I received the surgeries and other medical care I needed to recover from injuries. They also provided us with the emotional support we needed. My son met daily with Safe Haven's Child Advocates. They helped him deal with the emotions that are involved with growing up in an abusive home. I attended various support groups to help me heal and understand domestic violence.

Women's Advocates at Safe Haven worked tirelessly to secure transportation to another area of the country, safe housing, and a new identity. They took a personal interest in our transition to a new life. I left Safe Haven about a year ago with sincere appreciation for their concern for me. I still think it's incredible the way they went above and beyond what I would have expected from them.

Now I'm in the process of creating a new life. For the first time in almost 10 years, I am free to choose the course of my life. My son and I are incredibly grateful for the advocacy and support Safe Haven Shelter provides.

Upcoming Events:

For more information contact Safe Haven Shelter: (218) 728-6481

- 9/2: Duluth-Superior Pride Festival 10:00-7:00
- 10/4: Project Homeless Connect 11:00-4:00
- 10/5: Domestic Violence Candle Light Vigil 7:00-8:30
- 10/12: "Overcoming Family Violence" Fundraising Lunch 12:00-1:00
- 10/12-13: St. Louis County Health and Human Services Conference: Safe Haven Shelter presentation October 13, 1:30-3:00

Topical Workshops:

Held at Safe Haven Shelter

- 9/6: Conflict Resolution 2:00-4:00
- 9/18: Dating Violence 9:00-11:00
- 10/3: Personal Wellness 2:00-4:00
- 10/10: Orders for Protection and Harassment Orders 9:00-11:00
- 10/21: On-Call Advocacy 10:00-12:00
- 10/26: Substance Abuse 5:30-7:30
- 11/2: Community Resources 1:00-3:00
- 11/11: Mental Illness 1:00-3:00
- 11/14: Poverty 2:00-4:00

Volunteer Trainings:

Held at Safe Haven Shelter

Basic:

- 9/21: 5:00-8:30
- 9/29: 5:00-8:30
- 11/9: 5:00-8:30

Intensive: (3day weekend training)

- 9/29: 5:00-9:30
- 9/30: 9:00-5:00
- 10/1: 1:00-5:00

"Feminism is a belief that, although women and men are inherently of equal worth, most societies privilege men as a group. As a result, a social movement is necessary to achieve social equality between women and men, with the understanding that gender always intersects with other social hierarchies."

-Estelle Freedman, lecture,
9/27/1999

Domestic Violence Can Impact Anyone's Life

How Do I Know if I am or Have Been Abused?

Sometimes, women aren't sure if they are victims of domestic abuse. Maybe you aren't sure. Perhaps you haven't been seriously injured—maybe your partner hasn't hit you at all. Domestic abuse is about more than physical violence. If your partner does things that make you afraid, and that isolate you from friends or family members, you may be a victim of abuse. The following check list can help you determine if you or someone you know is abused.

Does your partner...

- constantly criticize you and your abilities as a wife or partner, mother or employee?
- behave in an overprotective way or become extremely jealous?
- threaten to hurt you, your children, pets, family members, friends, or himself?
- prevent you from seeing family or friends?
- get suddenly angry or lose his temper?
- destroy personal property?
- deny you access to family resources like the car, bank accounts, credit cards, or control all finances and force you to account for what you spend?
- intimidate or manipulate you or your children?
- hit, punch, slap, kick, shove or bite you?
- prevent you from going where you want to, when you want to?
- make you have sex that makes you uncomfortable?
- humiliate, put you down, or embarrass you in front of others?

If you answered "yes" to any of these questions, you may be a battered woman. You are not alone—millions of women are abused by their partners each year...

- adapted from www.opdv.state.ny.us/criminal_justice/corrections/bipbipbroch.html

Please contact Safe Haven for support, advocacy, or shelter:

Call: (218) 728-6481
or
Toll Free: 877-880-3094

Victim Rights

When you are the victim of domestic violence, you have rights, including the right to:

1. File a petition requesting an Order for Protection.
2. Be notified of the release of an offender from jail, prison or a custodial institution.
3. Participate in the prosecution process.
4. Request a speedy trial.
5. Attend all court hearings.
6. Request that your address be withheld in open court.
7. Request that law enforcement withhold your identify from the public.
8. Request the court to order the defendant to pay restitution.

These are not your only rights.

You may be eligible for financial assistance from the state if you have suffered economic loss as the result of a crime.

Have a Safety Plan

If you feel you are in a battering relationship, have a safety plan:

1. **Call 911.**
2. If an argument seems unavoidable, try to have it in a room or area that has access to an exit, and is not anywhere near weapons.
3. Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.
4. Keep a list of phone numbers of friends who are reliable and who will be able to help you if you need it.
5. If possible, keep ready cash on hand for emergencies.
6. If you drive, hide an extra car key for a hasty departure.
7. Decide and plan for where you will go if you have to leave home, and devise a code word to use with your children, family, friends, and neighbors when you need the police.
8. Use your instincts and judgment. If the situation is very dangerous, consider giving the abuser what he/she wants to calm him/her down until you are out of danger.
9. Memorize Safe Haven Shelter for Battered Women's phone number. It could save your life. *Phone: 218-728-6481*

Violence is the last refuge of the incompetent.
-Salvor Hardin

Are you or someone you know in an abusive relationship?

There IS help in the Duluth Area...

Crisis Domestic Violence Shelters/Programs

- Safe Haven Shelter for Battered Women (main number and 24-hour crisis line): 218-728-6481; 877-880-3094 (toll free); TTY: 218-730-2464
- Center Against Sexual and Domestic Assault (CASDA): 715-392-3136
- Dabinoo 'Igan: 218-722-2247
- Day One Program: 866-223-1111
- Min no wii jii win House, Fond du Lac: 218-348-1817; pager: 218-725-9298; 24-hour line: 218-879-1989
- Domestic Abuse Intervention Project (DAIP): 218-722-2781

Emergency Housing

- Bethany Crisis Nursery: 218-626-3083
- Bethany Crisis Shelter: 218-626-2726
- Churches United in Ministry (CHUM): 218-726-0153
- Loaves and Fishes Community: 218-724-2054
- Union Gospel Mission: 218-722-1196

Duluth Central Agencies

- Churches United in Ministry (CHUM): 218-726-0153
- Housing Access Center: 218-722-2814
- Housing and Redevelopment Authority (HRA): 218-529-6300
- Salvation Army: 218-722-7934
- St. Louis County Information and Referral Service (Voice/TDD): 218-726-7222
- St. Louis County Social Services: 218-726-2000

Transitional Housing Programs

- American Indian Community Housing Organization (AICHO): 218-722-7225
- Life House Youth Center: 218-722-7431
- Salvation Army Transitional Housing: 218-722-7934
- Women's Transitional Housing Center: 218-728-6437

Legal Assistance and Law Enforcement

- Duluth City Attorney: 218-730-5490
- Indian Legal Assistance: 218-727-2881
- Hermantown Police Department: (218) 729-1200
- Legal Aid Service of Northeastern Minnesota: 218-726-4800
- Probation: 218-726-2633
- St. Louis County Attorney: 218-726-2323
- St. Louis County Jail: 218-726-2345

- St. Louis County Sheriff's Office: 218-726-2340

- St. Louis County Victim-Witness Services: 218-726-2323

Food and Clothing

- CHUM (Churches United in Ministry) Emergency Food Shelf: 218-726-0153
- Damiano Center Clothing Exchange: 218-722-5991
- Damiano Center Soup Kitchen: 218-726-0500
- Goodwill Industries Retail Store: 218-722-3050
- Salvation Army Food Shelf: 218-722-7934
- Salvation Army Store: 218-722-7723
- St. Louis County Social Services - Food Stamps: 218-726-2101
- Union Gospel Mission: 218-722-1196
- Women, Infants, Children Program (WIC): 218-725-5211

Hospitals and Health Care Assistance

- Duluth Detoxification Center (Detox): 218-723-8444
- Lake Superior Community Health Center: 218-722-1497
- Mental Health Crisis Line: 218-723-0099
- Miller-Dwan Medical Center: 218-727-8762
- Minnesota AIDS Project: 218-786-8128
- Minnesota Care (affordable health insurance): 218-722-9650
- Planned Parenthood: 218-722-0833
- St. Luke's Hospital: 218-726-5555
- St. Mary's Medical Center: 218-726-4000
- Women's Health Center: 218-727-3352

Other Sources of Help

- Center for American Indian Resources (CAIR): 218-726-1370
- Child Care Resources/Referral: 218-726-2273
- Domestic Abuse Intervention Project, including Visitation Center: 218-722-2781
- Housing Access Center: 218-722-6808
- Initial Intervention Unit (IIU): 218-726-2012
- Program for Aid to Victims of Sexual Abuse (PAVSA): 24-hour crisis line: 218-726-1931; 866-229-7425 (toll free); business line: 218-726-1442
- St. Louis County MADD (Mothers Against Drunk Drivers): 800-487-6233 (toll free)
- St. Louis County Victim-Witness Program: 218-726-2323
- Victim Information and Notification Everyday (VINE): 877-664-8463

Hope is the thing with feathers- that perches on the soul...
-Emily Dickenson

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|---|
| Safe Haven Shelter Team |
| Board Chair |
| Marilyn Bamford |
| Board Secretary |
| Gordon Ramsay |
| Board Treasurer/Chair Elect |
| Sharon Buchanan |
| Board Members |
| Sue Anderson |
| William Burns |
| Sharon Kemp |
| Laura Ness |
| Executive Director |
| Susan Utech |
| Financial Coordinator |
| Beth Elstad |
| Shelter Program Supervisor |
| Bonnie Kolodge |
| Assistant Supervisor |
| Janet Olson |
| Front Desk |
| Celesta Jackson |
| Cook |
| Mavis McDonald |
| Maintenance |
| Dale Minkinen |
| Women's Advocates |
| Marie Mallett |
| Elizabeth McPeck |
| Kate Murphy |
| Tanya Parker |
| Mary Roe |
| Misty Roth |
| Casual Staff |
| Tracy Clark |
| Becky Dalton |
| Rachel Erickson |
| Kathy Mitchell |
| Kelli Ostern |
| Children's Advocates |
| Nikki Kaul |
| Nate Kesti |
| Intervention Supervisor |
| Cathryn Curley |
| Legal Advocates |
| Margo Colomb |
| Education Advocates/Volunteer Coordinators |
| Ed Heisler |
| Cassandra Vore |

A Note from our Executive Director:

At a recent morning group attended by Safe Haven Shelter residents, the topic of discussion was denial. It was a popular topic, with many of the women wondering how they could possibly have ended up at a shelter for battered women.

The women came from different backgrounds and diverse races. Some women had children, several were about to give birth, and some did not have children. Some had good jobs or had held good jobs, others had been denied the chance to work, or were so young that they had never held a job that paid more than minimum wage. Despite their differences, everybody was gathered together at a battered women's shelter. Some women nursed physical injuries, some were in fear, but everyone was working to overcome the abuse they had suffered.

Woman after woman thought she would never really end up at the shelter—that her experience was different than the others—like a dream she would soon wake up from. Yet as they spoke they came to find out that they had more in common than they thought. The lesson that day was that denial is a heavy coat, neither good or bad, that keeps you protected and safe until you are ready to face reality. So too denial can be a protective device for communities to escape the reality that domestic violence is so prevalent.

The women's desire to deny their experiences with abuse is not surprising to me. Similarly, I meet many people who try to deny the reality of domestic violence in our community. As the women in the group were forced into facing a reality with domestic violence, so too we must strive to face that same reality as a community.



When the world says, "Give up," Hope whispers, "Try it one more time."
 -Author Unknown

We are proud of the commitment, skill and determination of our Safe Haven staff. Together, we create a safe, healing and purposeful environment.

Staff Highlights: Celesta Jackson—Supporting Women and Providing Hope

For almost ten years, Celesta Jackson has been the first person shelter residents see when they walk through Safe Haven's doors. They may not know it at the time, but as they walk through the door, they have gained not only an advocate, but a supportive friend.

Celesta reports, "Many of the women come to the door in tears. Some of them are so overwhelmed by sadness that I have to physically hold them up."

Figuratively, Celesta continues to hold people up while they are at Safe Haven Shelter. Celesta often encounters women when they are on the verge of running. "They don't know whether to stay or go." Celesta says, "I try to let them know that this is the right place to be."

By Celesta's front door desk sits a single chair—hardly ever empty—where residents come to talk. "I just listen," Celesta says, "And

give them a safe place to talk." Once they have talked, Celesta gives them supportive words and takes an active interest in helping them find resources they need. She draws connections between her own feelings and experiences and theirs; and collects job, apartment, and other community resource listings that she thinks might be helpful to the women. Most importantly, Celesta, who is an elder in the Anishinabe community, gives the residents hope. She encourages them to take the steps toward transitioning to a healthy permanent living situation and lets them know that, "When things fall through, it wasn't the right thing for you. The spirits have a different role for you that will reveal itself."

Celesta is an important part of the Safe Haven Shelter staff, which is dedicated to advocating for and providing hope to victims of domestic violence. "The real reward," Celesta says, "Is seeing women succeed who I helped give some hope."

-Ed Heisler

Support Groups for Women

It takes a lot of courage to share your thoughts and feelings with others. It is possible, however, to find hope through knowing that you are not alone, that your feelings and thoughts are normal, and there is a safe place to talk about what has happened to you.

We offer a weekly Healing Circle for community women, women who have left the shelter, and shelter residents. This group is held every Tuesday evening. You are welcome to come to the Healing Circle and participate in a supportive group discussion. Many current residents attend this group. Child care and transportation, within city limits, are provided. Please call Bonnie at 218-728-6481 for more information.

We also offer a 24-week closed group, designed to educate and assist you in your healing process. It is divided into three segments of eight weeks, and you are invited and encouraged to participate in all three segments. If you wish, however, you may choose to commit to only one eight-week segment at a time. The group is a closed group, meaning that no new people will join until the end of an eight week segment. The closed group welcomes community women, former residents of Safe Haven Shelter, and anyone else who has survived domestic violence and is interested in working on healing. This group meets on Wednesday evenings at the Shelter from 6:00 p.m. to 8:30 p.m. Childcare, transportation (within city limits), and snacks are provided. Call Cathryn at 218-623-1000 for more information.

By showing up at these groups, you are choosing to undertake a healing process. Healing does not happen on a given timeline. No one can predict when your process will feel complete. It is common for healing to take years, although it does get easier as you move through the process. At times, it may be scary and painful, yet engaging and enlightening. Attending this group is a great leap forward in the healing process.



We welcome you to join us no matter where you are in the healing process.



Join us at our “Overcoming Family Violence” Fundraising Luncheon!

Thursday, October 12
12:00-1:00
The Holiday Inn

Please contact Susan at Safe Haven Shelter if you would like to attend.

Gearing up for the Holiday Season

Having just left the 4th of July behind, and having not yet reached Labor Day, it might be a bit of a stretch to begin thinking about the upcoming Christmas season. But at Safe Haven Shelter that is exactly what we are doing.

The holiday season can be a hard time for women and children who are in crisis and must leave their homes. It can also be a time of hope and renewal.

As in years past, we will be depending on the generous support of our community to help make this a special time for the women and children who will be staying in the shelter during the holiday season. This year, however, there will be a few changes that we hope will make it easier for donors and volunteers to lend a hand.

First, for your shopping convenience we will be creating gift registries at area retailers that can be accessed online or in the store. This will allow you to get exactly what our residents need, and it will assist us in creating equitable gift baskets for all.

Second, we will be looking for civic, church or other groups that would like to host gift wrapping parties. Donated items will be sent to your location, where they are wrapped at your convenience and then delivered to the shelter on a specified date.

So if you think you could lend a hand this season, make sure to look for more details in our upcoming fall issue of VOICES. There you will find a list of retailers with gift registries and instructions on how to volunteer to host a gift wrapping party.

Help us make this a time of hope for those who might otherwise go without.

Go Paperless!

We are now offering our newsletter subscribers the option of receiving the newsletter via e-mail.

If you are interested, please send your e-mail address to:



Cassandra Vore
Ed Heisler

cvore@safehavenshelter.org
ehisler@safehavenshelter.org



Safe Haven Shelter for Battered Women

Safe Haven Shelter for
Battered Women

Phone: 218-728-6481

Fax: 218-728-5084

E-mail: sh@safehavenshelter.org

Website: www.safehavenshelter.org



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Duluth, MN



“Day of Caring” Makes a Difference

Safe Haven Shelter enjoyed a one-day makeover on June 28 during the United Way “Day of Caring.” The grounds of the shelter looked better by the hour as 30 volunteers completed tasks for the shelter. During the annual event, Duluth Community Development improved the playground area, Duluth AFL-CIO Central Labor Body stained benches, picnic tables, and playground equipment, Peabody Law Office planted flowers and shrubs, the Duluth Police Department gave tours of their squad cars, and Nancy and Friends prepared an outdoor picnic for volunteers, staff, and shelter residents. Thanks to this year’s volunteers!



Did You Know?

- ◆ There are approximately 1,500 shelters for women experiencing domestic violence in the United States.
- ◆ There are approximately 3,800 animal shelters in the United States.
- ◆ Safe Haven serves a seven county area.

Your Support IS Essential!

The Inside Story

Safe Haven Shelter for Battered Women is now offering a one-hour program and tour for community members to gain more knowledge and insight into the important work that we do. These programs are offered twice a month and we invite anyone interested in attending to call Cathryn at **218-623-1005**.

Upcoming Program Schedule:

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|---------------------------|-----------------|--------------------|-------------------|
| Wednesday, September 13th | 4:00 pm—5:00 pm | Thursday, Nov. 2 | 10:00 am—11:00 am |
| Thursday, September 28th | 5:00 pm—6:00 pm | Thursday, Nov. 16 | 4:00 pm—5:00 pm |
| Thursday, October 19 | 5:30 pm—6:30 pm | Wednesday, Nov. 29 | 4:00 pm—5:00 pm |