



SAFE HARBOR  
OF SHEBOYGAN  
COUNTY, INC.

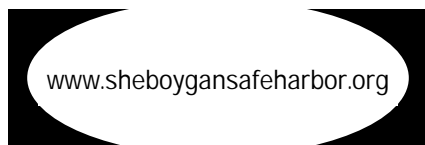
P.O. Box 582  
Sheboygan, WI 53082-0582

**24 hour crisis hotline**  
920-452-7640  
800-499-7640  
info@sheboygansafeharbor.org

To remove your name from our  
mail list please call 920-452-8611  
or email us at the address above.

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OR CURRENT RESIDENT



We thank our generous newsletter sponsor  
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### Top 10 Ways to Help Safe Harbor

10. Name us or our Endowment Fund as a beneficiary of your will or your IRA
9. Volunteer at an event that is raising money on our behalf
8. Make a donation in honor or memory of someone you cherish
7. Volunteer your time and talent
6. Donate paper or cleaning products
5. Attend our new event, Men Who Cook
4. Rent our meeting building
3. Collect used cell phones for us where you work or go to school
2. Donate shares of stock
1. Write us a check!

### Announcing:

#### Men Who Cook for Safe Harbor

Our volunteer event planning committee is finalizing plans for our new signature fundraising event to debut in 2010,

#### Men Who Cook for Safe Harbor.

Featuring amateur—but accomplished—chefs from Sheboygan County, it will be a fun event you won't want to miss!

We will soon announce the date and location and sponsorship opportunities. Watch our website for more details.

#### We are trying to go greener!

If you would prefer to receive this newsletter electronically please contact us via our website or by email at info@sheboygansafeharbor.org and we will make that change.

SAFE HARBOR OF SHEBOYGAN COUNTY, INC.



Winter 2009–2010

# SAFE HARBOR NEWS

## Donors, Volunteers Make A BIG Difference

Everyone knows it's been a tough year for many people, many businesses and many non-profit agencies. It's the same for Safe Harbor. In 2009 we struggled to meet the challenges of providing more service with fewer employees and less funding. What made a big difference for us this year was the generosity and caring of the many donors and volunteers who chose to support our mission.

In 2009 we were especially supported by many volunteer projects which helped us furnish, supply and beautify our new domestic abuse shelter and administration facility at 929 Niagara Avenue.

Now is the time of year we benefit greatly from the kindness and generosity

of the many people who donate gifts to be provided to the families we help. **We have been deeply touched once again by the generosity shown by the people in this county toward our agency and our clients.** Because of these generous acts, many of which are anonymous, we were able to provide Christmas gifts for the many kids and mothers we helped this year.

We hope everyone who has helped Safe Harbor this year feels good knowing they have made many people's lives better by their selfless acts of support and kindness. We know we are fortunate to do our work in a community that cares so deeply.

### MISSION STATEMENT

Safe Harbor is dedicated to the prevention of all forms of domestic abuse and sexual assault in the community through raising awareness, education, and providing safety, shelter and support for all victims.



This is a photo of the volunteer group **Women 4 Families** from Kohler Company (Engineering) who adopted Safe Harbor as their project last summer—raised money, got donations and worked hundreds of hours to transform our shelter inside and out!

## Internet Safety Tips for Parents

*From Mai Xiong, Southeast Asian Outreach Coordinator*

The internet has become a playground for those who would prey on children. It's alarmingly easy for an adult to locate a child and lure them into a meeting. Parents should recognize this safety threat and take steps to keep their children safe from predators. These tips can help:

- Always have the computer in an open place like the family room. The screen should be positioned so it is **visible**.
- Have your children show you what they do online. Visit their favorite sites to see for yourself what they are being exposed to.
- If your child uses **chat** or email, talk to them about NEVER meeting anyone in person that they first met online.
- Talk to your child about not responding to offensive or dangerous email, chat or other communications. Report these communications to law enforcement. Do not delete the offensive or dangerous email; just turn off the monitor and contact law enforcement.
- Talk to your child about providing **personal information**, posting pictures, using screen names such as "shebsxy17"; how these may interest perpetrators and help them to find your child.
- Parents can purchase filtering or blocking software, which will allow a child access only to a preapproved list of sites.

If any parents have more questions/concerns, please feel free to contact Safe Harbor for more information.

### Address Check!

Please use one of these for us:

P.O. Box 582  
Sheboygan, 53082  
or  
929 Niagara Ave.  
Sheboygan, 53081

## A Survivor Talks About Getting Help at Safe Harbor

*C is someone who did not stay in our shelter but received help and hope in 2009.*

"When I arrived at Safe Harbor I met with Katy Pruitt. This was one of the lowest points of my life; Katy was absolutely a lifeline. Her **kindness and empathy** gave me the courage to go on. Katy also gave me **materials**, including books, regarding abuse that I read over and over to remind myself, or even at some level convince myself, that staying separate from my abuser was the right thing to do.

When my husband left me I was on disability; looking at being off for at least another month. I felt like my whole world was spinning out of control. I lost his income the moment he walked out the door.

The **food** I received from Safe Harbor was critical to my being able to keep moving

forward. In addition, Safe Harbor paid money toward my next month's **rent**. The thought of possibly losing my apartment and having to move my daughter in my condition was overwhelming. Also, Safe Harbor paid for my **locks** to be changed. I was struggling terribly with being able to sleep at night, wondering if my husband would come in and hurt either my daughter or I, especially once I filed for divorce which has the potential to be a dangerous time. I would literally lay awake for hours on end listening very intently to every noise I heard. The **peace of mind** that I received, and still have now, as a result of my locks being changed is priceless.

Emotional support in conjunction with financial support is critical to a victim being able to stay separate from the abuser."

## From the Executive Director

Safe Harbor is here for the communities we serve throughout Sheboygan County. Every hour of every day we stand ready to respond to crisis calls and pleas for help and support. Every day our shelter door is open to take in individuals and families seeking safety and a reprieve from violence and abuse.

While our shelter is a big component of our work, **many of the people we help do not stay at our shelter**. We want people to know they do not have to come to, or stay at, our shelter in order to get help from Safe Harbor. **Here are some of the many services we provide:**

**Support/Counsel & 24 hour Crisis Line:** 920-452-7640

**Resource Information/Referral:** connect individuals to community resources. Collaborate with other agencies and entities to ensure effective/efficient services.

**Hospital Advocacy:** personal support to victims and their family during sexual assault exam.

**Legal Advocacy:** help understanding and accessing the legal system—accompaniment, forms, filing, processes, options.

**Survivor Support Groups**—domestic violence support groups, children's structured support group, AODA and sexual assault survivor support.



Teri Strub, Executive Director

### 2009 Safe Harbor Board of Directors

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Our website has a new look, thanks to LTC intern Linda Miller. Check out the animation and ability to take donations online!  
[www.sheboygan.safeharbor.org](http://www.sheboygan.safeharbor.org)

## Safe Harbor Staff News

*By Katy Pruitt, Director of Services*

Trauma therapy is vital to healing for many of our clients. Thanks to a grant funded by stimulus money, in 2009 we added a new part time therapist position to our staff. We are proud to announce that **Mary Kay Howie, MSW, LCSW**, a local therapist with over 30 years of experience in domestic violence and sexual assault trauma therapy is now a Safe Harbor employee. Mary Kay is directing case management at Safe Harbor in addition to providing direct service to clients.

In 2009 we also welcomed 2 new program coordinators: **Kim Pudwill**, Children's Program Coordinator and **Leslea Helgeson**, Sexual Assault Services Program Coordinator. Kim has a B.S.W. (Bachelors Degree in Social Work) and will soon complete a Masters Degree in Counseling. Leslea has a degree in criminal justice. We are very happy to have these individuals on our staff!