



CENTER FOR WOMEN IN TRANSITION

REACH FOR THE STARS *welcomes* MARY KARR

THURSDAY, APRIL 18, 2013



This year the Center for Women in Transition is excited to announce award-winning poet and memoirist, Mary Karr, as our 2013 Reach For The Stars special guest speaker. Karr is a survivor of sexual assault and her work frequently refers to her troubled childhood, teenage drug-use, and adult alcoholism, as well as her subsequent recovery and conversion to Catholicism.

Karr is the author of New York Times-best-selling memoirs "The Liar's Club" and "Lit," is a former Guggenheim Fellow in poetry, and has also received a Pushcart Prize for her writing. A sought-after speaker, Karr brings to her lectures and talks the same wit, irreverence, joy, and sorrow found in her poetry and prose.

5:30 PM, Holland Doubletree Hotel
650 E 24th St. Holland, MI 49423

Cocktail hour and dinner provided
along with live and silent auctions.

Tickets \$100

For more information and ticket sales
contact Ellie Davis at (616) 494-1744
or EllieL@aplaceforwomen.org.



A New Year Brings **NEW** APPROACHES to VIOLENCE PREVENTION

The Center for Women in Transition is best known for offering a wide array of services to victims and survivors of domestic and sexual violence. However, we also actively educate and engage our community through various violence prevention programs and educational services in local schools, churches, and businesses. Knowing that acts of violence are often cyclical, the Center's vision for our prevention programs is to stop violence against women before it happens.

Until very recently, the Center and the Lakeshore Alliance Against Domestic and Sexual Violence (LAADSV) collaborated to promote domestic violence prevention through the Domestic Violence Prevention Enhancements and Leadership Through Alliances (DELTA) Project. For the past nine years, DELTA offered community trainings and classroom presentations to promote healthy relationships, active bystander intervention, and teen dating violence and domestic violence prevention.

DELTA recently suffered a loss of funding in West Michigan, but the Center continues to see violence prevention as a top priority. We plan to continue educating our community about violence prevention—building on our work in local schools. Working alongside community partners, our goal is to create a culture of respect that does not condone interpersonal violence.

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DIRECTOR'S LETTER

According to the Chinese Lunar Calendar, 2013 is the year of the snake. It is supposed to be a year filled with deft actions and astute observations. Given all of the changes and opportunities that lie ahead for the Center for Women in Transition, I think we can call this the year of the tulip. For years our bulbs have been nurtured by community support, the investments made in the agency, and the talents and time people have given our programs and services. Our tulips have grown and we are poised to be in full bloom in 2013.

We've welcomed new employees and members of our Board of Directors who've embraced our mission to end domestic and sexual violence. We've had the honor of seeing survivors go to college, find jobs, write books, and become entrepreneurs. We've partnered with organizations such as Ready for School and Pathways, MI to bring more resources to parents and families healing after years of abuse. We've worked with corporate partners to raise awareness about the effects of domestic violence in the workplace. We've strengthened partnerships with area schools to develop tomorrow's leaders for a violence-free community.

We know we have a lot of work ahead of us. But we are energized by the strength of our new partnerships and the privilege we have to serve our community. Under this winter blanket of snow along the Lakeshore lies a garden of possibilities. Thank you for helping us blossom.

Charisse Mitchell
Executive Director



The Center for Women in Transition's mission is to respond to, reduce, and prevent domestic and sexual violence against women. This mission will be achieved through education, collaboration, and advocacy with crisis and supportive services to victims and survivors.

Email: mail@aplaceforwomen.org
Website: www.aplaceforwomen.org

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Charisse Mitchell

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"We have the ability to empower students as leaders in our community and in our schools and give them a voice to impact their community in positive ways. By providing schools with tools, equipping educators with dating violence training, and empowering students to stand up to interpersonal violence and lead by example, we can make a positive change. We are excited to further our outreach in the community," said Lesley Coghill, Prevention Coordinator.

i Want more information? Contact Lesley Coghill at LesleyC@aplaceforwomen.org and make an effort to stop sexual and domestic violence against women before it happens.

Girls on the Run of Ottawa and Allegan counties plays a key role in the Center's prevention approach by empowering young girls to develop a healthy self-image and learn about respectful friendships and healthy choices. By combining training for a 5K run/walk with a series of engaging, fun lessons, Girls on the Run inspires girls to realize the power they have to achieve their goals.

The Center is also currently piloting a training-based approach for businesses and corporations, to allow floor supervisors to recognize and respond to domestic and sexual violence in the workplace. According to the United States Department of Labor "Facts on Working Women" study, 75% of domestic violence victims face harassment from their abuser while at work.

Developing partnerships with men in the community is the last key piece in our prevention work. Though still under development, the initiative will entail engaging men as the major influencers in boys' lives, such as coaches, mentors, youth leaders, etc. in an effort to promote respect and healthy relationships. Domestic and sexual violence is not just a women's issue, it affects families as a whole, and the men in our community can play a critical role in ending violence.

- *Special thanks to CristiEllen Zarvas*



HOW CAN YOU HELP?

The Center's emergency shelter, Ginny's Place, is currently in need of some household goods and personal care items. If you would like to donate an item from their wish list, there are two locations at which you may drop off a gift.

Our Holland program office:
411 Butternut Drive, Holland, MI
49424 between 9am-5pm

Our Grand Haven office:
300 N. Ferry, Ste. C,
Grand Haven, MI 49417

Please call 616.494.1747 and make an appointment for drop off at the Grand Haven location. Holland Program Center accepts donations from 9-5 Monday through Friday.

WISH LIST

- Gas cards and bus passes
- Large fry pan for stove
- Mixing bowls
- Cereal bowls
- Plastic drinking glasses
- Spoons
- Forks
- Large mixing spoons
- Cookie sheets
- Sheets and pillow cases, twin size, light colors
- African-American hair products
- Bath towels
- Kitchen towels, light colors
- Bedspreads/comforters, twin size
- Umbrellas
- Water bottles
- Bed pillows
- Sippy cups
- Baby monitors
- Coffee pot, Black and Decker brand
- Chapstick
- Crew socks, child and adult
- Art supplies

THANK YOU!

Many thanks to all our donors who helped us exceed our fundraising goal for the final months of 2012! We especially recognize:

- Howard Miller Company
- Johnson Controls Inc.
- Gentex for their gift towards emergency shelter
- The Youth Fund at the Grand Haven Area Community Foundation for their gift towards emergency shelter and child and adult therapy

The 2013 **Adopt a Family** program was a huge success! Due to the dedication and hard work of our donors and volunteers, we were able to reach over 90 families, creating a feeling of hope and peace during the holidays for hundreds. Thank you for your generous contributions and continued support.

SUPPORT GROUPS

The Center offers several support groups on a rotating basis throughout the year. Led by a trained domestic violence advocate, participants follow a curriculum designed to help increase their personal safety and further their knowledge about the dynamics of domestic violence.

Research has shown that support groups provide a means for members to connect with others through a shared experience, establish a support system which can be critical to their healing, and raise their self-esteem.

All groups are:

- Open to both victims and survivors
- A judgment-free zone - attendees might include women who have left an abusive relationship, women deciding whether to leave an abusive relationship, and women not ready to make any decisions but seeking support.
- Confidential
- Free
- Include childcare

» DOMESTIC VIOLENCE EDUCATION AND SUPPORT

(currently offered)

- Designed to provide information and education about domestic violence
- Topics include: the power/control wheel of domestic violence, physical and verbal abuse, characteristics of an abusive personality, what keeps women in abusive relationships, and the impact of domestic violence on children

» "CIRCLE OF PARENTS"

(currently offered)

- Offered by Pathways, MI and funded by the Lakeshore Coordinating Council
- This group offers a place where moms can connect, learn and be a source of strength and support for each other in a safe, confidential setting
- A light meal is provided for all participants in this group

» SELF-EMPOWERMENT

(Spring 2013 depending on demand)

- Builds on skills learned in the domestic violence support group
- Focuses inward and helps build sense of self
- Topics include: self-care, self-esteem, self-defeating behavior, co-dependence, healthy behaviors and assertiveness

CWIT

BY THE NUMBERS

FY 2012 service stats

686
EMERGENCY
WALK-IN CLIENTS

2,470
CALLS ANSWERED
ON THE 24-HOUR
CRISIS LINE

3,130
STUDENTS
REACHED
WITH DATING
VIOLENCE
PREVENTION
CURRICULUM
PRESENTATIONS

CLIENTS SERVED	2012	2011
Domestic Violence--Shelter Adults	62	64
Domestic Violence Shelter--Children	84	99
Domestic Violence Supportive Services	176	160
Transitional Housing--Adults	45	35
Transitional Housing--Children	101	76
Sexual Assault	59	66
Sexual Assault Nurse Examiner	72	40
Personal Protection Orders	146	154
Crisis Intervention Outreach	213	307
Children's Therapy	32	84
Walkins	686	689
TOTAL CLIENTS	1676	1774

11,559

HOURS LOGGED BY 177 VOLUNTEERS



For more information about support groups, including meeting dates and times, please contact the Center at 616.392.1970.





Thank you!

This past November, the Center hosted Beacon of Hope: 35 Years of Making a Difference. A celebration and fundraiser, the event commemorated the 35th anniversary of our agency's founding in the Tri-Cities. The Center was thrilled to welcome several alumni Board members, key players in our agency's development, as guests for this special occasion.

Beacon of Hope committee chair Kelly Seaver remarked, "In the past, we have had an excellent luncheon event, but this year we ventured into an evening gala. We were extremely pleased by the number of supporters who came to celebrate the Center's 35th anniversary with us. In particular, I believe we were all moved by the powerful messages from speaker Kelly Grandchamp and committee member Chris Wright."

Guest presenter Kelly Grandchamp, a domestic violence survivor, gave a moving presentation as part of the evening's events. As a current advocate for domestic violence prevention, Grandchamp shared her personal story with the crowd and emphasized the necessity of places like the Center.

Board member and Tri-Cities resident Chris Wright and her husband Bob echoed Kelly's sentiments. Sharing a personal story of their own with the crowd about the way in which domestic violence has impacted their family and their lives, they urged guests to support programs that heal both the individual and the family.

The Center is incredibly grateful to all of the individuals, companies, and partners who support our work in Ottawa and Allegan counties. As we work every day towards a future in which domestic violence and sexual assault no longer exists, it is encouraging to know how many advocates we have on our side.



IN THE COMMUNITY

UPCOMING EVENTS

APRIL 2013
Sexual Assault Awareness Month (SAAM)

APRIL 18, 2013
Reach for the Stars

MAY 17, 2013
Girls on the Run 5k race

SEPT. 07, 2013
Le Style de Vie

 For more information about these events, please call the Center at 616.494.1744.



LOVE, WINE AND CHOCOLATE— THANK YOU

The Center for Women in Transition would like to thank the Holiday Inn of Grand Haven/Spring Lake for hosting their annual Love, Wine and Chocolate event and choosing us as the beneficiary of a portion of the proceeds. The evening was enjoyable for all, with wine tasting, chocolate sampling, and live music.



411 Butternut Drive
Holland, MI 49424

CENTER FOR
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SAVE THE DATE

for our 21st anniversary celebration
of **Reach for the Stars.**

THURSDAY, APRIL 18, 2013
5:30 p.m.

DOUBLETREE GRAND BALLROOM
650 East 24th Street
Holland, Michigan 49423

WHAT'S INSIDE

Preventing domestic violence

Support groups meeting now

CWIT by the numbers