



CENTER FOR WOMEN IN TRANSITION



NEW AGENCY VEHICLES

Here they are! Our agency recently finalized the purchase of two new vehicles—and it's all thanks to our generous 2016 Reach for the Stars guests.

As we shared with you in the summer newsletter, participants in the mission-based auction pledged almost \$60,000. These contributions allowed us to purchase a Chevy Equinox and a Chrysler Town & Country equipped to transport families and household items.

Our advocates travel frequently to meet with clients, and we're thankful for the outpouring of community support that provides them a safe mode of transport.

Thank you

To each person who participated in this project, thank you! We were overwhelmed by the support of our local community. We're also tremendously grateful for the partnership and guidance offered by DeNooyer Chevrolet.

TALKING TO TEENS

Calling all parents, educators, youth leaders, and coaches! 1 in 3 teens will experience some form of dating abuse. Have you been looking for ways to talk to teens about healthy, unhealthy, and abusive dating relationships? Are you unsure about how to begin the conversation? Our agency offers a one-hour 'Dating Abuse: Tools for Talking to Teens' which equips adults to better understand and recognize dating abuse. Led by Lesley Coghill, prevention and outreach coordinator, this presentation was created by JWJ with funding from the Avon Foundation for Women.

 Call 616-494-1741 for more information

We're pleased to share our second edition of the SCHOOL VIOLENCE PREVENTION TOOLKIT. This go-to resource of suggested curricula, programs, tools, and policies helps educators promote respect, safety and healthy relationships. Grants from The Community Foundation of the Holland/Zeeland Area, Greater Ottawa County United Way, and The Louis and Helen Padnos Foundation make this work possible. Find the toolkit online at cwitmi.org/community-outreach/k-12-schools.



DIRECTOR'S LETTER

I've said it before, and I'm going to say it again. I'm so grateful to work in this community. Every day I see individuals recognizing need and offering support. I see people and organizations offering a 'hand up,' investing in a better present and a better future for us all. This compassion has a direct impact on the clients we serve—they know they aren't alone, and they know the community cares.

Your support does so much for victims of domestic violence and sexual assault in Ottawa and Allegan counties. Whether we are working with area schools to prevent violence and effect culture change; answering the helpline; or transporting a mom and kids to an appointment, your investment in that work is vital.

As you read this issue of our newsletter, I hope you recognize your impact on the families we serve. If you're able, please consider using the enclosed gift envelope to help us kick off our fiscal year that began October 1.

In gratitude,

Charisse Mitchell
Executive Director



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

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

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Welcome



Christina Scarpino, our agency's new Director of Development. Christina is a life-long fundraiser who has worked in agencies along the Lakeshore for over 20 years. She spent 14 years leading the fundraising department at Every Woman's Place in Muskegon, and most recently worked at Evergreen Commons. Currently a resident of Ferrysburg, Christina enjoys spending time outside of work with her husband and two sons.

IN DEPTH: TRAUMA THERAPY

How do you define “sexual trauma?”

Sexual trauma can be childhood sexual abuse, adolescent or adult sexual assault, or any unwanted sexual contact.

What is trauma therapy?

A safe and supportive environment for survivors to explore their thoughts and feelings about their trauma, and begin a path to healing. Conversations are guided by our specially-trained Master’s level therapists.

Therapy is also available for non-offending family members, friends, and partners of survivors to learn how best to support their loved one, develop their own coping strategies, and obtain a better understanding of the complexities and dynamics of sexual trauma.

Who can come to therapy at the Center?

Any survivor, female or male, aged 13 or older. Participants are welcome regardless of when their trauma occurred.

Will I have to disclose details of what happened to me during therapy?

Not necessarily! Our therapists are trauma informed and can work with you to identify comfortable goals for therapy that may or

may not include disclosing the sexual trauma.

There are a range of coping strategies, education and healing components that don’t require disclosure of details. Often like sharing the load of a heavy backpack, some survivors will choose at some point during the therapeutic relationship, to unpack their backpack and explore more deeply their trauma. Most importantly, our therapy approach is not ‘one-size-fits-all;’ we meet each survivor where they are and explore together the best possible approach for their healing journey.

Could therapy be helpful for an adult survivor of childhood abuse?

Absolutely! Adult survivors often have not had the opportunity to process their trauma, and experience negative thinking patterns, emotions, and behaviors that affect their well-being and ability to form functional relationships.

How long will therapy take?

Depending on each survivor’s goals for treatment, trauma therapy will generally last between 6 months to a year. Because our services are free of charge and do not bill insurance, we are not limited to a particular number of sessions.

HOW DO I GET CONNECTED TO BEGIN THERAPY?

Contact our help line at 616-392-1970, or come to the Center’s Holland office between the hours of 9am-5pm Monday-Friday. A trained advocate will take your contact information and make a referral to one of our therapists, who will follow up with you to schedule an appointment. Should you have additional questions about trauma therapy, you can contact our Clinical Coordinator, Holly Wilson at 616-494-1724.

RENOVATED THERAPY ROOMS

As a continuing effort to make our space more client-centered and conducive to healing, we recently updated our therapy rooms with some new furnishings. We’re grateful for the grant that provided the necessary funds for this much-needed change.



THE 14TH ANNUAL

Le Style de Vie

Despite less than ideal weather, a record number of guests enjoyed the evening – taking in a fashion show from Studio K and participating in the corkscrew raffle. Beer from Big Lake Brewing, Macatwa Ale Co., and Our Brewing Co., was a welcome addition this year alongside a variety of international wines.

Photo credit to Ellen Harz, ellenharzphotography.com

Thank you, Sponsors

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HOW CAN I HELP?

We are often asked, “What can I give that your clients need?” To make things easier for those who wish to support our mission through donations of items/goods, we publish our agency wish list online and have printed copies available at our Holland office.

Sherry Martens, volunteer coordinator, tells us,

“We’re known in the community for our Wardrobe for Work program, but our need extends beyond gently used adult-size clothing for women. Our clients often request assistance with food, and personal care products.

Community donations of these items help tremendously.”



TOP 5 NEEDS

- Laundry supplies
- Cleaning products
- Child-friendly foods (mac & cheese, applesauce, pasta and sauce)
- Paper products (toilet paper, paper towel, plates)
- Personal care items

WHERE CAN I BRING MY DONATION?

Donations may be brought into our Holland office between 9am-5pm from Monday to Friday. Our volunteer receptionist will welcome you and can offer you a cart to unload your donation. If you have heavy items and require assistance, please contact us ahead of time at 616-392-2829. For drop-off at the Grand Haven office, please call ahead to 616-392-2829.

cwitmi.org/get-involved/wish-list

ADOPT-A-FAMILY

Our holiday Adopt-a-Family program begins soon. Interested in participating? Find more information online at cwitmi.org/events or by calling Sherry at 616-494-1747

DOMESTIC VIOLENCE AWARENESS MONTH

In honor of Domestic Violence Awareness Month (DVAM) this October, the Center is partnering with several community organizations and college campuses in support of illuminating the voices of survivors.



MONDAY, OCTOBER 24

OPENING DOORS TO THE VOICES OF SURVIVORS

The Opening Doors to the Voices of Survivors reception will be held at the Hope College Martha Miller Center rotunda (257 Columbia Ave, Holland) on Monday, October 24 from 4-7pm. The event will feature artwork created by survivors of domestic and sexual violence. Art submission forms are available on our website and artists may elect to have their artwork become part of CWIT's traveling display at future events. We are collaborating with the Hope College Students Teaching and Empowering Peers (STEP) Program along with the Hope College Communication Department, Counseling Center, Art Department, and the Women's and Gender Studies Program.

One very special part of this collaboration is to display an art piece entitled "The Door" by Stacie Dubay at the Hope College Van Wylen Library during the month of October. This art piece was at Art Prize a few years ago and is an interactive exhibit honoring the strength and courage of abuse survivors. Visitors can walk through the door, open the suitcases and look at the contents. Survivors are invited to sign the back of the door.

WEDNESDAY, OCTOBER 19

BEYOND THE COLOR: ILLUMINATING THE VOICES OF SURVIVORS

For the second consecutive year, we are collaborating to turn the Grand Rapids Blue Bridge PURPLE in honor of DVAM from October 15-19. Join us at Beyond the Color: Illuminating the Voices of Survivors on Wednesday, October 19th at New Life United Church of Christ (1841 Havana Ave SW, Wyoming) from 6:30-8:30pm. Come for an inspiring and entertaining event showcasing the voices of survivors of domestic and sexual violence through art, music, and spoken word. Our collaborative partners include GVSU Campus Violence Prevention Team, Hispanic Center of Western Michigan, National Organization for Women (NOW-GR), New Life United Church of Christ, Planned Parenthood, Safe Haven Ministries, and YWCA West Central Michigan.

For more information or to submit artwork, please contact LesleyC@cwitmi.org.

IN THE COMMUNITY

Domestic Violence Awareness Month Events

OCTOBER 12

FRIENDS AND FAMILY SEMINAR, SAFE HAVEN MINISTRIES 6:00-8:00 PM
Open to friends and family members of victims/survivors of domestic violence, this 2-hour seminar offers education about domestic violence and ways to support someone that has or is currently experiencing violence.

OCTOBER 20

A NIGHT IN THEIR SHOES FASHION SHOW, AT GRAND RAPIDS DOWNTOWN MARKET, 6:00-8:00 PM
This event blends the spirit of fashion with a celebration of survivors in our community. Includes a runway performance, hors d'oeuvres and a variety of local vendors. Hosted by Valerie Lego and Jennifer Pascua from WZZM13.

OCTOBER 25

TOGETHER WE CAN AWARDS BREAKFAST AT ALPENROSE RESTAURANT, 7:30-9:30 AM
Honoring law enforcement officers and community activists who have demonstrated outstanding commitment to eliminating domestic and sexual violence. Sponsored by Lakeshore Alliance Against Domestic and Sexual Violence (LAADSV) and Allegan County Coordinating Council on Domestic Violence (ACCCDV).

OCTOBER 27

DOMESTIC VIOLENCE COURT & NEW DV LAWS AT KENT COUNTY COURT HOUSE, 12:00-1:30 PM
The Kent County Domestic Violence Community Coordinated Response Team hosts an educational forum on Domestic Violence Court and recently passed domestic violence laws.

Thank you

CATO, for your ongoing engagement with our agency.
Chico's of Holland, for collecting gently used clothing on behalf of our agency.

Counterpart of Grand Haven, for holding a clothing drive for our agency.

Home Free, for your partnership with our agency.

New Holland Brewery, for your generous support in collecting back-to-school supplies for our clients.

South Holland Fit Body Boot Camp, for hosting the Burpee, Bike and Brew event with proceeds benefiting our agency.

Springview Foundation, for your continuing support of our emergency shelter, Ginny's Place.

Walmart Community Grants Team and Facility # 1942 for your generous gift towards our mission.

FALL SUPPORT GROUPS

Fall support groups are now in session and will run through November. Dinner is provided at 5pm and groups begin at 5:30pm. Groups offered this cycle are Domestic Violence Education & Support, and Self-Empowerment.



For more information about groups, please call our 24-hour help line at 616-392-1970 or 800-848-5991.



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CENTER FOR
WOMEN IN
TRANSITION

NON-PROFIT
ORGANIZATION
US POSTAGE
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PERMIT #169

*Support
our work*

*Our new fiscal year began
October 1. Use the enclosed
envelope and help us kick
off this year with a financial
gift. We're grateful for
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WHAT'S INSIDE

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