

South Valley Sanctuary’s mission is a humanitarian effort to provide refuge, education and support to all survivors of domestic violence.

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October is National Domestic Violence Awareness Month!



**SOUTH VALLEY
SANCTUARY**
*A Domestic Violence Shelter
Un Refugio de Violencia Doméstica*

October is national domestic violence awareness month: a time to raise awareness, to support victims and survivors, and to connect with the programs dedicated to educating the community and providing life-saving and life-changing services.

Did you know that in Utah, one in every 10 women has experienced emotional or physical abuse by an intimate partner within the last year and that every year, an estimated 40,000 Utah women are physically assaulted by an intimate partner and 194,000 women are subjected to emotional abuse?

In Utah, 1 in 5 children will hear or see verbal abuse and 1 in 14 children will see or hear physical abuse. Of the women abused by their partners in Utah, 74.5% did not report the incident to authorities (*Utah Department of Health-Injury and Violence Prevention Program*).

In the celebratory spirit of DVAM, we would like to invite you to connect with the programs at South Valley Sanctuary through the following volunteer opportunities:

Education and Outreach: volunteer at our community education and outreach booth at community fairs, conferences and other special events. Help SVS distribute information on the definition, dynamics and cycle of domestic violence—and the resources available to help! SVS also houses the only Spanish language domestic violence coalition in Utah (Unidos por el Lenguaje/United by Language)—be a part of this groundbreaking collective in organizing quarterly community conferences, attending monthly meetings and participate in outreach activities to underserved populations. No background check or training is required.

(continued on page 2)

URGENT NEEDS LIST

- * **Large Garbage Sacks** (33 gallon or larger) * Large Garbage Can * Bleach* Disinfectant Spray * Clorox/Lysol Wipes * **Laundry Soap** *Fabric Softener * Toilet Brushes* Disposable Cleaning Cloths * Air Freshener* Carpet Cleaner * Cleaning Gloves/Exam Gloves * **Paper Towels*** Laundry Baskets * Dustpans * Brooms * Mops * Bathroom/toilet cleaner * Windex *Other Miscellaneous Cleaning Supplies * Baby Teething Gel * Infant Tylenol/ Cold Medications* New Baby Bottles * Diapers (all sizes) * Highchairs * Portable Baby Swing * **Baby Hygiene Items** (body wash, lotion, powder, shampoo) * Baby Wipes * Baby towels * Crib Sheets * **Baby formula** (all types, especially soy) * **Baby food** * Hygiene Kits (with full size hygiene items) * Hair Gel, Mousse/Hairspray * **Bath Towels** * **Toilet Paper** * Self-Care/Hygiene Products For Different Ethnic Groups (African American, etc.) * Nail clippers * Travel-size Q-tips * Make-up, especially mascara

(List continued on Page 2)

Kids' Club Expands to Become "The Children's Learning Center"

In September, Kids' Club changed its name to the "Children's Learning Center" to more aptly capture the integration of new trauma informed activities based in philosophies promoting empathy, compassion, peace and nonviolence in families and in the community at large. Now more than a childcare space for shelter residents, the new mission of the program is *to promote healing and recovery in an environment rich in empathy, respect and dignity with the objective of striving to provide services and activities anchored in empathy, respect, and nurture so emotional, physical, social and intellectual development can take place.* Activities such as puppet shows, story time, group shares, sports, arts and crafts, book making and free play are designed to open developmentally appropriate dialogue on the emotions related to each child's experience. Through the work of the center, children and their parent are given a space to discuss how violence has impacted their family, to name the feelings and needs of their family's experience and are able to reconnect with a broader understanding of trauma, child development, and the practice of nonviolent parenting. The CLC is a free program open to shelter residents and is open Mondays-Fridays from 10AM to 6PM.

URGENT NEEDS (continued)

- Children's Clothing Sizes 3T+, (both genders) *
- New Women's Underwear (sizes 4-9) * New Children's Underwear (sizes 2-7; boys and girls)
- * **Children's Shoes** (adult sizes 1-5) *
- Women's Athletic Shoes * Over-the-Counter Medications (Ibuprofen, Cold Medicine)
- ** Light Bulbs (all sizes)
- ** Alarm Clocks * Twin Bed Sheets
- ** Comforters/Large Blankets * New Toilet Seats (Elongated/ Oval) * Flashlights * Books in Spanish and Other Languages (Children's and Adult's) *
- Vacuum/Vacuum Belts * Vacuum Bags (all types) * Bath Mats
- * Batteries (all sizes) *
- Prepaid Phone Cards** * Prepaid Gas Cards
- * Gift Cards/Gift Baskets
- * Pillows * Mustard * Mayonnaise * Sugar
- * Aluminum Foil * White Out *File Folders, 8/11 print paper

South Valley Sanctuary maintains a confidential location. We accept our donations at the Family Support Center at 777 West Center Street (corner of 7720 South) in Midvale, Mon-Fri, 9AM-5PM. Thank you for supporting our shelter and the families we serve!

DVAM and ON-GOING VOLUNTEER OPPORTUNITIES

Shelter Advocacy Internship: Gain invaluable advocacy and crisis intervention skills by answering hotline calls, conducting intakes with families and assisting staff in meeting the needs of shelter residents. Requires 24 hours of training from UDVC, in house training and a background check.

Children's Learning Center: Assist staff in leading children's activities, preparing arts and crafts projects, reading books to children, participating in outdoor sports, and creating a fun and caring environment for children. Requires background check and supervision by shelter staff.

Administration: Assist SVS with administrative tasks such as filing, preparing mailers, sorting donations, and organizing our storage area. Opportunities are also available for assisting in fundraisers. Background check is required for volunteering in shelter. Tasks completed outside of shelter or at a fundraiser do not require a background check.

Collection Drives: Organize a collection drive to gather urgently needed items for the shelter and the families we serve (See Urgent Needs list in this newsletter for ideas). Background check not required.

Maintenance: SVS is a large facility with on-going maintenance needs. Volunteer your skills in assisting with light maintenance jobs, gardening, painting and minor furniture repairs.

We also welcome Eagle Scout and Relief Society projects. Contact us with your ideas; we'd love to hear from you!

Thank you to our July-September 09 Volunteers

Harley Norwood and Sean Archibeque have been coming in for the past few weeks to lend us their graffiti arts talents. With plans for more, they have thus far finished two of our stairwells. On the West side, they created a

beautiful tropical scene of magnificent cumulus-wisped mountains peering over the shadows of palms in all their tranquility. On the East stairwell, they painted two vibrant tropical birds perched amongst

intertwining foliage symbolizing the beautiful freedom which the survivors are coming into. These two amazing artists plan on completing their project with a scene from "Where the Wild Things Are" in the basement

stairwell leading to our Kids Club, and a portrait of an empowered woman leading down to our case managers' offices. We are really excited about the work they have already done and look anxiously forward to see what incredible murals these two gifted artists will come up with next! Thank you both tremendously for sharing your talents with us!

Once again, we have had the pleasure of working with Kevin and Morgan Brown. After an incredibly generous donation of laundry soap and fabric softener, our storage shelves decided they couldn't take the weight and collapsed on us! Kevin and Morgan came to our rescue! After reinforcing the shelves with some two-by-fours, we were once again able to store the very heavy bottles of detergent. Thank you two so much for your craftsmanship and your dedication to our facility.

Jennifer Campbell has been a dedicated volunteer at SVS for over six months now. During the summer she facilitated projects with Relief Society ladies to do here at the shelter. We have now asked if she would like to come on as a regular intern, which she has accepted! Jennifer has gone through formal domestic violence training and will now start coming in on a weekly basis to help us out in different areas of the shelter. We are very excited to have her on board and know that her commitment and enthusiasm will soon prove to be invaluable here at South Valley Sanctuary. Thank you, Jen!

Shayne Munding came to us through Intermountain Therapy Animals. As stated on their website, www.therapyanimals.org: "Intermountain Therapy Animals is a non-profit organization bringing animal resources to human needs. We specialize in providing animal-assisted therapy in the areas of physical, occupational, speech and psychotherapies, as well as special education. Our mission is 'enhancing quality of life through the human-animal bond'. Our motto is '*Pets Helping People*'." Shayne will be bringing her beautiful boxer in as a therapy animal twice a week beginning the end of October. We are very excited for the therapeutic effects her dog will bring to this shelter. Thank you, Shayne; we can't wait for your first session!

For information on volunteer opportunities, please visit www.southvalleysanctuary.com or contact Danielle Wilson, Advocacy Services Coordinator at 801-255-1095 or info@southvalleysanctuary.com

SVS COMMUNITY EVENTS

The first quarter of this year was a busy one with SVS hosting a free one day conference lead by the Center for Nonviolent Education and Parenting (Los Angeles, CA) on Trauma Informed Care and Teaching Nonviolence to Families Who Have Known Violence. The event was held at the Sanderson Center in Taylorsville, with funding provided by the AVON Foundation. The conference brought together 100 service providers and community members to discuss theories, philosophies, and practices that support nonviolent communication and parenting. The Center's staff provided two days of additional, intensive training for South Valley Sanctuary's staff. This training has shaped the restructuring of our Children's Program and informed SVS' understanding and implementation of trauma informed services and policies that recognize the various levels of trauma that victims of domestic violence are carrying when they arrive to our shelter. A special thanks to Ruth Beaglehole and Emely Ortiz for making the trip from Los Angeles to share your experience and expertise with our community! For more information on the center, visit: www.cnvep.org.



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We're on the Web!
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*SVS would also like to recognize the continued in-kind support from the Bishop's Storehouse and the Utah Food Bank, for their ongoing commitment and generosity in providing our residents with an abundance of nutritional food choices and household products at no cost.

GET YOUR TICKETS NOW!

Hilary Weeks to perform at South Valley Sanctuary's 2nd annual Holiday Concert and Dinner Fundraiser at La Caille!

On Friday, November 20, 2009 from 6:30PM-9:00PM, South Valley Sanctuary will host a Holiday Dinner and Concert at La Caille restaurant, featuring Best Selling LDS Musical Artist, Hilary Weeks. Tickets for the formal dinner and concert are available for \$100 and can be purchased at <http://svsholiday.eventbrite.com/>. All proceeds will benefit domestic violence shelter programs. This concert will serve to raise awareness about domestic violence, the resources available to assist families in need, and will honor and celebrate the tremendous amount of support provided by faith communities and service groups in supplying fresh food, clothing, and personal care items for the families in our shelter (each year, members of the church provide nearly \$50,000 in in-kind support through service group collection drives and volunteer service projects in shelter). This year, South Valley Sanctuary is honored to recognize the generosity of Sister Linda Miller who has worked tirelessly to improve the lives of the families sheltered at South Valley Sanctuary.

Hilary Weeks is a bestselling inspirational recording artist and has traveled nationwide performing for thousands at concerts, conferences, and women's events. She will be performing songs from her new Christmas album, "Christmas Once Again" and is honored to have been asked to help raise money and awareness for South Valley Sanctuary. For more information on this event, please visit the above website or call Heather Masterton, Development Director at 801-864-6056.