

Fall 2024 Newsletter – The DVAM Edition

Each October we raise awareness around domestic violence, mourn those we have lost, celebrate survivors, and support the programs and people who assist in creating more safety in our community.

This month, Family Support Center is holding various opportunities to be involved in DVAM through community collaborations, hearing from survivors in our community, and sharing your words of encouragement. Take a peek at how you can be active and engaged this DVAM.



Write Letters to Survivors

You are invited to write words of encouragement and letters of support to survivors that are available for participants at Family Support Center offices to read throughout the year. Letters and drop boxes are available throughout October at the Chippewa Falls office (purple building), the CASA office on UWEC campus, CVTC's Health Education Center, or you can find the form on our Facebook page.

DVAM Book Club

Abusers do not need to be, and rarely are, cackling maniacs. They just need to want something, and not care how they get it.



Family Support Center is holding the sixth annual DVAM Book Club, partnering with area libraries and organizations. Every year, we choose a book with a theme of domestic violence and our Domestic Violence Program Director discusses it with DVAM Book Club participants.

This year, we are thrilled to read and discuss the memoir *In the Dream House* by Carmen Maria Machado (quoted above). The remaining book clubs will be held at the following locations and times:

10/2 @ 6:15pm – Dotter's Books
in Eau Claire

10/3 @ 2pm – D.R. Moon Memorial Library
in Stanley

10/6 @ 12pm – String Theory
in Chippewa Falls

10/4 @ 10:30am – Cornell Public Library
in Cornell



Questions? Contact Jeni at dadirector@fscf.org or call our office at **715.723.1138**.

Words From Survivors

Names have been changed to protect privacy

In honor of DVAM, we had a conversation with Holly, an FSC participant, about her experience with domestic violence and what she wants fellow survivors, and the community at large, to know about domestic abuse.

Holly describes a relationship with her ex-husband that felt “like a rollercoaster.” She experienced “financial, emotional, mental, and psychological abuse” throughout her marriage that took a significant toll on her emotional and mental well-being.

Holly left her relationship, and they reconciled months later.

“I got roped back into that love bombing and ‘oh, we’ll go to counseling, we’ll fix this.’ In my mind, I thought that everything had to be perfect when I did leave, like, it all had to line up perfectly.”

“I hid that I was unhappy for a while and took 4-5 months to reach out to [my Advocate] again afterwards because of the embarrassment. Like, ‘I made the wrong decision and here I am again’ and [I felt I would face] judgement from family and friends.”

What was the crux, so to speak? What helped give you that push to leave?

“The biggest thing. . . that made me leave [was when] my husband got very aggressive and hurt my son. That was enough [and] I left [the next day] while he was at work. I thought ‘hurt me as much as you want. But the second you do it to my baby I’m done.’”

“I lived in a hotel for a month because I didn’t have anywhere to go. I had assistance to help me get into my place. I was persistent in talking to landlords and getting in somewhere – anywhere – other than living in a hotel. . . Once I left that second time, I really fought hard for everything, and I didn’t take ‘no’ for an answer when it came to getting into a place. After the divorce I wanted to be as far away as possible and just move on. [I wanted to] live my life. . . and figure out what I can do in the future to make my life better, and my kids’ lives better.”

Is there anything you want to share with the community?

“Be aware. We, as humans, are so focused and consumed with ourselves with today’s society that you have to be aware of other people and notice those patterns because, if someone back then would have asked me, ‘Holly, are you okay?’ I would have said ‘yeah, I’m fine.’ But if they asked, ‘are you really okay?’ I would have broken down and cried.”

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715.723.1138 or 1.800.400.7020
familysupport@fscsf.org

Administrative

Executive Director – Geri
Accounting Manager – Amy
Office Manager – Glori
Resource Development Coordinator – Xander
Domestic Violence Program Director – Jeni
Domestic Violence Advocates – Cara and Erica
Domestic Violence Youth Advocate – Victoria
River Source Family Center Parent Services Program Director – Becce
Parent Educator – Robin and Cody
Rural Family Connections Facilitator – Amanda R.
CF Family Connections Facilitator – Brenda

Chippewa Falls Satellite Office

Sexual Assault Program

CF Sexual Assault Advocates – Morgan
Human Trafficking Case Manager – Krista
Therapist – Tom

Eau Claire Offices

715.830.0188 or 1.888.407.7811

Sexual Assault Program

Sexual Assault Program Director – Amanda S.
Sexual Assault Advocate – Annette
UWEC CASA Victim Service Coordinator – Hannah L.

Offices Within the CF School District

Family Support & Resource Coordinator – Ellen
Family Crisis Support Specialist – Kristin

Tuesday Trivia

The Family Support Center Facebook page will be hosting Tuesday Trivia throughout October! Here's how it works:

- A DVAM-related trivia question will be posted Tuesdays in October at 12:00pm.
- Comment your answer within 48 hours (by Thursday at 12:00pm) for one entry into the prize drawing. Earn another entry by guessing correctly!
- A video revealing the winner will be posted Tuesday, October 29th.



Prize bundle includes: DVAM Book Club book *In the Dream House* donated by Dotter's Books, a ceramic mug crafted by local artist TJ Potter, a handmade bookmark, tea, coffee, and more cozy items!

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“As someone who has been in those shoes, saying ‘this is a safe space, and I have noticed these patterns and am worried about you’ [is authentic, genuine, and] gets others to open up and have more of a conversation.”

If you experienced [that authentic conversation you just] described, would that have accelerated you leaving the relationship?

“Yes. Nobody made that extra effort and when I would speak out to somebody that wasn't necessarily being authentic, it turned into chaos.”

Is there anything you want to share with fellow survivors?

“As scary as it is to make that transition to leaving to going to [gone], I promise you it's so much better. The grass is greener on the other side, the sun is shining, and the smells are different. It is like you are rebirthed. It's different than anything I encountered before. . . For the first time in my life, I am happy. I am excited to wake up every day. [I ask myself] ‘what else can I knock down – what can I conquer today?’ Nothing is going to get in my way anymore.”

We thank Holly for sharing her story and experiences with us.

Community Support

Area coffee shops, including Barnabus Ministries Coffeehouse, Bridge Street Brew, Goldsmith Coffee Bar, Whirlybird Coffee Co. (in Chippewa Falls), and Xpeditions (in Bloomer) are labeling their cups with information about DVAM and Family Support Center. Whirlybird will have a DVAM-themed drink special throughout the month with proceeds going to our agency. Support these local spots and spread the word about FSC!

Over 500 area agencies will be displaying purple ribbon posters throughout October. Purple ribbons are the official symbol of DVAM and have historically been a symbol of hope, visibility, and sanctuary for those experiencing domestic violence.

Additionally, over 25 displays with information about domestic violence are visible throughout area agencies throughout the county. Stop by to learn a little more about dynamics of violence and pick up some information about services.

A special thank you to Hannah, Jaden, and Kennedy from CVTC for their help assembling and distributing posters and displays!

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*Thank you for your time and
commitment to Family Support Center!*



What's Going On at River Source Family Center?

Building Emotional Vocabulary

Happy 2024-2025 school year, caregivers! I hope everyone had an enjoyable summer and is having a good start to Autumn. I recently read an article written by Dr. Nefertiti Poyner at the Devereux Center for Resilient Children that I wanted to share. Dr. Poyner is knowledgeable in many areas regarding youth from her experience as a teacher as well as being a parent. Below are highlights from the article and photo shared with it.

~ Robin, Parent Educator



"One of the best ways to nurture [emotional intelligence] in our kids is by helping them develop a strong emotional vocabulary. This isn't just about teaching them words; it's about giving them tools that will serve them for life. Here's why it is so crucial to focus on an emotional vocabulary from the very beginning of the school year...

- Enhances Emotional Intelligence

Now: Teaching children to express their emotions verbally helps them understand and manage their feelings, leading to better emotional regulation.

Forever: A child who learns to identify and express their emotions early on becomes an adult who is self-aware and emotionally intelligent, navigating life's ups and downs with resilience.

- Builds Stronger Relationships

Now: Effective communication fosters healthier relationships with peers, teachers, and family members by reducing misunderstandings and increasing empathy.

Forever: The ability to articulate emotions strengthens bonds throughout life, leading to deeper connections with friends, partners, and colleagues.

- Boosts Self-Esteem

Now: Being able to express oneself clearly can enhance a child's confidence and self-worth, as they feel heard and understood.

Forever: This self-assurance carries into adulthood, empowering individuals to advocate for themselves and their needs in both personal and professional settings.

Read the full article, "10 Reasons Why We Want to Start the School Year Helping our Children Build a Strong Emotional Vocabulary" at

www.centerforresilientchildren.org/emotional-vocabulary/

Parenting as Children Grow

River Source Family Center's program is centered around helping parents and caregivers build on their family strengths (protective factors). River Source staff integrate family strength opportunities into every program (group connections, home visiting, parenting classes and groups). This article's focus is "parenting as children grow," or, learning to support your child's growth at every age and stage.

Ways to build your relationship with your child at any age:

- Take time to connect throughout the day.
- Say positive things to your child - thank them, compliment them, or tell them what you like about them.
- Give hugs, kisses, or pats on the back every day, especially when kids get older.
- Try to respond nicely when your child wants attention, even if it's just to say you're busy.
- Be curious about your child's world and ask them questions.
- Spend a little time together every day, doing something they enjoy.
- Apologize when you make a mistake or overreact.

Every parent can benefit from parent education. Good programs teach parents how to promote the behaviors they want to see in their children, support healthy child development and build a stronger, more enjoyable relationship with their child.

Check out the Five for Families website for more information and resources to build your family strengths:



Visit www.RiverSourceFamilyCenter.com to find free parenting and caregiving support such as Bright Starts SMILE home visiting or our Your Journey Together parenting class.



RiverSourceFamilyCenterChippewaCounty



@riversourcefamilycenter

Coming Up!

River Source Halloween Party & Trick or Treat

at River Source Family Center

Thursday, October 31st 9:30 am - 11:00am

Join us for a scarily-fun Halloween party! Wear your costume, play Halloween-themed games with friends, and trick-or-treat around the office! Please bring a snack to share if desired!



River Source Wishlist

River Source Family Center is in need of the following items for playgroups. Donations can be brought to the purple building during open hours, Monday through Thursday 8:30 am - 4:30 pm.

- Blank name tags
- Individually wrapped non-perishable snacks
- Glue sticks
- Small Dixie cups
- Dixie paper plates
- Dixie paper bowls

Thank you!



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Family Support Center is an equal opportunity agency. Family Support Center celebrates the diversity of all people and does not discriminate in any manner on the basis of race, color, national origin, sex, religion, age, ability, gender identity or expression, or sexual orientation. Family Support Center's programs are funded in part by United Way of the Greater Chippewa Valley.



Participant Wishlist

Family Support Center is asking for these items for participants. These items help provide assistance, safety, and peace of mind to those who need it. Donations can be brought to the purple building during open hours: Monday - Thursday from 8:30 am - 4:30 pm.

- Body wash
- Deodorant
- Diapers (Size 4)
- Lotion
- Pull-ups
- Shampoo and conditioner
- Shaving cream
- Can openers
- Cleaning supplies (including, but not limited to, disinfecting wipes, air freshener, dish soap)
- Laundry detergent (liquid and pods, small and regular sizes)
- Gift cards (gas and groceries)
- Fruit snacks (for waiting room)
- Granola bars (for waiting room)
- Tea (bags - for waiting room)

Wear Purple Day




Family Support Center encourages people to wear purple during October to increase awareness for domestic violence and show their commitment to promoting healthy relationships.



Snap a picture of you, your family, friends, coworkers, etc. wearing purple to show support for survivors of violence. Send your photo(s) to Cara at daadvocate@fscf.org by **October 24th**. These pictures will be compiled and displayed on social media!

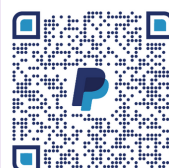
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 FamilySupportChippewaValley
 @familysupportcenter.wi
 www.familysupportcentercf.org

Donate!

Online



In-Kind

Donate an item from our wish list, organize a donation drive, or ask us how you can support Family Support Center.

In-Person

403 N. High St
 Chippewa Falls, WI 54729
By Mail
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Thank you!