



FRIENDS, INC.

Advocacy • Empowerment • Prevention

Mission Statement: To empower those affected by domestic violence and sexual assault by offering safety, support, and community awareness.



We envision a socially just community where all voices are heard, where all gender identities are made to feel safe, and where all acts of domestic violence, sexual assault, and oppression are neither accepted nor tolerated.



If you or your child is experiencing domestic violence or sexual assault, please reach out for help and support by contacting:

FRIENDS, Inc. 262-334-7298

National Domestic Violence Hotline 1-800-799-7233

National Sexual Assault Hotline 1-800-656-4673



october events

Neutral Ground: Free Self-Defense Class
10/14 @ 7:30 pm

Blue Luna Yoga & Wellness: Glow Yoga
10/21

Silhouettes in Down Town West Bend
10/10 - 10/23

Wear purple on Thursdays in solidarity with survivors of Domestic Violence

Entertainment With Friends



We would like to extend a **HUGE THANK YOU** to our board members, staff members, volunteers, donors, sponsors, and community for making *Entertainment With Friends* possible!

An extra special thank you to the **Piano Fondue Dueling Pianos** for such great entertainment and of course, all of our wonderful guests that made the night amazing!



OCTOBER: *Domestic Violence Awareness Month*



do you love coffee?

FRIENDS, inc. has
partnered with coffee
shops in West Bend,
Jackson, and Hartford

*Dunn's Bros Coffee
Café Floriana
The Hub
Coffeerville Co.
and Barton Brew Coffee*

are all selling drinks
with our coffee sleeves!



Upcoming Months

November

Giving Tuesday

The Purpose:

Giving Tuesday was created in 2012 to counteract the spending of Black Friday and Cyber Monday with philanthropic giving to charities in need of support.



December

Adopt-A-Family

We ask our loving community members to "adopt" one of our clients' families for this special time of year!

We will provide you with the ages and gender of their children. Receiving these gifts will bring them such joy!



we have some new staff!



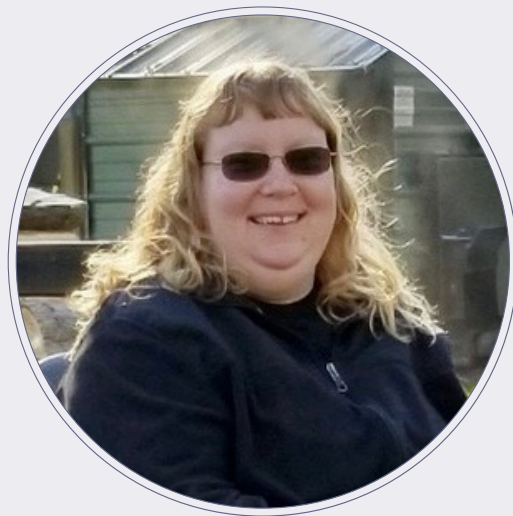
Jillian Findlay

She has worked at a mental health care clinic previously. She started at Friends in August and is looking forward to being able to continue to help support survivors.

MEET OUR CRISIS ADVOCATES

Jennifer Kleba

Jennifer Kleba joined Friends in August 2022. She has a background working with youth and did this for 10 years. She is very excited to help survivors of domestic violence and sexual assault



we have some new staff!

Jesikah Becker

Sexual Assault Advocate

She has worked with survivors of domestic violence and sexual assault for the past 6 years. She will continue to help and support survivors during their journeys here at FRIENDS!



MEET OUR RECENTLY ADDED STAFF

Jesslyn Karrels

Prevention Education

She has worked as a teacher for 11 years and is now teaching children and teens about healthy and unhealthy relationships as well as promoting awareness for sexual assault and domestic violence!





Thank You

Kate Nickle

We are so grateful for all
of the work our former
Executive Director has
done within her past 18
years here at FRIENDS, Inc.

We wish you all the best in
your future endeavors!



DOMESTIC VIOLENCE

Domestic Violence (DV) is a pattern of aggressive and intimidating behaviors used to control current and former intimate partners. DV is based on one person exerting power and control over another through a multitude of tactics.

Types of Domestic Violence:

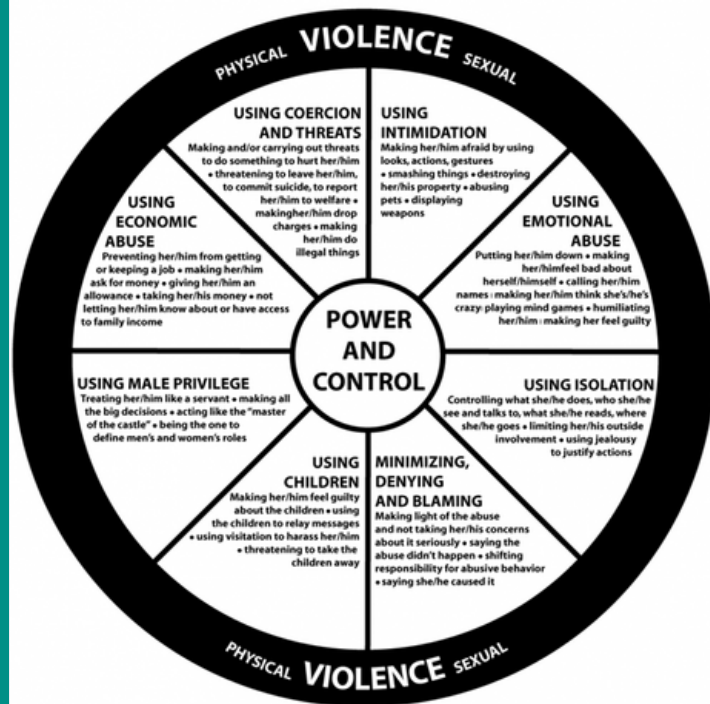
Verbal / Emotional: name calling, threats, yelling, intimidation, isolation, and silent treatment.

Financial: direct or indirect domination of finances.

Physical: restraint, slapping, pushing, forcing consumption of or withholding medication, aggravated assault, and intentional damage to property.

Sexual: forced sexual activity, demeaning sexual names, grabbing, threats of infidelity, and coerced sexual contact.

Technological: can be used in all forms of abuse



CYCLE OF ABUSE

There is one constant in abusive relationships: the Cycle of Abuse. Phases of the cycle vary in length of time and severity but continue to follow the same pattern.

Honeymoon – Even the most abusive relationships start with the perception of love and acts of kindness. Unfortunately, in abusive relationships this is the beginning of manipulation and tactics to gain control. Throughout the cycle, the honeymoon phase is returned to in attempt to keep the partner in the relationship and can be shown with promises of change, apologies, periods of calm, and statements that minimize the incident.

Tension – This phase is characterized by rising tensions, feeling like “walking on eggshells”, fear, anxiety, verbal arguments, intimidation, or demeaning statements are some examples.

Explosion – An incident occurs; verbal or emotional abusive attack, threats of violence, items destroyed, or a physical or a sexual assault are some examples.

SEXUAL ASSAULT

Examples of Sexual Assault (SA):

- Demeaning sexual language
- Unwanted sexual contact (being touched or forced to touch)
- Forced to perform sexual acts
- Sexual harassment
- Forced to pose for or distribute sexual photos, look at or watch pornography
- Exhibitionism and voyeurism
- Sexual assault (vaginal, oral, anal)

Sexual assault can happen to anyone, at any time, at any place. It happens to people of all ages, gender, ethnic backgrounds, sexual orientation, relationship status, economic levels, and to those with disabilities. It is never the victims fault.

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT DV AND SA.



*Make sure you go check out our
social media for more information
and new updates.*

Thank you for your continuous support!



www.instagram/friendsinc_1978



www.friendswi.org



www.facebook.com/friendsincorporated

