

FRIENDS, INC.

Advocacy • Empowerment • Prevention

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

FEBRUARY: TEEN DATING VIOLENCE AWARENESS MONTH

Teen Dating Violence Awareness Month aims to break the cycle of violence by spreading awareness & providing support services to victims, their families, and the community

Dating Violence includes:

Verbal and Emotional Abuse
Physical and Sexual Abuse
Financial and Technological Abuse

Early Warning Signs of Dating Abuse

demanding details about how you spend your day
criticizing you or what's important to you

restricting contact with family and friends
controlling what you wear or what you look like

coercing or pressuring you into physical activity
ignoring or violating your personal and physical boundaries
controlling your reproductive choices

Free and Confidential Support :

FRIENDS, Inc. 262-334-5598
National Hotline 1-866-331-9474
or text 'loveis' to 77054

Teen Support @ www.loveisrespect.org

MARCH: WOMEN'S HISTORY MONTH

Women's History Month aims to recognize and honor women's contributions in American history, culture, and society



To hear more about Women's History Month, visit our social media pages!
Facebook: Friends, Inc.
Instagram: Friendsinc_1978

APRIL: SEXUAL ASSAULT AWARENESS MONTH (SAAM)



Sexual Assault Awareness Month, or SAAM, aims to raise public awareness about sexual violence and educate communities on how to prevent it

Teal Tuesdays:
Wear teal every Tuesday to show your support for SAAM
April 5th, 12th, 19th, 16th

Awareness coffee sleeves
(until supplies run out)
Cafe Floriana, Coffeerville, Dunn Brothers, & The HUB

SAAM Glow Yoga @ Blue Luna
check our social media for pending date

Downtown West Bend
Denim Display April 18th-29th
Denim Day: April 28th
Wear denim to show your support for victims and survivors of sexual assault



PHILLIP MOORE
SHELTER ADVOCATE

As the shelter advocate I work with clients to offer coping and healing from the trauma they have experienced.

We discuss the dynamics of domestic and sexual violence as well as coping skills to help them through some of the mental and emotional pain they have experienced. We also discuss employment, housing, and community resources to help them make a successful discharge from shelter and back to the community.



ANDREA Alfke
CHILDREN'S THERAPIST

I provide counseling to children and teens struggling with domestic or sexual violence. I work to help children and families create goals, focused on healing and provide a wide array of psychotherapy techniques to help kids identify and regulate their emotions, identify and create safety plans, learn and integrate health coping skills and process and integrate trauma into their personal narrative.

In the short time I have been here I have really enjoy the work I do and working for Friends.



THANK YOU HOLIDAY DONORS

A HUGE shoutout and thank you to everyone who donated over the holidays!
Our 'Adopt A Family' program helped so many and we are so grateful for your generosity.



The Effects of Domestic Violence on Children

Children are incredibly bright and are often aware of everything that happens around them, even if they don't quite understand it. They can sense the tension and fear in the home caused by domestic violence even if they don't see it themselves. Children thrive in safe, stable, and loving environments, and domestic violence hinders that. If your child experiences or witnesses domestic violence, here are some ways that you can help them recover:

- Help them feel safe
- Talk to them about how they feel
- Talk to them about healthy relationships and boundaries
- Help them find a reliable support system
- Find professional counseling help or other types of support are especially helpful for kids

Short-Term Effects

Regressive Behaviors (bed-wetting, sucking thumbs)
Severe Separation Anxiety
Insomnia or Parasomnia

Poor Self-Esteem and Self-Blame
Somatic Complaints (headache, stomachache)
Poor Grades

Aggressive and Risky Behaviors (drug and alcohol use)
Truancy and Delinquency
Early Sexual Activity

Long-Term Effects

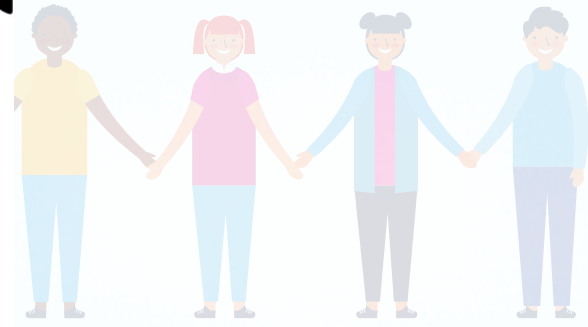
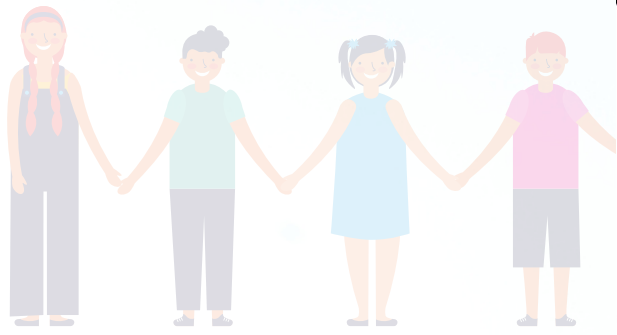
Greater risk to enter the cycle of abuse as adults, either entering abusive relationships or becoming abusers themselves.

Higher risk for health concerns as adults, including depression, anxiety, diabetes, obesity, and heart disease



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

FRIENDS, Inc. 262-334-7298
National Domestic Violence Hotline 800-799-7233



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Save the Date

**Entertainment with
FRIENDS;
Dueling Pianos**

**@ The Schauer Center
Hartford, WI**

**on September 16th,
2022**



[www.instagram/friendsinc_1978](https://www.instagram.com/friendsinc_1978)



www.friendswi.org



www.facebook.com/friendsincorporated

