

FRIENDS, Inc.

FALL NEWSLETTER

SHELTER EXPANSION



In 2024, we had to turn away **232** individuals seeking safety from abusive relationships simply because our shelter did not have enough space. This heartbreaking reality made it clear that we needed to expand our capacity to open our doors to more survivors in crisis.

Thanks to generous funding from the **West Bend Community Foundation**, we were able to add an additional shelter room, providing a safe place for more survivors to flee to. With this support, we furnished the new room, expanded essential care and living items, and purchased a commercial refrigerator to increase our food storage capacity.



These improvements make a tremendous difference, giving us the ability to serve more survivors, meet their immediate needs, and offer a safe, supportive environment as they begin their healing journey.

Shelter Updates

We want to give a huge shout-out and thank you to the **Volunteer Center of Washington County** and the **Manitou Group** for hopping on the Do Good Bus and giving our shelter a much-needed refresh. The Manitou team repainted all of our shelter rooms, transforming them into spaces that now feel warm, safe, and inviting, which is exactly the kind of environment survivors deserve as they begin their healing journey.

At FRIENDS, Inc., we know the space around you plays a powerful role in the healing process. A clean, welcoming environment sets the tone for safety, clarity, and peace of mind. Thanks to these incredible volunteers, our shelter is not only brighter but also an even stronger foundation for hope and recovery.



CELEBRATING OUR VOLUNTEERS

Earlier this month, we celebrated our amazing volunteers with a special appreciation event to recognize their dedication and support (shown right).

As we head into a busy season, we have several high-need **volunteer opportunities** and **donation requests**, your help can make a big difference! Looking ahead, our **Adopt-a-Family program** will be starting soon, providing holiday support to local families in need. If you'd like to get involved, please reach out to outreach@friendswi.org. We'd love to connect with you!



Scan here to learn more about our volunteer opportunities!



UPCOMING EVENTS

BOOK CLUB: NO VISIBLE BRUISES

This Domestic Violence Awareness Month, we invite you to join our community book club discussion of ***No Visible Bruises*** by Rachel Louise Snyder. You do not need to read the entire book to participate, you can still join the conversation! Light snacks will be provided, and entry is free. For more details, visit our social media pages.

FREE 30 DAY ACCESS! →

If you would like a physical copy or need more than 30 days, check your local libraries and online libraries for copies of the book!



**OCT. 14TH, 2025, 5PM-7PM,
MORAINE PARK TECHNICAL COLLEGE
ROOM S111
2151 N MAIN ST, WEST BEND, WI**



FARMER'S MARKET

This October, FRIENDS, Inc. is thrilled to be hosting the Downtown West Bend Farmers Market! We'll have a fall-themed ring toss for all ages, homemade baked goods to enjoy, and plenty of resources to share about the work we do in the community. The Farmers Market is a wonderful chance to celebrate the season, connect with neighbors, and learn more about how FRIENDS, Inc. supports individuals and families. Be sure to stop by our booth, we'd love to see you and say hello!



**OCT. 25TH, 2025, 7:30AM-11AM,
WEST BEND FARMER'S MARKET
120 N MAIN ST SUITE 170, WEST BEND, WI**

Luminary Walk

**THURSDAY, OCTOBER 9TH 2025
6:00PM-8:00PM
RIVEREDGE NATURE CENTER
4458 COUNTY RD Y, SAUKVILLE, WI 53080**



Please join us for a peaceful and meaningful Luminary Walk at Riveredge Nature Center as we honor the lives lost to domestic violence and stand in solidarity with all who have been impacted.

During the walk (approximately one mile, with shorter options available) we will move together in solidarity. The event will also include family-friendly activities, domestic violence awareness resources, and our pledge table, where attendees can commit to standing beside and supporting survivors.

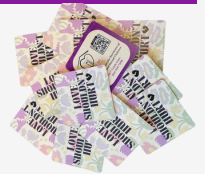
PURPLE SILHOUETTE DISPLAY

Throughout October, you'll see our purple silhouettes displayed in front of our agency in recognition of Domestic Violence Awareness Month. Each figure represents the impact of domestic violence and will include powerful statistics to help shed light on this issue. We invite you to take a moment to stop, reflect, and join us in raising awareness.



COASTERS FOR A CAUSE

You may recognize our Coasters for a Cause campaign from past awareness months! This October, in honor of Domestic Violence Awareness Month, local bars and restaurants will stand against domestic violence with us by using coasters that raise awareness and share our resources. These coasters spark conversation and remind our community that support is always available. Stay tuned to our social media for a list of participating locations!



DOMESTIC VIOLENCE AWARENESS MONTH: EDUCATION SPOTLIGHT

UNDERSTANDING THE DYNAMICS OF DOMESTIC VIOLENCE

Domestic violence is a pattern of behaviors used to gain power and control in an intimate relationship. It can include physical harm, emotional abuse, threats, financial control, and isolation. At its core, domestic violence is not about anger—it's about control.

Harmful myths, like “they could just leave” or “abuse only happens in certain families,” silence survivors and prevent them from seeking help. In reality, domestic violence can affect anyone, and understanding the truth is key to building a safer, more supportive community.

THE IMPACT OF DOMESTIC VIOLENCE

Domestic violence has both immediate and lasting effects. Survivors may face fear, shame, and isolation that disrupt daily life and relationships, along with physical injuries and long-term health problems. Many struggle with depression, PTSD, or suicidal thoughts, even after leaving. The impact extends beyond survivors to children, families, and communities, highlighting the urgent need for prevention and support.

The Role of the Community in Prevention and Support



We all have a role to play in ending domestic violence. By fostering a culture of safety, respect, and accountability, we can challenge harmful attitudes and behaviors that allow abuse to continue. It is important to:

Believe Survivors: Offering support and validation is critical for the healing process.

Educate Others: Share information on healthy relationships, boundaries, and the dynamics of abuse.

Speak Out: If you witness controlling, harmful, or abusive behavior, intervene safely or report it.

Create Safe Spaces: Ensure survivors know there are resources available, including advocacy, counseling, legal support, and shelter.

HOW YOU CAN HELP DURING DOMESTIC VIOLENCE AWARENESS MONTH:

Wear Purple: Purple is the color for Domestic Violence Awareness Month. Show your support by wearing purple throughout October, and tag us on social media to spread the message!

Get Involved: Participate in FRIENDS, Inc.'s Domestic Violence Awareness Month events or volunteer with FRIENDS, Inc. to support those in need.

Spread the Word: Help us amplify the message by sharing FRIENDS, Inc. posts on Facebook and Instagram. Your voice can help break the silence.

Donate: Your donations to FRIENDS, Inc. provide essential services for survivors and their families.

FRIENDS, INC.'S HIGH NEEDS WISH-LIST

Gas gift cards, Medicine for kids and adults (all kinds), Tissues, Hand soap, Sweatpants/yoga pants and plain t-shirts (new items preferred), Paper towels, Toilet paper, Garbage bags (13-gallon).



SEXUAL ASSAULT AWARENESS MONTH APRIL 2025 EVENTS

"What Were You Wearing?"

Exhibit Challenges Victim-Blaming

From April 28th to May 7th, FRIENDS, Inc., partnered with the League of Women Voters and Moraine Park Technical College, to present the "What Were You Wearing?" exhibit. Sponsored by the MPTC West Bend Student Senate, the powerful display challenged harmful myths around sexual assault by showcasing recreations of outfits based on real survivor stories.



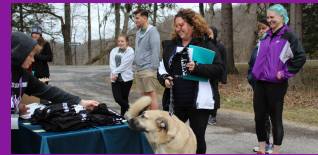
Denim Day Painting Event

Inspires Solidarity

On April 30, FRIENDS Inc. hosted a Denim Day painting event to raise awareness about sexual violence and show support for survivors. Participants decorated denim pieces with powerful messages and artwork promoting consent, healing, and resilience. The event brought our community together in a creative, meaningful way and reminded everyone that every voice matters in the fight to end victim-blaming and clothing is never an invitation for assault.



1st Annual Steps Against Sexual Assault 5K



On April 26th, FRIENDS, Inc. hosted our 1st annual Steps Against Sexual Assault 5K, bringing together community members to walk, run, and raise awareness for survivors. Thanks to the incredible support of our participants, volunteers, sponsors, and donors, we raised over **\$13,000** to support our services and prevention efforts. Together, we're making strides toward a safer, more informed community.

Coasters for a Cause: A Message of Consent

For the month of April, FRIENDS, Inc. brought back our Coasters for a Cause campaign, distributing prevention-themed drink coasters to local bars and restaurants. Each coaster promoted messages about consent and healthy relationships, and information about our services. Thank you to all 41 participating bars and restaurants for helping spread awareness.

