

February 1, 2018

Newsletter



dovehousejc.org
FB: dovehousejc

Thank You! To Our Holiday Sponsors

With support from generous area businesses, individuals, and groups, 19 families who are healing from the trauma of domestic violence had many holiday wishes fulfilled.

Current

- April is Sexual Assault Awareness Month.
 - Wear teal!
 - Believe survivors!
 - Do yoga & support Dove House services
- Dove House Shelter Kitchen Remodel is Underway
- SA Lobby Day in Olympia



- Supporters on Marrowstone Island
- Christmas For Children
- The Wives of Amigos Motorcycle Club of Jefferson County
- East Jefferson Fire Rescue
- Edensaw Woods
- Jill Hamilton
- Homer Smith Insurance
- John L. Scott Realty
- Virginia Johnson and Joyce Murphy
- Kate Marshall and Lucas Hart
- Kitchen & Bath Studio
- Kristin Manwaring Insurance
- Gemma O'Keefe & Family
- Molly Pearson
- Peninsula Floor Covering

- The Pop Shop
- The Recyclery
- Skookum Educational Services
- Dee Dee Spann
- Dave and Lynn Stanko
- Betsy Stowater
- Pat Tisher
- Trinity United Methodist Church
- Cheryl and Dee Weinstein
- United Methodist Women
- West Bay Auto Parts
- Windermere Real Estate
- Worldmark by Windham

Inside this issue:

April—Sexual Assault Awareness Month	2
SA Lobby Day in Olympia	2
Emergency Shelter Kitchen Remodel	2
How Local Contributors help us Provide Special Services	3
This Month's Special Appreciation	3
Local Groups & Partners	3
Volunteer Spotlight	3
Successful Bar Fundraiser & Outreach at October Planned Parenthood Centennial	3
Domestic Violence Awareness Month Highlights	4
Dove House Wish List	4



Holiday Stockings created for Dove House clients by Trinity Methodist Youth Group

Start by Believing

By Teresa Shiraishi, Dove House Therapist

This has been a significant year for speaking truth to sexual assault. With #metoo and people coming forward to name their abusers (many in high profile, powerful jobs), it seems that cultural attitudes about sexual violence may be shifting. While shining a light on sexual violence has certainly brought people together, survivors have experienced the #metoo movement in a variety of ways.

Some have found it empowering to name their experience; others have found it re-traumatizing and unfair when expected to educate others through their pain. All of these reactions are valid.

Dove House attended a #metoo healing event at Quimper Unitarian Universalist Church. It was a powerful and deeply moving experience in which survivors

of sexual violence came together to name their traumas and celebrate their personal and collective resiliency and power.

Reflecting on this year, it seems that weekly, and sometimes daily, another man is accused of sexual assault. Some are men we have respected; whose art or other contributions we personally enjoy. In almost every case, the survivor is

(continues page 2)

April is Sexual Assault Awareness Month



- ◆ Wear teal in support of survivors!
- ◆ Meet our staff at tabling days at area food banks, local libraries and The Food Coop throughout the month—see schedule at dovehousejc.org
- ◆ Start a conversation with friends, neighbors and family members about how we can continue to build a safe and peaceful community for everyone
- ◆ Make “Art for Consent” and mail a photo to development@dovehousejc.org
- ◆ Feel Good, Do Good—Do yoga & support Dove House at Madrona Mindbody Monday April 9 from 5:30 to 6:30 p.m.
- ◆ Watch our Facebook page for activities and inspiration throughout the month

Upcoming Legislative Lobby Day in Olympia

Sexual Assault Legislative Lobby Day, February 16th is about folks coming together to make a big impact for survivors of sexual assault. It's a day of action and advocacy! Participants learn about budget and policy issues impacting survivors; connect with other advocates in our legislative district (Dove House is located in District 24); and visit the legislators representing our area. Dove House staff and volunteers plan to attend. If you'd like to join us, give us a call.

Dove House Shelter Kitchen Remodel—Underway



Before



In Progress

With the help of contributions from our community as well as generous donated discounts from Kitchen & Bath Design and other vendors, our Emergency Domestic Violence Shelter is going to have a kitchen that works well for the families who live there temporarily throughout the year. Our Shelter is in what was formerly a single family home and now accommodates 16 people at a time who stay for up to 90 days. The Shelter Remodel can still use some financial support. If you'd like to help, please give us a call at Dove House.

Start by Believing, continued from page 1

accused of lying, of making it all up for an ulterior motive.

Why is it important that we believe survivors?

Because false reporting has been researched* and found to be very rare - 2 to 6%.

Because survivors often share that not being believed by those you love and trust is extremely painful. In therapy, this betrayal is a significant part of the trauma which survivors work to heal.

And, if we don't believe someone's story, the violence can continue. In the Larry Nassar case, some of the child victims spoke out about their abuse, but were not believed. Nassar's sexual abuse was able to continue for decades.

Denial of abuse is epidemic. It is difficult to reconcile when someone reports a sexual assault committed by a friend, family member, role model, or any trusted person. This stems from a belief that we can fully control whether bad things happen to us and our loved ones.

The stakes of not believing survivors are high. As we get closer to Sexual Assault Awareness Month in April, and as further allegations of sexual assault and abuse arise, we must remember to ***start by believing.***

*<https://icdv.idaho.gov/conference/handouts/False-Allegations.pdf>

*<https://qz.com/980766/the-truth-about-false-rape-accusations/>

Without the support of local individuals, businesses, funders, and

supporters Dove House would not be able to provide the resources and services that truly make a difference for families seeking safety, healing from trauma, and rebuilding healthy lives.

Recent highlights of special services we have been able to provide with your help

- Prevention classes on online safety and relationship skills to 9th graders in Quilcene, Chimacum and Port Townsend and 8th graders at Chimacum Middle School
- Emergency hotel stays
- Ongoing emergency food access, housing assistance, and transportation assistance
- Support groups and classes: Financially Empowered, Changing Patterns, and Connections
- Remodel of the kitchen at our Emergency Shelter
- Partnership with Kitsap Immigration Assistance Center to provide local services to Dreamers
- Legal services provided by the Northwest Justice Project onsite at Dove House
- Childcare, clothing, and other things clients and their children need in order to continue on their path

A Very Special Thank You! to Steven Scharf and the patients of the Uptown Dental Clinic for their generous ongoing support . Dr. Scharf offers his patients the opportunity to select local non profits to receive a percentage of their bill.

Ongoing Support From These Local Groups, Organizations, and Businesses

- ◆ AAUW Late Bloomers
- ◆ Boeing Bluebills
- ◆ The Food Coop
- ◆ The Fund for Women & Girls
- ◆ Jefferson County Sportsmen's Association
- ◆ Kitsap Bank
- ◆ Monday Night Meditation Group
- ◆ Port Ludlow Yacht Club Women's Group
- ◆ Port Townsend Shipwrights Coop
- ◆ Port Townsend Sunrise Rotary
- ◆ Society of St. Vincent de Paul
- ◆ United Good Neighbors

Local Religious Organization Partners

- ◆ Calvary Community Church
- ◆ Church of Christ
- ◆ Community United Methodist Church
- ◆ First Baptist Church
- ◆ First Presbyterian Church
- ◆ Grace Lutheran Church
- ◆ Lutheran Church of the Redeemer
- ◆ Port Ludlow Community Church

- ◆ Port Townsend Friends Meeting
- ◆ Quimper Unitarian Universalist Fellowship
- ◆ San Juan Baptist Church
- ◆ St. Mary's Star of the Sea Parish
- ◆ St. Paul's Episcopal Church
- ◆ Trinity United Methodist Church
- ◆ United Methodist Women
- ◆ Unity Center of Port Townsend

Volunteer Spotlights

Since last spring, **Jill Hamilton** has been staffing our front desk during our weekly staff meetings and filling in at other times. This invaluable role supports staff and services. Jill recently joined our Board of Directors. **Alea Waters** volunteers each week providing essential support in writing thank you cards to our valuable donors, assembling curriculum materials for our support groups, keeping material donations organized, and more. **Thank you Alea and Jill!**

Dove House Bar at the October Planned Parenthood Centennial

was a great opportunity to talk with members of the community about our services and brought in over \$600.00 in donations. Thank you to Christopher Miller, Port Townsend Vineyards, and The Wine Seller for donations. And, thank you to Advocates for Better Healthcare, Planned Parenthood of the Greater NW and Hawaiian Islands, and Daniel Milholland/Thunderbull Productions for inviting us to offer the bar at this event.

1045 10th Street
Port Townsend, WA 98368

24/7 Crisis Line
360-385-5291

dovehousejc.org

Office: 360-385-5292



To All of our Partners and Supporters!

Your caring contributes significantly to survivors' ability to heal from trauma and regain a sense of hope and trust—essential ingredients for safe, healthy, stable, and meaningful lives. Thank you!



Dove House

Board of Directors

Chair

Cheryl Weinstein

Vice Chair

Molly Pearson

Secretary

Mary Evans

Treasurer

Brian Richie

Members

Jill Hamilton

Dave Stanko

Pat Tisher

Dove House Wish List

- Laundry detergent
- Pull ups 2T—4T
- New women's and children's undergarments and socks
- Gift cards for QFC, Safeway, Food Coop
- Oral hygiene supplies - all ages: toothbrushes (1 or 2 / package), toothpaste, floss
- Full-size bottles of hair conditioner & shampoo. New, unused only.
- A juicer for the Shelter
- New unopened razors and shaving cream for women
- Unopened packaged/non-perishable foods, including child-friendly snacks
- Women's hair accessories and make up (new, unused)
- Gift certificates for personal care services (haircuts, etc.)

If you or your group can donate any of these items, please drop by M-F 9-12 & 1-4 or contact Alan at our front desk 360-385-5292.



October was Domestic Violence Awareness Month.

Dove House distributed 100 healthy relationships coloring books as well as packets of "DV myths/myth busters" with purple ribbons at outreach tables in Brinnon, Quilcene, Chimacum, Port Hadlock, and Port Townsend.

Myth/Buster

"But I never saw any bruises!"

Domestic violence takes many forms including psychological and financial. Listen and believe survivors.