



EMPOWERED VOICE

You revived Dita's dreams

Thanks to you, Dita is safe and has a new job



Thank you for giving Dita the opportunity to get back on her own two feet.

Dita lost her job 4 years ago when her abusive partner wouldn't stop calling her employer. He wanted to know what time she arrived and left, and would become horribly violent when she didn't come home when he wanted. When she couldn't work, Dita fell into a deep depression. Her family forced her to choose between them and her husband. She felt she'd be in danger if she left him, so she stayed and her family stopped calling.

When Dita escaped from her husband and arrived at New Beginnings, her self-esteem was shattered. She was depressed and suffered from intense anxiety.

Your gifts made it possible for Dita to meet with a therapist so she could transform her feelings of worthlessness into fuel for new dreams. Dita was willing to start small, but with your help, she gained the confidence necessary to get a well-paying job in a new field – a huge accomplishment!

Thank you for your support!



Make an impact with a monthly donation



New Beginnings' monthly donation program is now called the Hope Network! Hope Network members are monthly donors who provide steady and reliable support to survivors of domestic violence. If you join, you'll enjoy membership options such as no additional solicitations and recognition in our Annual Report.

You will be part of a crucial network of people dedicated to ending domestic violence in our community.

To sign up, visit our website at www.newbegin.org/get-invested or call Brittany Nielsen, Donor Communications Coordinator at 206-926-3034.

Linnea has a new outlook thanks to you

Amidst all the chaos of leaving an abusive partner and starting support group at New Beginnings, Linnea broke her only pair of glasses. Not only did she need them to drive and go places, but it had been years since she'd been to the eye doctor and her prescription needed to be updated. Your gifts sent Linnea to the eye doctor for an exam, reassuring her that her eyes are healthy, and to get new glasses. She's so excited to envision her new future thanks to you!



GiveBIG May 5 for Melanie's education



Your gifts mean the world to us every single day!

On May 5, 2015, The Seattle Foundation will stretch your gift even more when you donate via <http://tinyurl.com/NBGiveBig>.

With your support, Melanie can gain skills to become a paralegal. She has a degree in psychology and wants to help represent women like her who were dragged through the legal system after suffering domestic violence. Melanie is a bright, talented young woman who has BIG dreams.

YOU can help her achieve them. As she fulfills her goals, she will repay your generosity by helping other survivors.

IGNITE

.....A New Beginnings Cocktail Party.....

IGNITE your Spring!

Ignite will be held on **Friday, April 24, 2015.**

We're planning a night of amazing cocktails, delicious food and great company! Won't you join us for New Beginnings' annual cocktail party? To learn more, visit www.newbegin.org/news-events/ignite or contact Ashley Allen at 206-926-3041.



We are excited to reveal our new logo!

As we embark on a transformative Strategic Plan, we wanted to refresh our logo and mission statement. We hope you love them as much as we do!

Keep your eyes on our website as well, because we'll be updating it this year to reflect these colorful changes. Our updated mission statement reflects our continued dedication to survivors of domestic violence and also our desire to inspire change within our community.

We believe in the power of communities working together for social change and we are excited to partner with each of you!

Mission

New Beginnings empowers survivors and mobilizes community awareness and action to end domestic violence.



Your gifts helped Della become a great mom.

You gave Della a safe home

When Della was accepted into New Beginnings' Transitional Housing Program, she had no furniture of her own. She was eight months pregnant and afraid. She was delighted to find out that her apartment was furnished and that there were flowers on the table, all thanks to your support! She felt that she could finally breathe.

Della had been with her boyfriend for two years. Almost every day of their relationship, he controlled, belittled and manipulated her. She lost the ability to trust herself. She no longer recognized her good qualities or her strengths. And worst of all – she began to believe she deserved his abuse.

The abuse increased when she told him she was pregnant. By the time she was in her third trimester, the stress was making her ill and she worried for her baby's safety.

Your gifts made sure she had the physical and emotional space to regain her confidence and take care of herself. You made it possible for her to develop a medical plan and research childcare for her baby so that she could get a job. With the opportunity to live in the Transitional Program for two years, Della had enough time to plan for her future, get ready for her new baby and become the wonderful mother she is today.

You ended Reina's nightmare

Deceived and betrayed, Reina finds the courage to fight back



Reina was terrified to call the police because she thought she would be deported.

Thanks to you, Reina is happy and safe.

Reina came to the U.S. with her family when she was 19. She met a man who was charismatic and spoiled her with gifts and love notes. When they married, he was supposed to file for her citizenship, but he never did, so she remained undocumented. Reina's family didn't approve of him and they disowned her. Reina and her husband spent a lot of time with his family. Eventually she tried to talk to her mother-in-law. She told Reina that the abuse was "not that bad" and that Reina was "keeping her son in check" – even though he'd been arrested for domestic violence in a previous relationship. Reina was terrified to call the police because she thought she would be deported.

Reina's mother-in-law allowed Reina to have a room in her house so Reina could "take a break" from the relationship. Every day when Reina opened the door to go out, her husband was waiting in the hall to attack her. She became totally trapped.

A cousin of her husband's came by one day under the guise of teaching Reina to cook a dish for a family party. She brought a cell phone – the first time Reina had been near a phone without her husband watching her. Reina called New Beginnings' help line and made a plan to leave safely.

Since leaving her husband, Reina has started the process of becoming a legal resident of the U.S. and found a safe, happy home. You provided her with the strength she needed to proceed with her legal options and start thinking about her future. You gave Reina the courage to start going to a support group where she can share her feelings with other survivors. You made such a difference in Reina's life – *thank you.*

Make a difference as a volunteer



New Beginnings has an extensive and active volunteer community and we attribute much of our success to volunteers who are committed to ending domestic violence.

Have you wanted to get involved? Volunteers are crucial to survivors' success! Women and men are encouraged to volunteer with New Beginnings and there are many ways to help depending on your skills and interests. All opportunities are within the Seattle area.

To learn more, come to our amazing training! We offer a four-week domestic violence volunteer training twice a year. The next one is in April 2015 on Tuesday and Thursday evenings from 5PM to 8PM. Have questions? Contact Erin Pankow at 206-926-3016.



Warning signs of domestic violence

IS YOUR PARTNER:

- Jealous or possessive
- Monitoring your whereabouts/ checking your cell phone
- Rapidly progressing your relationship
- Pressuring you to isolate from family and friends
- Blaming you for what is wrong: "It's because of you that I get so mad."
- Manipulating emotions and guilt tripping: "If you really loved me..."
- Threatening you?

If you need help now or want to learn about your options, please call our 24 hour Helpline: 206-522-9472.



You are ending domestic violence

You help teens like Brian open up in a healthy relationships group about seeing his mother abused by his stepfather. Brian was only 12 years old at the time and was ashamed that he couldn't protect her. He had been acting out in school and had started to bully another teen.

After Brian shared his story with the group, the other teen forgave him and the group brainstormed ideas on how to deal with anger and hurt. **Imagine how much you've changed those teens' lives – and prevented another generation from living with domestic violence.**

Make a lasting gift

Remember New Beginnings in your will

One way to sustain your commitment to ending domestic violence is to remember New Beginnings in your will. When you plan a gift in your will or living trust, called a charitable bequest, you will ensure domestic violence survivors always have a place to turn for help at New Beginnings. Bequests offer these benefits:

- **Simplicity.** Just a few sentences in your will or trust are all that is needed.
- **Flexibility.** Because you are not actually making a gift until after your lifetime, you can change your mind at any time.
- **Versatility.** You can structure the bequest to leave a specific item or amount of money, make the gift contingent on certain events, or leave a percentage of your estate to New Beginnings.
- **Tax Relief.** If your estate is subject to estate tax, your gift is entitled to an estate tax charitable deduction for the gift's full value.



WE CAN HELP

Contact Rachele Nesta at 206-926-3036 or rnesta@newbegin.org with any questions about naming New Beginnings in your will or living trust. We're happy to help, without obligation.



Your gifts led to Vicki's success

Vicki grew up in a home where a huge importance was placed on education, but school never really stuck for her. She dropped out of high school early and ended up working as a waitress. She later met her husband and raised two children while sustaining 20 years of abuse. After both her children had moved out, Vicki left her husband to start a new life.

Through the support and advocacy she received at New Beginnings' Community Advocacy Program, your gifts helped Vicki decide that it was time to go back to school. She began a GED program and just recently completed the math section. Though she felt entirely overwhelmed after her first class, she has worked extremely hard to continue. When she has her GED, Vicki plans to go to college! In the brief time she's been in the Community Advocacy Program, Vicki has made huge strides toward her goals and it's thanks to you. You gave Vicki the support to envision an amazing new future!

EVENT CALENDAR



Save these dates!

Ignite: April 24, 2015

GiveBIG: May 5, 2015

Back to School supply drive:
Begins in July 2015

Empower: October 20, 2015

Look what your gifts can do!



\$50 provides survivors with personal items such as a desk lamp, wall clock, light bulbs, day planner/journal and standing lamp for their living room.



\$100 provides one safety planning session for a survivor who calls our Help Line or makes an appointment with an advocate.



\$250 creates comfortable, welcoming bedrooms for women and children with blankets, pillows, hangers, sheets and other necessities.



\$500 sustains a support group for three months with a trained staff member and refreshments for the group while they work through their trauma together.



\$1,000 provides two survivors with legal advocacy to navigate protection orders, child custody and divorce.