Your 2015 Impact Report

NEW BEGINNINGS EMPOWERS SURVIVORS AND MOBILIZES COMMUNITY AWARENESS AND ACTION TO END DOMESTIC VIOLENCE.
Dear Outstanding Friends and Supporters,

Imagine

...you have been married for 10 years to a man you've loved since you were teens. But as the years have passed he seems angry all the time, and nothing you do satisfies him. When his meal isn't cooked exactly the way he likes it, he throws the food at you.

When you haven't had a chance to dress up at the end of a long day, he calls you a pig and says that no one could ever want you. When you return home even a few minutes late from buying groceries, he accuses you of having an affair with the store manager. And when you try to move away from him, he shoves you against the wall and chokes you until your vision fades.

Your neighbor called the police recently after hearing your screams. When they arrived, your husband answered the door and said you were just clowning around and that everything was fine. The officer told your husband to take a walk around the block to cool down. Even though he could see you crouched in the corner and shaking, he said that he better not hear about the two of you fighting anymore. After the officer left the worst happened, and you almost died. That was the last straw, and you want to escape.

If only you could talk to someone who understands what you're going through—this very personal problem that has no name. If only there was someone to stand up for you with the police. If only you could hide somewhere until you have a chance to heal and collect your thoughts. But that's living in a dream world, and you must face reality.

This is what life was like in Seattle for survivors of domestic violence before New Beginnings.

When New Beginnings opened its doors in 1976 with your support, we were the first organization to advocate for domestic violence survivors in Seattle. For 40 years, YOU have educated our community about the meaning and impact of domestic violence, promoting change in the many institutions that survivors rely upon for protection and healing. For 40 years, YOU have empowered survivors—and their children—to find not only safety, but also liberation from abuse.

Seattle is a better place because of your commitment to ending domestic violence. As you read the following pages, know that every statistic, every story, every person has benefitted from your generosity.

On behalf of the entire New Beginnings family, we give our deepest thanks for your life-affirming, life-changing, life-saving support.

With gratitude and hope,

Dianne Larsen
Board President

Susan Segall
Executive Director
A Mother and Daughter Find Safety

Jada, 9, arrived at the New Beginnings Emergency Shelter with her mother, Tanisha, after years of trying to escape from the abuse at home. When Jada got sent home from school for hitting another girl, Tanisha was shocked. School had always been a challenge for Jada, who didn’t know how to cope with what was happening at home. For the first few weeks at the Shelter, Jada was clearly angry to be taken from her childhood home, despite having witnessed years of verbal and physical abuse.

By the time Jada and her mother left the shelter 42 days later to move into transitional housing, Jada had learned new ways to express her anger without being violent. Six months later, after feeling at home in their new, safe apartment, Jada is no longer angry at her mother for leaving. Jada has settled in at a new school and has already made several new friends. “I am so grateful that Jada and I have a safe place to make a fresh start,” Tanisha shared.

Thank you for giving Jada and her mother the space to build a loving relationship!

Troy and Brady Learn to Trust

When 3-year-old twin brothers Troy and Brady arrived at the New Beginnings Shelter, they were terrified. After living in a home filled with violence, they had little trust in anyone besides their mother. For several weeks, Troy and Brady would cry and run shaking from the room any time an adult tried speaking with them. Their mother Noreen was distressed by their fear, although she knew they were in a much better place.

In this space, over time they found the safety and freedom that all little kids deserve. Before Troy and Brady left the Shelter two months later, they ran around one last time – to say goodbye to every person in the room.

Thanks to your support, Troy and Brady had a safe space where they learned that not all adults are angry and threatening. A few days into their stay, they could be seen peering around the corner to learn what other people at the Shelter were doing.
364 women and men made progress in healing and rebuilding their lives through individual counseling and support groups.

You Answered the Call for Anya

Because you care, a warm, friendly voice was there to greet Anya when she called New Beginnings’ Helpline. The night before, her boyfriend Mark had hit her for the first time. Shocked, Anya had no idea where to turn or what to do next, but thankfully, a neighbor heard her screams and called the police. “The officer handed me a brochure about New Beginnings. I remember reading the words ‘domestic violence’ in surprise. But as I read more, I knew I had to call.”

Anya was able to call the Helpline at 4:00 in the morning, all because partners like you make this possible. In shock, she wasn’t even sure what to say, but an advocate walked her through the next steps of her journey. Later, Anya worked with our legal advocate to get a protection order against Mark. She also started attending support groups at our Community Advocacy Program, where she began to understand that Mark had been abusing her in many ways in the two years they had been dating. “Mark had always called me names and even told me I was worthless once. I never thought that was abuse. The support groups taught me that abuse is not just a physical thing. Abuse takes so many different forms such as emotional and mental abuse.”

After almost a year of working with an advocate, Anya felt more empowered than ever. “I decided to get a Master’s Degree in Social Work so that I can help other women like myself. I don’t know where I would be now if someone hadn’t been there to answer my call.”
Henry Finally Found Freedom

For Henry, sexual, emotional, and physical abuse were a normal part of his childhood while growing up in rural Pennsylvania. Abused and then abandoned by his father, Henry watched his mother bring home a series of boyfriends, most of them impatient and angry. Henry left for college in Seattle, happy to be free from his childhood.

In his mid-twenties, Henry started dating Jeremy. Looking back, he realized that Jeremy was controlling even from the beginning. “Two days after our first date, he demanded I take my online dating profile down,” Henry shared. “At the time, I was flattered that he wanted me all to himself.”

The more time Jeremy and Henry spent together, the more Jeremy began to slowly control every part of Henry’s life. Henry recalled, “I was just so happy to have someone who seemed to care about me and love me that I was willing to overlook the parts that bothered me.” A year later they moved in together, and Jeremy became even more controlling, forcing Henry to cut off the few friendships he had. One night Henry came home late from work, and Jeremy was waiting. “I had stayed late at work for a project, and Jeremy accused me of having an affair.”

He punched Henry so hard in the stomach that Henry was sure his ribs were broken. The abuse continued for months. Jeremy shared, “I know the people I worked with saw my bruises and marks, which were never on my face, but they never said anything.

“I don’t think people know what to do when they suspect someone is being abused, especially since I’m a man.”

After weeks of staring at the number for the New Beginnings Helpline, Henry finally felt ready to call. “I think I thought they would tell me I had the wrong number. That the Helpline is for women who are being abused. But they didn’t seem at all surprised by my story.” Henry was connected with a community advocate and counseling services, where he was able to talk freely about being a survivor of domestic violence his entire life. “When I was ready to leave Jeremy, New Beginnings was there to help. And they were patient; I stayed with Jeremy for 15 more months after first calling the Helpline. I know I was lucky that Jeremy just let me go.”

Your support had a lasting impact: two years later, Henry is happy to share that he is experiencing a loving, healthy relationship for the first time in his life. “It’s a world of difference to be in a relationship where I’m loved and respected, but also free to be independent. I’m happy to report that I’m still free from abuse.”

5,976 crisis Helpline calls from survivors and community members were answered by our trained advocates and volunteers
Demographics of Shelter, Transitional Housing and Community Advocacy Programs

473 Women Served
9 Men Served
93 Female Children
127 Male Children
1 Transgender Child

BY AGES

BY INCOME

67% of survivors receiving supportive services were low income

44% of survivors receiving supportive services were people of color

PARTICIPANT RESIDENCE AT TIME OF INTAKE

<table>
<thead>
<tr>
<th>Location</th>
<th>Number</th>
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<tbody>
<tr>
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<td>Other parts of King County</td>
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<tr>
<td>Other parts of Washington state</td>
<td>33</td>
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<tr>
<td>Out of state</td>
<td>22</td>
</tr>
<tr>
<td>Unknown</td>
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</table>

28 women and 37 children secured safe housing and supportive services in our Transitional Housing Program
You Helped Asha Rebuild Her Life

Asha met Paul at a party when she was attending college in South Carolina. “Everyone loved Paul,” Asha shared, “He was a star player on the soccer team and a youth leader in church. People told me I was lucky that he chose me.”

Ten years later, Asha came to New Beginnings when she arrived at our Transitional Housing Program with her two children, Milos and Raina.

“Looking back, our relationship moved so quickly I feel like I lost myself,” Asha remembered.

When Asha became pregnant her junior year, Paul encouraged her to drop out of school and stay home to take care of their child; with little family support, Asha agreed: “I was working on a degree in Accounting, but Paul convinced me I wouldn’t ever need to work. I had always wanted kids, and he was very charming.” Within months Paul and Asha were married, and had a little boy. He was soon followed by a baby sister. By that time, Paul controlled most everything about their lives, including their finances. They moved to Seattle when Paul got transferred for work, and Asha left behind what few friends and family that she had.

“I’ll never forget the first time Paul tried to strangle me,” Asha said. “He put the kids in the car, came back into the house, and put his hands around my neck, pressing harder and harder. Apparently a man had called earlier in the day to ask for me, and Paul decided I was having an affair.” For the next decade, Paul continued the physical abuse, in addition to controlling the rest of Asha’s life. Asha wanted to leave, but she had no money, no place to go, and no hope until her doctor pressed a New Beginnings pamphlet into her hand.

“I’ll never forget the day I finally left Paul for good and arrived at our new apartment. I was overwhelmed, but I knew I was making the right decision for Milos and Raina.” A legal advocate helped her to get a protection order against Paul as she worked through the divorce process. Asha decided she wanted to finish her Accounting degree, and New Beginnings advocates worked with her to enroll at a local college and even get past credits transferred. “When I got an A on my first test, my advocate gave me flowers to celebrate! I felt so proud.” Within a few months, Asha got a part-time job working as a bookkeeper. “I forgot how much I loved school and math.”

Thanks to your generosity, Asha and her children found safety and affordable subsidized housing. Asha shared, “When I think about the future for Milos, Raina, and me, I feel hope. I feel excited.”

550 survivors received information, referrals, and assistance with protection orders, divorce, child custody, immigration, and other cases

4,718 hours of one-on-one advocacy were provided to adults in our Community Advocacy, Emergency Shelter, and Transitional Housing Programs.
Brian started volunteering with New Beginnings three years ago because he wanted to make a difference: “I knew someone in an abusive relationship, and I didn’t know how to support them. I wanted to do something to make a change.” After attending several volunteer trainings, Brian started out on our 24-hour Helpline, which he shared was an eye opener.

“Learning about domestic violence is like switching a filter on a camera and being able to see something through a new lens, a new viewpoint. It’s upsetting and tragic, but I have learned that survivors are compassionate, and strong; they motivate me.”

More recently, Brian started answering screening calls for the legal clinic that takes place every Wednesday. He helps women to find information they need, such as documents for parenting plans, and he empowers people to start on their path to accomplish their goals.

He has loved working with staff and other volunteers, who make him feel like “a part of the team.”

Inspired by the survivors he has met, Brian continues to find new ways to support New Beginnings. He stressed, “I want to be the best ally I can be for women.”

Brian has done everything from tabling at a concert to visiting the state capital to advocate for stronger laws against domestic violence. “Volunteering has been a huge learning experience,” he shared, “I was surprised by how prevalent domestic violence is, not just in the community, but also in the world. There are so many different opportunities to get involved. Every day you can do something, even just speak out against things that are denigrating to women.”

When Brian is not helping to end domestic violence, he works as a musician and music teacher to preschoolers. He also loves spending time with his family or hiking in the mountains.

201 volunteers provided 5,095 hours of individual and legal advocacy, support group co-facilitation, coaching for survivors, community outreach, child care, facilities maintenance, fundraising, and organizational governance for New Beginnings and the people we serve.

“Everyone has to say that domestic violence is not acceptable and hold people accountable for their actions.”
Laura Brings Healing to Survivors

Laura wears many hats: yoga teacher, survivor, photographer, and founder, editor, and publisher of a magazine for women called Lucia. For New Beginnings, she wears a volunteer hat. For the past four years, she has been practicing and teaching yoga to the survivors in our programs. “I wanted to bring yoga to women who had experienced domestic violence,” she shared, “I wanted to contribute in some positive way and give back to the world the healing that I had experienced in the last 10 years. Yoga is something for me that is such an integral part of the healing process because it involves the body.”

Twice a month, Laura teaches yoga to the women in our Transitional Housing Program. Clearly enthusiastic about her time volunteering, Laura recalled a memorable experience that happened at the end of a recent class. “All of the women are mamas, and there is child care offered while we practice. When yoga was ending, the little ones were ready to come in and eager to see their moms. The door burst open, and they all came running in with little cards they had made; it was just a beautiful moment of sitting with women and children, being peaceful. When the practice is over, and I can see and feel a shift in the way everyone is able to be, I feel really grateful to help create that space.”

Laura shared that teaching yoga to survivors is inspiring: “I’m in this world where I’m trying to balance a day job and other things with being heart centered. Coming to teach yoga grounds me right back immediately into the reason why I’m doing this. It’s the connection. It’s the women.”

“I think what has surprised me the most is how much volunteering adds to my own life. I thought it would be this beautiful righteous thing to do, but it’s really helping me.

“I feel so many people giving from their hearts at New Beginnings. This is what needs to happen and be done in the world. I like being a part of that.”
Quotes From Community Training & Outreach Participants

**YOUTH**

“I learned the boundaries of caring v. controlling and how to recognize the small controlling things.”

“We learned so much about healthy relationships and what to avoid.”

“The class was very informative on what to do and how to get help for yourself or a friend facing dating violence.”

“I had no idea there were so many different types of abuse. Now I know what to look for the next time I date someone.”

“It was very eye-opening to learn about dating violence.”

**ADULTS**

Quotes from volunteer members of the Victim Support team with the Seattle Police Department

“It is important to realize that an abusive relationship has healthy moments and abusive moments, but it is not always a straight line.”

“Your training was more effective than anything I’ve ever learned!”

411 youth completed 14 hours of education about healthy relationships and dating abuse in high schools.

139 students completed 126 sessions of Owning Up, a healthy relationships class for middle-school students.
### 2015 Financials

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<th><strong>Beginning Net Assets</strong></th>
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<td>Revenue</td>
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<tr>
<td>Program Expenses</td>
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<tr>
<td>Administrative and Fundraising Expenses</td>
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<td><strong>Ending Net Assets</strong></td>
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#### Revenue by category

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<th>Category</th>
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<td>Government</td>
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<td>Special Events</td>
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<td>Program Fees</td>
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<td>Dividends, Interest and Misc.</td>
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<td>Gain (loss) on investments</td>
<td><strong>($19,181)</strong></td>
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#### Expenses by category

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<td>Transitional housing</td>
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<td>Management &amp; General</td>
<td><strong>$200,859</strong></td>
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<tr>
<td>Fundraising</td>
<td><strong>$403,703</strong></td>
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1994 adults increased their knowledge about domestic violence through Community Education and Outreach Program.
Thank you TO OUR SUPPORTERS

Your Support. Their New Beginning.

Our loyal and dedicated supporters come to us from so many varied walks of life. For some of you, a personal experience with abuse inspires you to help our shared cause. For others, a desire to give of your time and talents connects you to our programs. The reasons are as varied as the unique donors like you whom we have been fortunate to partner with over the years.

For Goldie Silverman, it was the desire to write a novel that first brought her to New Beginnings, over twenty years ago. Goldie was inspired to write a romance novel about a paraplegic man: her husband works with people who have spinal cord injuries. The story would include a widow who becomes this man’s neighbor, and they would fall in love. Luckily for New Beginnings, this character would also work at a domestic violence shelter, so Goldie decided she needed to do some hands-on research: “I asked New Beginnings if I could volunteer, and they said that if I gave one year of service, I would be welcome in the confidential shelter.”

This one year of service turned into almost twenty. As Goldie evolved through her long experience with New Beginnings, so did the plot of her book. Two years ago, that novel, Show Me Your Face, was published. Over the years, Goldie wore many hats – from chauffeuring survivors to and from shelter, to wrapping holiday gifts and answering the Helpline. She even ran a support group for senior women who were verbally abused by their husbands. Goldie shared that she learned so much over the years working with survivors. “I originally wondered what I could have to say to a domestic violence survivor. Then I realized I don’t have to talk. I’m there to listen.”

When Goldie retired from volunteering with New Beginnings several years ago, the staff compiled a scrapbook thanking her for her years of service. “This is a prized possession,” she shared.

Goldie remains active in the community, and is a Board member of ACT Theatre—a role she relishes as a lover of both culture and social causes.

We thank Goldie for being not only a long-time volunteer but also a long-time donor. When asked what inspires her to give, she simply replied, “I respond to need.”

“I originally wondered what I could have to say to a domestic violence survivor. Then I realized I don’t have to talk. I’m there to listen.”
All the incredible donors who gave between January 1, 2015 and December 31, 2015

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Rachelle Nesta-Goff and Ross Goff
Jeannie and Bruce Nordstrom
Pete and Brandy Nordstrom

“I donate in honor of several personal friends who have needed and used your services.”
“I was once a battered women, and there were no shelters for me. I give to New Beginnings so that survivors will have a place to go.”
“As a survivor, I feel the need to help others who have the same or similar history.”
Amy Peloff
Yaffa Penski
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Kathryn Raich and David Jones
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Ginny Ware and Russ Moulton
Marty and Janet Warr
Mike Wearne
Margaret Wetherald and Leonard Barson
Melissa and Richard White
Cynthia and William Wilcock
Theresa Wilde
Joe Yap
Tsering Yuthok Short and Floyd Short

$100 - $249
Amy Adams
Alexa Albert
Kathy Alexion and Tim McDonald
Ashley Allen and Rachel O’Sullivan
Kylie and Jerry Allensworth
S. Alper
Alpha Delta Chapter of Delta Kappa
Gamma
Stephanie and Joseph Ambrose
Susan Amorosi
Theo and Kim Angelis
Karen and David Aoyama
Elizabeth Arnold
Emmalee Ashland and Julia Sheriden
Lee Badovinus
Peter Baer
Molly Baker Justice
Ballard High School
Barbara Barbee
Pauline Bariola and Jon Joy
Michael and Kristine Bartonen
Jane and Steven Baumgartner
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Jeffrey Bechthold
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Donna Benson
Betcher Family Foundation
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Tama Borriello
Rick Bosman
Jane Ann Bradbury
Linda Brandeis
Clare Bright
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Sharon and Art Crisera
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Patricia and John Davis
Michael de Maar
Carlton Deach
Gwen DeLoach

THANK YOU TO OUR SUPPORTERS

“I have the greatest respect for the professionalism of New Beginnings and their accessibility to people from multiple cultures.”

thank you to our supporters

15 NEW BEGINNINGS
“I learned about New Beginnings at an event, and I was impressed by their presence and impact in our community. They do a wonderful job of keeping donors informed of their accomplishments, as well as their plans for growth.”
“I continue to support New Beginnings because of their dedication to the mission and their financial transparency. The staff makes it a priority for donors to feel like their gift is making a difference, no matter how large or small.”
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Wendy Taylor
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Marianna Willey
Tax Manager
Bader Martin

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We strive for accuracy in our donor lists. If we have made an error, please accept our sincerest apology and let us know by contacting Kerry Dirk at kdirk@newbegin.org or (206) 926-3033.
Thank you for your support and for making a difference in so many lives.

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