

# EMPOWERED VOICE

WINTER 2019

QUARTERLY NEWSLETTER

## You Gave Alexandra a Future Worth Celebrating



Alexandra works at a small retail store in Renton and lives with her cat in a comfortable studio apartment just outside Seattle. She is grateful for that safe and happy place that she calls home.

Unfortunately, life wasn't always so pleasant.

She describes the "nothingness" that was her life two years ago. Alexandra had no job, no family, no friends, and no place to live. The situation is all too familiar. Alexandra's husband had isolated her from friends and family. He repeatedly broke her ribs and tried to strangle her. He slashed her tires and destroyed her phones - and with them, any chance for independence or help. After his arrest, friends and family blamed Alexandra for her husband's behavior.

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*"I have learned, with help from all of you, to set boundaries and be assertive."*

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Alexandra felt scared, confused, anxious and completely hopeless. She wanted to find peace in death, because there wasn't any in her life.

Thanks to your support, New Beginnings was there for Alexandra. She didn't know what she needed or where to start. She called our Helpline, described what was happening and began talking through her greatest fears. A New Beginnings Advocate helped her start a job search. Since it had been years since she last worked, Alexandra needed support to create a new resume, look for jobs, and practice interviewing. With her Advocate and over time, she rebuilt her confidence and landed a job. In the meantime, your contributions covered Alexandra's housing deposit and first month's rent. That safe studio apartment helped her break free from violent abuse. Most importantly, your support provided encouragement for her to keep trying.

*Thank you for helping Alexandra create a new life - and start building good memories.*

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

# YOU are Empowering Domestic Violence Survivors with Support to Overcome the Toughest Life Battles.

Fighting mental, physical, financial, and legal battles takes perseverance - and help. Stopping the cycle of abuse truly takes a village. Your support emboldens survivors with:



## SANITY

*"New Beginnings has given me a secure and warm place to vent my concerns, worries and fears."*

Ben is a regular at New Beginnings' evening support groups. He's not ready to leave his partner, but sometimes he needs a little help getting through the week. At first, it just felt good to talk about his boyfriend's weird, controlling behavior. Over the past few weeks, he's created a safety plan, in case things escalate at home. He may never decide to change his situation, but at least Ben knows has options.

*Your help makes both the days, and nights, better for Ben.*



## SAFETY

*"New Beginnings helped my mom's friend escape from a bad person. And they really helped them at the worst of times."*

Pregnancy has many challenging side effects; broken bones and bruising shouldn't be among them. Sue was only two months pregnant when her partner started abusing her. She was already worried about paying doctor bills and newborn expenses. She didn't want to bring a baby into a violent situation. She didn't want to be a single parent. She felt trapped. Now the New Beginnings Independence Fund gives Sue a little help with bills while her Advocate helps her find a more stable income.

*Your support helps Sue, and her plus one, grow with a community of help.*



## STRENGTH

*"I came to New Beginnings with my three-year-old daughter and no hope for the future. Within days, I realized that everyone here was rooting for me and my success. My Advocate saw something in me that I hadn't seen in a long time - strength. She encouraged me to set goals for myself. Some days felt like I was taking one step forward and two steps back, but everyone kept cheering me on."*

Angshita has only lived in the U.S. for three years. She doesn't speak English and has never worked - or driven a car, in America. Even if her husband didn't force her to stay home, finding her way around Seattle's bus system, social service paperwork and child care wait lists would be tough. Thanks to your help, Angshita now has New Beginnings by her side.

A Survivor Advocate walks her through DSHS appointments and makes sure she has a translator

for court dates. Her Youth and Family Advocate helped find a preschool - and dance lessons, for her daughter. Her Housing Advocate is working to win over a landlord who is reluctant to rent to Angshita, or anyone who doesn't have an income. She's not completely independent yet, but she's getting close.

*Thanks for being part of the team that supports Angshita.*



## SKILLS

Jacob was an eighth grader in Owing Up, an 8-week healthy relationship class our Prevention Educator, Hilary, leads at his school. As he learned the warning signs of abuse, Jacob started worrying about his twin sister, Nikki, who was dating a high school boy. Nikki wasn't in the class, but Jacob knew her boyfriend said things that made Nikki really uncomfortable - and made her scared to break up with him. Jacob told Hilary a little bit about his sister's relationship. She reached out to Nikki, invited her to join the next semester of Owing Up and introduced her to Amira, New Beginnings' Teen Advocate, in case she wanted to talk to someone privately.

*Now Nikki, Jacob and hundreds of other Seattle-area teens are finding better ways to date, thanks to you.*



## Impacts of Trauma

A COURAGEOUS CONVERSATION

February 13, 2019

WeWork Holyoke, 107 Spring St, Seattle 98133 • 6-7:30pm

Join us for our first Courageous Conversation of 2019!

Even small adjustments can make life easier for people who suffering. Learn tips for trauma-informed care with our Survivor Advocate, Lindley. This 1.5-hour conversation offers suggestions especially helpful for parents, service providers and school counselors. As always, the event is FREE and open to all.

Register today at [www.newbegin.org/courageous](http://www.newbegin.org/courageous).



*“Do your little bit of good where you are;  
it’s those little bits of good put together  
that overwhelm the world.” – Desmond Tutu*



# IGNITE

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

**SAVE THE DATE!**

**FRIDAY  
APRIL 26, 2019**

**MUSEUM OF HISTORY  
AND INDUSTRY**

**7:00-10:30 PM**

Join us for Ignite: a cocktail party style fundraiser with a petite live auction and opportunity to give.



**Register today at  
[newbegin.org/ignite](http://newbegin.org/ignite)**

For more information,  
contact Megan at  
[events@newbegin.org](mailto:events@newbegin.org)  
or (206) 926-3041

## Resolve to make a difference in 2019

### Give or Get Help this Winter

**Get help** for yourself - or for a loved one suffering from domestic violence - through our 24-hour Helpline at 206.522.9472 or online at [newbegin.org](http://newbegin.org).

**Give help** to survivors with these pointers:

- **Don't judge** the situation – or badmouth the abuser.
- **Stay patient**, while providing empathy and promoting safety.
- **Keep phone numbers and websites** handy for reference. And remember, people can now text 911, if they are unable to call in an emergency.

### Make New Beginnings Possible

With your help, this year will be the best year for thousands of survivors.

- **Donate Today:** Your contributions provide services that truly save lives.
- **Give Hope:** Participation in the Hope Network, our monthly giving club, offers precious ongoing support to survivors – and special benefits for you.
- **Honor Someone Special:** When you make a tribute donation in recognition of a birthday, wedding, anniversary or memorial, New Beginnings will send a card announcing your gift.
- **Make the Home Welcoming:** You can help a survivor settle into their new home by donating an item from our wish list or contributing a gift card for home furnishings.
- **Leave a Legacy:** Designate New Beginnings as a beneficiary in your retirement plan or life insurance policy. Learn more about planned giving options and our Legacy Society by calling Rachele Nesta-Goff, 206.926.3036.
- **Double Your Support:** Hundreds of companies host giving campaigns that will match your donation. Simply list New Beginning on your employee giving paperwork.

Contact Kelly Otis at [kotis@newbegin.org](mailto:kotis@newbegin.org) or by phone at 206.926.3033 for details about any giving option. Your generosity makes 2019 a new year worth celebrating.

### Share the Knowledge

Invite New Beginnings to your workplace, place of worship, or community space to provide training and education on how to better recognize signs of abuse and support survivors of domestic violence. Contact Sarah Lewis-Assink ([engage@newbegin.org](mailto:engage@newbegin.org)) for more information.

*Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.*