



WOMEN'S
SUPPORT
SERVICES

NEWS

Support and advocacy for those affected by domestic violence and abuse in the towns of Canaan, Cornwall, Kent, North Canaan, Salisbury and Sharon and nearby NY & MA.

October is Domestic Violence Awareness Month

It is a time to remember those who have died as a result of abuse, to celebrate the strength of survivors and to raise public awareness about the issue of domestic violence and the devastating toll it takes on our families and communities. Throughout the month, Women's Support Services will be sponsoring a series of awareness events and exhibits to focus attention on the problem.

Break the Silence. Stop the Violence.



Please join us at our

Annual
Candlelight Vigil



October 20th ~ 6pm

at The White Hart in Salisbury

Show your support for Domestic Violence Awareness Month and wear a purple ribbon. You can pick yours up at the WSS office or at one of our local community supporters listed below:

Canaan: Canaan Town Hall
David M. Hunt Memorial Library
Troop B Barracks

Salisbury: Salisbury Town Hall
Salisbury Pharmacy
Scoville Memorial Library

Cornwall: Cornwall Town Hall
Cornwall Public Library

Sharon: Sharon Town Hall
Hotchkiss Library
Sharon Pharmacy
Sharon Hospital
Twin Oaks Café
Jams A Food Shop

Kent: Kent Town Hall
Kent Memorial Library
Kent Pharmacy

North Canaan: North Canaan Town Hall

Thank you for your support!

ABSOLUTE MIRACLE

An interview with Amanda Carneski

I had been on the *Calling All Cars* waiting list for two and a half years. I really did not believe I would ever get a car and I had given up hope. I was relying on other people for transportation because I live in the rural Northwest Corner of CT. As a survivor of abuse, I sometimes felt like I was a prisoner in my own home and had very low self-esteem.

Then one day I got a call from Liz at WSS saying that there was a car available for me. I thought I was dreaming. I had called monthly to say I was interested in staying on the wait list, but I was beginning to feel my chance would never come.

When I saw the car, the first thing I did was hug Liz. I think I caught her a little off guard. Something good was actually happening. I felt like one of the people who win a car on a TV game show. My car, "Foxy", is a 1998 red Chevy Blazer in pristine condition. Even if "Foxy" had been on a dealer lot I believe I would have picked her out. She even smells like a new car, and she has all the service and repair records, as well as a set of snow tires.

Once I completed all the paperwork she was mine. I am so incredibly grateful. Having the car for transportation will make it possible for me to go back to school at UConn in Torrington. I am now able to get to and from the grocery store on my own. And, I willingly help other people who need rides because I know what it feels like not to have transportation.

In this area, everything is spread out and this car is an absolute miracle for me. Donating a car truly changes a person's life. I often think that if I win the lottery, I would like to buy cars for people too.

Please do what you can to spread the work about this great program, or, better yet, donate a car!



WISH LIST For Our Clients

- ~ Phone & Gas Cards
- ~ Grocery Cards
- ~ Gift Cards
- ~ Old Cell Phones
- ~ Reliable Used Cars

Calling All Cars

WSS continues to accept used, but usable, donated cars and pass them on to local individuals in need.

Transportation is critical to being able to work and function independently in this rural part of the world. Donors are eligible for tax credit for the fair market value of their gift. If you have a reliable used car to donate, or would like more information about this program, please call the WSS office at (860) 364-1080.



Thank You to LaBonne's

Many thanks to LaBonne's Market in Salisbury and to all our neighbors who save their LaBonne's receipts and forward them to WSS. LaBonne's generously donates a percentage of the receipt totals we collect.

To participate, just collect your receipts and drop them at the WSS office or call us at (860) 364-1080 for a pre-addressed envelope. Thank you to all and keep up the good shopping!

A special thank you to Ellen Hoover, long time volunteer, for her dedication over the years!



~ The Advocates' Corner ~

Are You A Victim Of Teen Dating Violence? Break the Silence. Stop the Violence.

1 in 3 high school students have been or will be involved in an abusive relationship before graduation.

Do you ever wonder if things happening in your relationship are normal? Does the way your boyfriend or girlfriend treats you bother or scare you? Here are some questions that may help you decide whether or not your relationship is a healthy one.

- ◇ Do you ever feel guilty about having your own friends and own interests?
- ◇ Do you feel pressured to spend time with your boyfriend/girlfriend when you'd rather do something else?
- ◇ Do you keep your opinions or concerns to yourself to make things easier?
- ◇ Do you change your behavior to avoid fighting with your boyfriend/girlfriend?

Does your boyfriend/girlfriend:

- ◇ Get jealous when you talk to friends of the opposite sex?
- ◇ Complain about or try to control what you wear?
- ◇ Call or text you excessively?
- ◇ Push you to do the things you don't want to or aren't sure about doing (like having sex, doing drugs, skipping school)?



If you answered yes to at least one of these questions, or have questions of your own about teen dating violence, call our 24 hour hotline **(860) 364-1900** or check out www.loveisrespect.org for more information.

10 Things Men Can Do To End Violence Against Women

1. Acknowledge and understand how sexism, male dominance and male privilege lay the foundation for all forms of violence against women.
2. Examine and challenge our individual sexism and the role that we play in supporting men who are abusive.
3. Recognize and stop colluding with other men by getting out of our socially defined roles, and take a stance to end violence against women.
4. Remember that our silence is affirming. When we choose not to speak out against men's violence, we are supporting it.
5. Educate and re-educate our sons and other young men about our responsibility in ending men's violence against women.
6. Break out of the "man box" —Challenge traditional images of manhood that stop us from actively taking a stand to end violence against women.
7. Accept and own our responsibility that violence against women will not end until men become part of the solution to end it. We must take an active role in creating a cultural and social shift that no longer tolerates violence against women.
8. Stop supporting the notion that men's violence against women is due to mental illness, lack of anger management skills, chemical dependency, stress, etc...Violence against women is rooted in the historic oppression of women and the outgrowth of the socialization of men.
9. Take responsibility for creating appropriate and effective ways to develop systems to educate and hold men accountable.
10. Create systems of accountability to women in your community. Violence and discrimination against women will end only when we take direction from those who understand it most, women.



OUR MISSION

The mission of Women's Support Services is to create a community free of domestic violence and abuse through intervention, prevention and education. We offer free, confidential, client-centered services focused on safety, support, advocacy and community outreach.

OUR PHILOSOPHY

We believe that domestic violence and abuse is a pervasive cultural problem. In our efforts to eliminate it, we believe we must:

- ◇ Increase public awareness and understanding of domestic violence and abuse
- ◇ Work toward social change that empowers women
- ◇ Engage all members of the community in our efforts to end violence in the home and in relationships

Women's Support Services 24-hour Hotline (860) 364-1900

All services are FREE and confidential. Collect calls accepted. We do NOT subscribe to Caller ID.

Support and Crisis Counseling

We are available to talk with you 24 hours a day, seven days a week on our hotline. We do not subscribe to caller ID. Individual counseling and support services are available Monday – Friday or by appointment.

Advocacy and Referral

We can help you find and use the social, legal and medical services that you need.

Emergency Short-term Shelter

We can provide immediate, short-term, safe shelter, as well as referrals to long-term shelter.

Support Group

A safe, confidential and non-judgmental support group meets each week to talk about issues of abuse, support, change and healthy relationships.

Court Advocacy

Our family Violence Victim Advocate works at Bantam Criminal Court to assist victims of family violence following an arrest and throughout the court process. We are also available to help someone obtain a restraining order, provide transportation and advocacy in Litchfield Civil Court.

Prevention Education

We provide programs to school groups, professional in-service trainings and community groups.

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PRINTING: MOORE & MORE PRINTING, MILLERTON, NY

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