



WOMEN'S
SUPPORT
SERVICES

SPRING 2010

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.

CELEBRATING OUR 10TH ANNIVERSARY!

TRADE SECRETS MAY 15 & 16, 2010

A Benefit for Women's Support Services of Sharon, CT.

Saturday, May 15, Garden Antique and Plant Sale

Early buying 8am - 10am \$100

Regular admission 10am - 3pm \$35

Lecture: Saturday, May 15, 1:30pm,

Tom Armstrong, Director Emeritus, Whitney Museum of American Art;
Chairman, Garden Conservancy

"Abstraction - Art, Home, Landscape" \$20

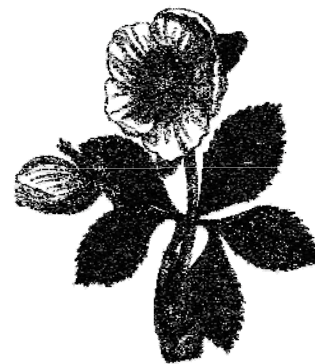
Sunday, May 16, Garden Tours

All four gardens 10am - 4pm \$60

(Tickets bought in advance \$50)

For further information: www.tradesecretsct.com or call WSS at 860-364-1080

We regret that we cannot welcome pets to this event on either day.



10th
Anniversary
Year!

COME SUPPORT A GREAT CAUSE AND COMPLETE YOUR
GARDEN WITH A UNIQUE LOOK!



Interested in volunteering at Trade Secrets?
Call (860) 364-1080 today to learn how you can get
involved.





Get Involved With WSS



Looking for a way to get involved? Become a WSS volunteer!

The WSS Volunteer Training Program is completed in 6 sessions throughout the month of September 2010. We ask that you are willing to make at least a one year commitment to WSS. Upon completion of training, volunteers are certified as Domestic Violence Crisis Counselors. Volunteers can give their time to assist with Crisis Line Counseling, Adult Advocacy and Support, Child Advocacy and Support, Court Advocacy and Support, Transportation, Office Support, be a part of the Community Outreach and Awareness Team, act as a Legislative Liaison or assist with Fund Raising Committee Support. Please call (860) 364-1080 to learn more about volunteer opportunities and training details.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” ~ Margaret Mead

How can local businesses help?

Display our Safe Haven sticker (as seen to the right) on the door or window of your business to let victims know they can use your phone to call for help.

For over 17 years, many local businesses have supported WSS by participating in this program. Callers have let us know that they saw the sticker and decided to call. It’s a simple yet important way that we as a community can work to end violence and abuse.

THIS IS A SAFE HAVEN

IF YOU ARE IN A SCARY OR DANGEROUS SITUATION AND NEED TO GET HELP, YOU MAY USE OUR TELEPHONE TO CALL



WOMEN’S SUPPORT SERVICES

24-Hour Domestic Violence Hotline

860-364-1900 and/or the Police at 911

Helping to create a community free of violence and abuse

Want to learn more about domestic violence and how to work with victims? WSS has several exciting events coming up this summer! Women’s Support Services will be hosting two trainings open to mental health professionals in the area. This June, Allan Johnson, renowned author, will speak on societal impacts on domestic violence. In August, Jill Davies, attorney and author, will speak on safety planning with women. Please call (860) 364-1080 if you are interested in attending these programs.



Spring cleaning? WSS accepts gently used, in-season clothing for men, women, and children of all sizes. For large donations, please call (860) 364-1080 to inquire.

Calling All Cars

WSS continues to accept used, but usable, donated cars and pass them along to local individuals in need. Vehicle transportation is critical to being able to work and function independently in this rural area of the state. 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.



** The Advocates' Corner **

What You Need To Know About Cyberbullying

Every 4 out of 10 teenagers have been victims of cyberbullying this year alone.

Online bullying, called cyberbullying, happens when someone uses the Internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person. This includes things like Xbox Live, Facebook, MySpace, and AIM. Cyberbullying is a problem that affects almost half of all American teens. Whether you have been a victim of cyberbullying, know someone who has been cyberbullied, or have even cyberbullied yourself, there are steps you can take to stop cyberbullying and stay cyber-safe.

If you are targeted by a cyberbully:

- **STOP!** Don't do anything. Take 5! to calm down.
- **BLOCK!** Block the cyberbully or limit all communications to those on your buddy/friend list.
- **and TELL!** Tell a trusted adult, you don't have to face this alone.

Report cyberbullying to www.wiredsafety.org

Remember, cyberbullying **CAN** be charged as a misdemeanor cyber harassment charge, or if you are young enough, may result in the charge of juvenile delinquency!

What can you do if you are worried about your online safety?

- Create your own profile on a social networking site to learn more about what these sites promote.
- Check your privacy settings on social networking sites and instant messaging programs so that their posted information and pictures are private.
- Remember that potential employers and college admissions offices can have access to pictures and information they post on the web.
- "Google" yourself. Type your name into any search engine in parentheses (ex. "Jane Doe") to see what information is already accessible and ask the webmaster to remove any results you do not want to be publicly viewed.
- Don't include any personal information (address, telephone number, mobile number, private email address) in your profile.
- Follow the basic Internet safety rules and do not share your passwords or personal information with anyone!

You can also call our **24 hour hotline** for questions or support at **(860) 364-1900**.

facebook

Find us on Facebook! WSS now has a group page! Search keywords **Women's Support Services** and keep up to date on events, join in discussions and find resources.

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!



Looking for more information about WSS? Interested in scheduling a presentation or training? Check out our website at www.wssdv.org for more details.



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.

BOARD MEMBERS

Micki Nunn-Miller
President
Pamela F. Longwell
Vice President
Lana Morrison
Treasurer
Sara Joannides
Secretary

Judith Crouch
Rita DelGado
Susan DeMelle
Pari Forood
Adelaide Harris
Linda Ott Jaeger
Gerri Kenniston
Sheila Koneazny
Janet McCormick
Deb Munson
Marianne Ostendorf
Jeanne Rebillard
Kate Stiassni
Laura Werntz
Sarah Zarbock

Lori Rivenburgh, MA
Executive Director



POSTAL PATRON

Non-Profit
Postage
PAID
Permit #3
Sharon, CT