Thanks to generous supporters like you, CCS’ Self-Sufficiency and Autonomy through Family Empowerment (“SAFE”) program supports families fleeing from domestic violence on their journey to self-sufficiency with 24/7 crisis hotline responses, safety planning, emergency housing, trauma-informed counseling, legal assistance, client advocacy and support services as they begin to rebuild their lives.

When survivors of intimate partner violence and their families try to escape a dangerous situation, they often call our hotline first; then, as needed, our hotline counselors refer them to our confidential emergency shelters or center services. At the shelter, CCS Family Advocates welcome the survivors, who then complete a screening process to assess a range of family protective factors such as restraining orders.

LYDIA’S STORY — A JOURNEY OF HEALING

Lydia is a mother of two who is a survivor of domestic violence and sexual assault. Lydia was referred to CCS’ 24-hour hotline by one of CCS’ Sexual Assault Response Team (SART) advocates. Her children witnessed the sexual assault committed by a family member, and they were traumatized. After calling the hotline, Lydia and her children were welcomed in our shelter at Hidden Valley House (HVH). At HVH, they felt safer again and began their journey to healing. Lydia was referred to a community clinic for medical care and she was also provided with transportation assistance for appointments. Lydia’s children received counseling therapy through our Child Abuse Treatment program. In addition, Lydia received individual, family and group counseling, legal assistance, and advocacy services at CCS along with referrals for various services in the community. Lydia and her two children were able to heal from their traumatic experiences. Eventually, Lydia found a part-time job and her eldest daughter found a summer job. The family moved to Next Step, CCS’ long term shelter where they continue to receive an array of comprehensive services from CCS. Your gift of hope and healing is helping Lydia re-gain her life.

**Lydia has given permission to share this information in our newsletter.**

*Stock photo used to protect client’s identity*
custody arrangements, income status, and, most importantly, the survivor’s goals for self-sufficiency. Family Advocates work closely with residents to develop Family Self Sufficiency Plans. Steps in the development of the plan include identification and assessment of personal resources and needs, development of self-sufficiency goals and steps within a timeline (typically 12-18 months), and ongoing monitoring, review and revision. CCS services and support are specifically designed and individually tailored to move each client through stages toward self-sufficiency.

When you support CCS’ SAFE program, you make a significant impact towards the successful recovery of women, children and families. Your support provides safety, and helps survivors heal so that they can become contributing members of our communities.

A world of thanks to YOU for supporting us at Tea & Tonic 2018. The extraordinary generosity and support of the sold out crowd of community partners raised over $330,000 – the most our Tea has garnered in its 19-year history.

YOU made this possible. Whether you were participating in the raffle, silent auction, live auction, fund-a need program, as a sponsor, attending as a guest, every bit of your support is making a huge difference.

Special kudos to our emcee Kimberly Hunt and our auctioneer Clint Bell for their outstanding professionalism and for going above and beyond.

Thank you to our featured guest speaker, author Cheryl Strayed, who captivated us with her warmth and honesty.

We applaud and commend YOU - our community of supporters, and share in the sentiments of Cheryl’s words that day:

“I walked to heal, not to change myself, but to find myself again... to find the strength that is within all of us. Together this collective strength within all of us is what this community is about. All of your strength is here today to support CCS - to give people that hand they need when they feel the most weak.” 🌟
THANK YOU
TO OUR GENEROUS SPONSORS, AUCTION AND RAFFLE DONORS, GUESTS AND COMMUNITY PARTNERS WHO MADE THIS YEAR’S TEA & TONIC A RESOUNDING SUCCESS.

WE WANT TO HONOR OUR MAJOR SPONSORS FOR THEIR SIGNIFICANT CONTRIBUTIONS.

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HATS OFF TO OUR COMMUNITY HEROES!

www.ccssd.org | 3
LEAVING YOUR LEGACY

CCS thanks our honored Legacy Club donors - special individuals who have made a thoughtful consideration to include CCS in their estate plan.

Whether you have a will, trust, life insurance policy, retirement fund or bequest, please consider naming CCS as one of your beneficiaries. In doing so, you will leave a legacy to create a violence free society.

As always, please consult with your estate planning attorney or financial planner for professional advice.

You, too, can join our Legacy Club. Please consider this suggested language when making a bequest gift to CCS to include in your will or trust.

To Center for Community Solutions, Tax ID#95-6379598, a nonprofit organization, qualified as tax exempt under Internal Revenue Code Sec. 501 (c) (3), I/we leave the sum of $____________________, as an unrestricted gift. OR I/we leave_____% of the remainder of my/our estate as an unrestricted gift.

Please contact Edith Glassey, Chief Development Officer at 858-272-5777, ext. 123 or eglassey@ccssd.org so that we may recognize you as a member of our Legacy Club, or if you have any questions.

Healthy relationships start with YOU! When CCS educators are in the community doing workshops with youth and parents, we use the CHARM acronym to break down key elements to a healthy relationship.

1. **Communication is essential.** Clear and assertive communication allows for partners to resolve issues and establish boundaries.

2. **Having fun is also important!** We want to be able to enjoy our time with our partners, doing shared activities that everyone likes.

3. **Everyone makes mistakes – it’s human!** Being able to acknowledge our mistakes and apologize for them leads to healthy conflict resolution.

4. **R-E-S-P-E-C-T!** Respecting our partners means accepting them as is. We can’t change our partners and should respect them as unique individuals.

5. **Make space, Take space.** It’s important to make time for our partners, it’s also important to make time for ourselves. It’s okay to want to do things on your own!

Healthy relationships are all about CHARMing our partners! These guidelines can make a relationship stronger and more secure. What are some guidelines that you have in your relationship? How do you CHARM to help provide safety, support, and healthy resources for our San Diego community?

#StarttheConvo