

CCS CONNECTION



PROGRAM SPOTLIGHT

EMERGENCY
SHELTERS

The most dangerous and potentially lethal time for a woman in an abusive relationship is when she tries to leave. One of the ways Center for Community Solutions (CCS) responds and supports women and children during this crucial time is through our residential programs consisting of two emergency shelters (Project Safehouse and Hidden Valley House) and two longer term transitional shelters (Next Step). Our shelters provide a safe, confidential, and supportive environment for individuals and families making the brave decision to leave an abusive home. When survivors arrive at our 24-hour shelters, they are met by knowledgeable and compassionate staff who are not only able to meet their immediate needs with hygiene products, food, and clothing, but also be there to listen and validate the experiences that have brought them to this point.

The confidentiality of our shelters provides a necessary layer of protection for our clients and their children as they begin to work towards their independence, break the cycle of abuse, and

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**Stock photo used to protect client's identity*

CATHY'S STORY — FREEDOM FROM ABUSE

Cathy is a domestic violence survivor who had finally been able to leave her abusive husband after six years. Cathy's husband threatened her numerous times that if she left him she would regret it. These were not empty threats as she had endured physical and emotional abuse. Cathy reached out to CCS' confidential emergency shelter, Project Safehouse (PSH).

One day while at Project Safehouse, Cathy received a fax from a resource she was applying for. Our shelter manager headed to her apartment to deliver the message, and when she walked in, she noticed how Cathy had kept the unit immaculate and orderly. In the course of their conversation, Cathy opened her bedroom door to grab something and our shelter manager gasped at what she saw – a pile of laundry all over the floor that would make walking through the bedroom nearly impossible.

With her eyes brimming with tears and also smiling from ear to ear, Cathy said, "Can I tell you something? For the first time in so long I did laundry and I wasn't yelled at for folding it wrong, chastised for wrinkled collars, or warned that I couldn't go to sleep until I finished my chores." She continued, "A shirt fell on the floor when I was doing laundry yesterday and I immediately bent down to pick it up. It was then that I realized that here in this place, I'm allowed to make my own decisions. It felt so freeing that I dumped the whole basket on the

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...Cathy's Story continued from Pg. 1

ground and I haven't picked it up since!"

Cathy's words took our manager's breath away – wanting to cry and celebrate at the same time. For Cathy the simple act of having her clean laundry on the floor had become a symbol of her freedom from the abuse and control. Cathy, still smiling from ear to ear emptied two more baskets of laundry onto the floor that day with help of the staff. This time around, however, the tears were gone. 🌀

Cathy has given permission to share this information in our newsletter.

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re-establish lives free of violence. Beyond their immediate needs, survivors at CCS shelters have access to individual counseling, support groups, legal advocacy, children's activities, and resources vital to working towards self-sufficiency. CCS staff is there 24 hours a day, 365 days a year to provide every client with a supportive and empowering environment while assessing their individual needs and providing guidance and resources specific to their situation. Our staff works tirelessly to eliminate the barriers faced by survivors when leaving an abusive relationship and provides resources and plans for everything from obtaining housing and childcare to establishing income. Even though coming into an emergency shelter may be the first step on their healing journey, these residential services give clients the knowledge and support to continue fulfilling their vision for safer lives for themselves and their children. 🌀

VOLUNTEER SPOTLIGHT

ALPHA CHI OMEGA

REAL. STRONG. WOMEN.

For more than a decade, CCS has been fortunate to be the beneficiary of the philanthropic support from Alpha Chi Omega (AXO), a national fraternal organization of women with over 130 chapters in campuses throughout the United States. In 1992, Alpha Chi Omega adopted domestic violence awareness as their national philanthropy.

In San Diego County, the chapters at California State University San Marcos (CSUSM) and University of California San Diego (UCSD) have been partnering with CCS to raise funds, volunteer at our shelters and at our fundraising events, and promote building healthy relationships in college campuses.

With the onset of Domestic Violence Awareness month recognized every October, AXO San Marcos raised over \$20,000 during their Mr. Alpha Chi Omega annual event held on October 12 and attended by over 300 guests. Contestants not only shared their talents at this fun event, the college students were also quizzed on their knowledge on domestic violence and on the work of CCS.

On October 23rd AXO UCSD members participated in Make A Difference Day by painting our Project Safehouse emergency shelter in East County.

Hats off and a big thank you to AXO Cal State San Marcos and AXO UCSD for sharing your time and talent! You are a treasure to CCS and the clients we serve. 🌀



CORPORATE SPOTLIGHT

NORDSTROM

Every year in the fall, our Hidden Valley House (HVH) emergency shelter gets a special visit from a caring group of folks from Nordstrom. Led by Nordstrom UTC Store Manager, Kathy Keegan, about 20-25 managers from Nordstrom roll up their sleeves to clean, organize and do a facelift of our shelter. From painting the dining room, children's art room, and living quarters to organizing the closets and the pantry, fixing the play house and play structure, cleaning the garden – the work that they do is truly a labor of love! Our shelters get a lot of use, and we are grateful for the team at Nordstrom CARES for devoting a day each year to spruce up the shelter and help CCS offer a warm and welcoming environment for our families. 🌀



IT TAKES A VILLAGE TO HELP WOMEN, CHILDREN AND FAMILIES

CCS is grateful to our community of supporters whose unconditional support and generosity makes it possible for us to provide essential services that help victims of domestic violence, sexual assault and stalking.

We want to recognize the following donors for their support during fiscal year July 1, 2015 through June 30, 2016. Please note that this is only a partial listing. *We apologize for any inadvertent errors or misspelling. Please contact Gabrielle Conley at gconley@ccssd.org or at 858-272-5777, ext. 120 for corrections.*

\$50,000+

**Blue Shield of California Foundation | The California Endowment
Price Philanthropies Foundation**

\$25,000–\$49,999

The Parker Foundation | Jessica Pride, Esq. | SDG&E – Sempra Energy

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Alpha Chi Omega, California State University, San Marcos
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Bankruptcy Forum – Ardelle Williams
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Telletopia Foundation
The Mary Kay Foundation
TJX Foundation
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\$5,000–\$9,999

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Judy Jaron
Law Offices of David W. Brody
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\$2,500–\$4,999

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Samuel I & John Henry Fox Foundation
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Katie and Dan Sullivan
Triton Management Services, LLC
UCSD V-Day
Urban Kitchen Group

Adopt a Family for the Holidays with our Bridging Hearts

This holiday season, you can help brighten the lives of individuals affected by domestic violence by adopting a family and making their holiday wishes come true!

Bridging Hearts pairs businesses, individuals or organizations with CCS clients and their families to provide gifts on their personal holiday wish lists.



Please contact **Kimberly Jenks**,
Special Events & Marketing Manager
at kjenks@ccssd.org
or at **858-272-5777 ext. 151**
for more information on how you
can get involved and sponsor a
family this holiday season.



VERNA'S VIEW

DEAR FRIEND,

During the past year, sexual assault discussions have been in the forefront like I have never seen in my 30 years of working with survivors. During this time there was outrage at a judge and a father for minimizing the impact of an assault on the survivor while they both underscored the impact on the perpetrator. During this time good men stood up to say, "Not in any locker room I have been in or anywhere else is language that shames, humiliates, blames and oppresses survivors okay." Healthy, responsible young boys and men have been gathering their collective voice to say this is not okay and it must be stopped. Silent bystanders can soon be a thing of the past. The time is near that sexual assault survivors may not have to be re-victimized by comments that are crude and clearly objectifying a survivor.

According to the Department of Justice's National Crime Victimization Survey, out of every 1000 rapes committed, 994 people walk free without a conviction. This has everything to do with us holding the survivor accountable for their own victimization as opposed to the predator. Questions like "What was she wearing?" or "What was she drinking?" contribute to victim blaming. Men with healthy communication and boundaries are helping to change the tide. This violence is preventable if we work together in building healthy communication, respecting healthy boundaries, and mitigating the overarching oppression fueled by racism, sexism, and homophobia.

CCS is here around the clock for survivors -responding to the hospital when law enforcement calls, and providing legal and counseling services that support the unique healing process of each survivor when needed. CCS is available 24 hours a day, 7 days a week by our toll-free crisis line for individuals and families to be able to reach out anonymously any time of day. CCS has also been expanding our prevention and education activities to do our part to get on the front end of this violence. We are utilizing best practice and researched -based curriculum that can change the conversation and stop this preventable violence.

There is a place for everyone to be part of the solution to end this violence. Reach out, speak up, and join our team either through your gifts and/or your time.

With heartfelt thanks,

Verna Griffin-Tabor
CEO/Executive Director



Coastal Location
4508 Mission Bay Drive
San Diego, CA 92109
(858) 272-5777

East County Location
460 North Magnolia Ave.
El Cajon, CA 92020
(619) 697-7477

North County Location
210 S. Juniper St., Suite 101
Escondido, CA 92025
(760) 747-6282

 www.ccssd.org

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**24-Hour Toll Free
Crisis Line**
1-888-385-4657

Project Safehouse
(619) 631-6442

Hidden Valley House
(760) 480-0055