



*The bridge to empower survivors on
their journey to safety and security.*

NEWSLETTER - MARCH, 2021

1333 S. Glenburnie Road • New Bern, NC 28562, 252.638.4509 • coastalwomensshelter.org, 24/7/365 Crisis Hotline: 242.638.5995

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22nd RUN FOR THE SHELTER IS ON - THIS YEAR CAROLINA EAST MEDICAL SYSTEM WILL BE TITLE SPONSOR

Coastal Women's Shelter is pleased to announce the first benefit fundraising event of 2021, the Run For The Shelter scheduled for Saturday, June 19, 2021. Because of the COVID-19 pandemic the run had to be cancelled in 2020 but it's now back and set for this year marking the 22nd year. This year CarolinaEast Medical System will be the title sponsor.

This year we have added two options the in-person race at Creekside Park or a virtual race managed by the runner with the app RaceJoy. By adding this virtual component we hope to increase participation all in an effort to raise money for Coastal Women's Shelter.

For more information about Run For The Shelter and how to click on the button below.



Interim Executive Director's Message



We can see Spring peering its head around the corner. The flowers will soon be in bloom and welcomed warmer weather will make way for outdoor activities. Much like the turning of the seasons, our agency is also in a period of transition. After four years of unwavering dedication, we bid a bittersweet goodbye to Mrs. Tova Hairston. We would like to extend a very heartfelt thank you to her for her years of selfless service to our mission. Her leadership and dedication over the years will undoubtedly leave a lasting impact, not only on the agency, but with every individual she interacted with along the way. We wish her and her family well on the next chapter of their lives. From your friends at CWS, Thank you Tova! I am very honored to be entrusted by our Board of Directors to serve as Interim Executive Director while we await the naming of a new Executive Director. I joined CWS in 2017 as an intern and since February 2020 have served as Shelter Director. When I first joined the CWS team, I was immediately drawn to the courageous and compassionate team who freely gave every bit of themselves to those seeking to escape the grips of abuse and violence. Our agency may be in a time of transition, but our mission remains the same: help families break the cycle of domestic violence and acquire the skills necessary to promote healthy family relationships. Our staff will always be ready to serve those seeking to start their journey to live a life free of violence.

Client Service Statistics for February 2021



Helping Hands Boutique



**Grab the
latest spring
outfits for less**

**50% off select shoes
75% off winter
orange tags**

**2509A Neuse Blvd
New Bern, NC
Mon - Fri 10 to 5
Sat 9 to 4**



Staff profile - Ruzalia Davis

Pamlico County Victim Advocate



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252-571-5486

I serve on two Executive Boards. Coastal Community Action and YNTD, Youth Navigating Toward Opportunity. Being a part of these boards allows me to help empower individuals, families, and communities toward a better quality of life.

I enjoy spending time with family, especially my son. Singing in the church choir, at least when we were having church. In my spare time I take pictures which has always been a hobby of mine because of all the places I have traveled. In the last 6 years my hobby has somehow turned into a business, taking pictures at wedding, baby showers, family gathering etc.

IN HER OWN WORDS:

I've been with CWS since March 2017. As an advocate, I have been working with domestic violence survivors about 5 years. I am a domestic violence survivor. However, I choose to say I am a domestic violence conqueror because I have certainly moved past it and moved on so that I may be able to help others in these type situations. What drew me to this type of work was I believe it was by divine order. I realize God allowed me to go through what I went through so that when the season came, I would be able to help others. Helping victims of domestic violence escape their situations and become self-sufficient to be able to stand on their own without the support and violence of their abusers.

I am passionate about my clients because it's not an easy thing to deal with domestic violence. DV victims a lot of times feel as if they are all alone and there is no one they can turn to for help without judgement and being revictimized. I like to let my clients know that they are not alone and that there is help available. From the moment they walk through my door, I am there to help see them through till they come out on the brighter side. My deepest passion is my love of God and the gift He gave me, my son. He is about to be 12 years old and is the best gift ever. He brings me joy everyday. Through him I see this world in a different aspect and can relive some of my childhood with him.

I am a native of Pamlico County and a family oriented community. I was also afforded the opportunity to travel and live outside of the United States with my mother, who served 12 years in the US Air Force.

Good Neighbors

First Presbyterian Church under the direction Marianne Dunn for the Youth Group collected paper products and pantry items. Pictured here is Steve Mabie who delivered the donations



Store manager, Karen Dixon, called me to say that she had a donation for CWS and would like for me to stop by to pick it up. Upon arriving I was amazed at the stores' donation. She asked one of the male employees, Dee Smith, to load them into my vehicle. She told him, "every box from here to the breakroom belongs to CWS. 15 boxes of stuff. Thank you Arapahoe Dollar General!!!



Amy and Leslie from Carolina East donated these beautiful totes.

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Gail Anderson
Bookkeeper

Domestic Violence - How Does Abuse Affect Survivors?

Domestic violence affects all aspects of a survivor's life. When abuse victims are able to safely escape and remain free from their abuser, they often survive with long-lasting and sometimes permanent effects to their mental and physical health; relationships with friends, family, and children; their career; and their economic well-being.

Survivors of domestic violence experience a wide spectrum of emotions and feelings both within and following the relationship. They may also resort to extremes in an effort to cope with the abuse. Victims of domestic violence may:

- Want the abuse to end, but not the relationship
- Feel isolated, depressed, helpless
- Be embarrassed of their situation
- Fear judgement or stigmatization if they reveal the abuse
- Deny or minimize the abuse or make excuses for the abuser
- Still love their abuser
- Withdraw emotionally, distance themselves from family or friends
- Be impulsive or aggressive
- Feel financially dependent on their abuser
- Feel guilt related to the relationship, feel shame
- Have anxiety, suicidal thoughts
- Abuse alcohol or drugs
- Have religious, cultural, or other beliefs that reinforce staying in the relationship
- Fear cultural, community, or societal backlash that may hinder escape or support
- Feel like they have nowhere to go or no ability to get away
- Fear they will not be able to support themselves after they escape the abuser
- Have children in common with their abuser and fear for their safety if the victim leaves
- Have had unsupportive experiences with friends, family, employers, law enforcement, courts, child protective services, etc. and believe they won't get help if they leave or fear retribution if they do (e.g. they fear losing custody of their children to the abuser)

If you know of anyone that is suffering from these effects please have them contact Coastal Women's Shelter 24/7/365 confidential Crisis Hotline.

Coastal Women's Shelter

The Value of Your Monetary Donation



Historically, most of our funding for Coastal Women's Shelter has come from government grants or foundations; but we are seeing much of that support being cut.

Therefore, we desperately need your help to serve our clients in seeking safety. They often need help with the first month's rent and utility payment; with fees to apply for childcare assistance; with gas cards, with medical bills; and, with legal bills.

Survivors of domestic violence could be your neighbor, your co-worker, your cousin, or the person you pass on the street. Domestic violence lives in secrecy. Every person who can leave an abuser deserves the best chance possible to create a successful life.

Your monthly donation of:

- \$50.00 per month for 3 months provides 45 meals for our safe house guests.
- \$100.00 per month for 3 months provides 30 days of emergency shelter for 1 to 2 families.
- \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and a brighter future.

There is no minimum contribution and you can change the amount or cancel the contribution at anytime.

Coastal Women's Shelter is a 501(c)(3) tax-exempt, non-profit organization that serves survivors in Carven, Jones and Pamlico counties.

Please call us at 252.638.4509 for more information.

Mail your contribution to Coastal Women's Shelter
1333 S. Glenburnie Road
New Bern, NC 28662

Coastal Women's Shelter's New Donations Policy and Donations

Coastal Women's Shelter since and during the pandemic has had to make some adjustments to staff work schedules in the main office. Because of this change we are restructuring donations times. We do appreciate and are so grateful for the generosity of this amazing community and we want to continue this partnership in the safest, most responsible way possible.



WE HAVE AN IMMEDIATE NEED FOR THE FOLLOWING ITEMS

- Storage bins
- Laundry Detergent
- Food storage containers
- Trash bags
- Paper products
- Towel sets
- Twin sheet sets
- Serving pieces
- Office supplies
 - Folders
 - Copy Paper
 - Pens
 - Staplers