



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

NEWSLETTER - JUNE, 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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NEW BEGINNINGS EMPOWERMENT PROGRAM OFFERS SURVIVORS TOOLS TO BUILD SELF-SUFFICIENCY

The New Beginnings Empowerment Program offered by Coastal Women's Shelter provides programs and tools that will enable survivors to rebuild their lives free from violence, gaining self-worth and self-sufficiency.



These programs include:

- Health and Wellness Program offerings are focused on improving physical, mental, and emotional health for survivors.
- Helping survivors to secure and maintain employment to better provide for their families by becoming financially independent from their abusive partners.
- Educational resources and funds to define and achieve their personal educational goals toward long-term security and fulfillment.
- Financial empowerment program offering matched savings and flexible funds program providing financial assistance to meet immediate and critical financial needs to help ensure short-term safety and support long-term security.

For more information about the New Beginnings Empowerment Program contact Millie Belfort, Coastal Women's Shelter's Education and Prevention Coordinator, 252.638.4509 x5, or newbeginnings@coastalwomensshelter.net

coastalwomensshelter.org/services



Executive Director's Message



Amanda Delgado
CWS
Executive Director

As we prepare to close out the first half of the year, we step back and reflect on how fortunate our agency has been thus far. Through the love, generosity, and support of the community our agency has been able to provide many lifesaving services to strong, courageous individuals who have taken the first step in living a life free of violence. Many were able to file for protective orders to keep their abusers away, some were able to relocate to new safe, affordable homes where they along with their families can begin their journey to healing, and others were able to connect with necessary resources to assist them in becoming self-sufficient. Thank you to the many donors who continuously connects and give daily, to the agencies who reach out to us for referrals and the community who graciously gives us so much love and support.

As we start the second half of 2021, CWS is more than ready to get back out into the community as much as possible. We are getting ready to gear up our fundraising and outreach calendars, so be on the lookout. Our first event is our 22nd Annual Run for the Shelter Saturday, June 19th at Creekside Park. We are so excited to be able to gather with our supporters again. We look forward to seeing you all in the coming months at the many festivals, fairs, outreach, and fundraising events!

Client Service Statistic for May 2021



Helping Hands Boutique



In addition to low prices for beautiful clothes, there are extra discounts on the 1st and 3rd Fri/Sat of every month spend \$25 get 25% off. Come shop to help end domestic violence.

STORE HOURS:
MON TO FRI 10AM TO 5PM,
SAT 9AM TO 4PM
2509A NEUSE BLVD
NEW BERN, NC



Staff profile - Millie Hill

Shelter Evening Manager



Millie Hill
Shelter Evening Manager

IN HER OWN WORDS:
Before becoming employed by CWS I worked with diverse populations all of which required me to be a mandated reporter of suspected abuse and neglect.

I have been employed by CWS since August 2020.

I became interested in domestic violence when I studied Criminal Justice while I completed my undergrad at Mount Olive University. I wanted to help the abused and hopefully empower them to break the cycle of abuse.

The work I do for CWS is to empower individuals to gain control of their circumstances and achieve their own goals, thereby being able to work towards helping themselves to maximize the quality of their lives.

I am most passionate about helping others.

Pre-Covid I volunteered with Meals On Wheels® to give out meals to seniors and the disabled.

My hobbies include candle making, baking, and making gift baskets for friends and family.



Good Neighbors

CarolinaEast Nurses pulled together a donations drive for Coastal Women's Shelter. The donation was huge and included everything CWS needs from paper products to personal care items and everything in between. Pictured here is nurse Michelle Grant delivering the donations.



A person who wishes to remain anonymous came into Coastal Women's Shelter office to deliver \$300.00. We will put this money to good use and are so grateful for this donation.



Artists of the Community Arts Gallery in New Bern, NC produced coloring books from their beautiful artwork. They included this book in a package with colored pencils and a pencil sharpener. They donated 70 packages for CWS survivors. We know they are going to love coloring them. Pictured here is Christine Provard, watercolor artist, showing her artwork page.



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Domestic Violence - LGBTQ Community



Domestic Violence knows no gender, race, age, or sexual orientation. As we celebrate LGBTQ Pride Month it is important that we understand that this community also faces domestic violence. The LGBTQ community experience not only specific intimate partner abuse but can be victims of heinous hate crimes as experienced recently in Jacksonville, NC with a transgender individual who was viciously attacked resulting in their death.

Similar to heterosexual and elder abuse, LGBTQ individuals experience verbal, mental, and physical abuse but it goes much deeper than this. LGBTQ abusers can threaten to out a survivor if they leave the relationship taking advantage of a survivor being isolated because they were rejected by family, friends, or employers when they came out. Gay or lesbian abusers may exhibit abuse against survivors if they are bisexual, as biphobia is rampant in the LGBTQ community and pressure them into sexual acts to prove they are queer enough. These are just a few examples of situations LGBTQ domestic violence survivors can succumb to.

If you or anyone you know is in the LGBTQ community and needs help, please know that there is help for them with the Coastal Women's Shelter and know that we understand. Anyone in any abusive situation can call our 24/7/365 Crisis Hotline to speak with our staff confidentially.

Source: North Carolina Coalition Against Domestic Violence

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 Currituck, Jones and Pamlico counties.

Please call us at 252.638.4509 for more information.

Make your check out to Coastal Women's Shelter and mail it to

Coastal Women's Shelter

1333 S. Glenburnie Road

New Bern, NC 28662

or, go to coastalwomensshelter.org/donations to make an online donation.