

COMMON THREADS

Fall / Holiday Issue
2021



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October is Domestic Violence Awareness Month
- **Every1KnowsSome1**



Butterflies are coming!



FREE - Economic Justice classes



*Parents In The Know - Engaging Parents
in Child Sexual Abuse Prevention*



Domestic Violence and Sexual Assault Services
24 Hour Helpline (814) 274-0240 or Toll free (877) 334-3136





Mission Statement

The mission of *A Way Out* is to assist and support all victims, survivors, and families of domestic violence and sexual assault through ethical, culturally competent, and compassionate services.

We advocate for social change designed to end the cycle of abuse through dedication, community involvement and education.

A message from the Executive Director...



During Domestic Violence Awareness Month, we will be hosting a number of events both online and out in the community. We look forward to seeing you. We invite you to join us in raising awareness of the impact of Domestic Violence in Potter County, and spreading the word about the services we offer for victims to help them build a new life, free of abuse.

- David Hyde, PhD



Domestic Violence Awareness Month

EVERY1 KNOWS SOME1

***A Way Out* joins NNEDV in #Every1KnowsSome1 Month-Long National Campaign to Raise Awareness About Domestic Violence**

Each year, in October, advocates, survivors and supporters recognize October as Domestic Violence Awareness Month (DVAM).

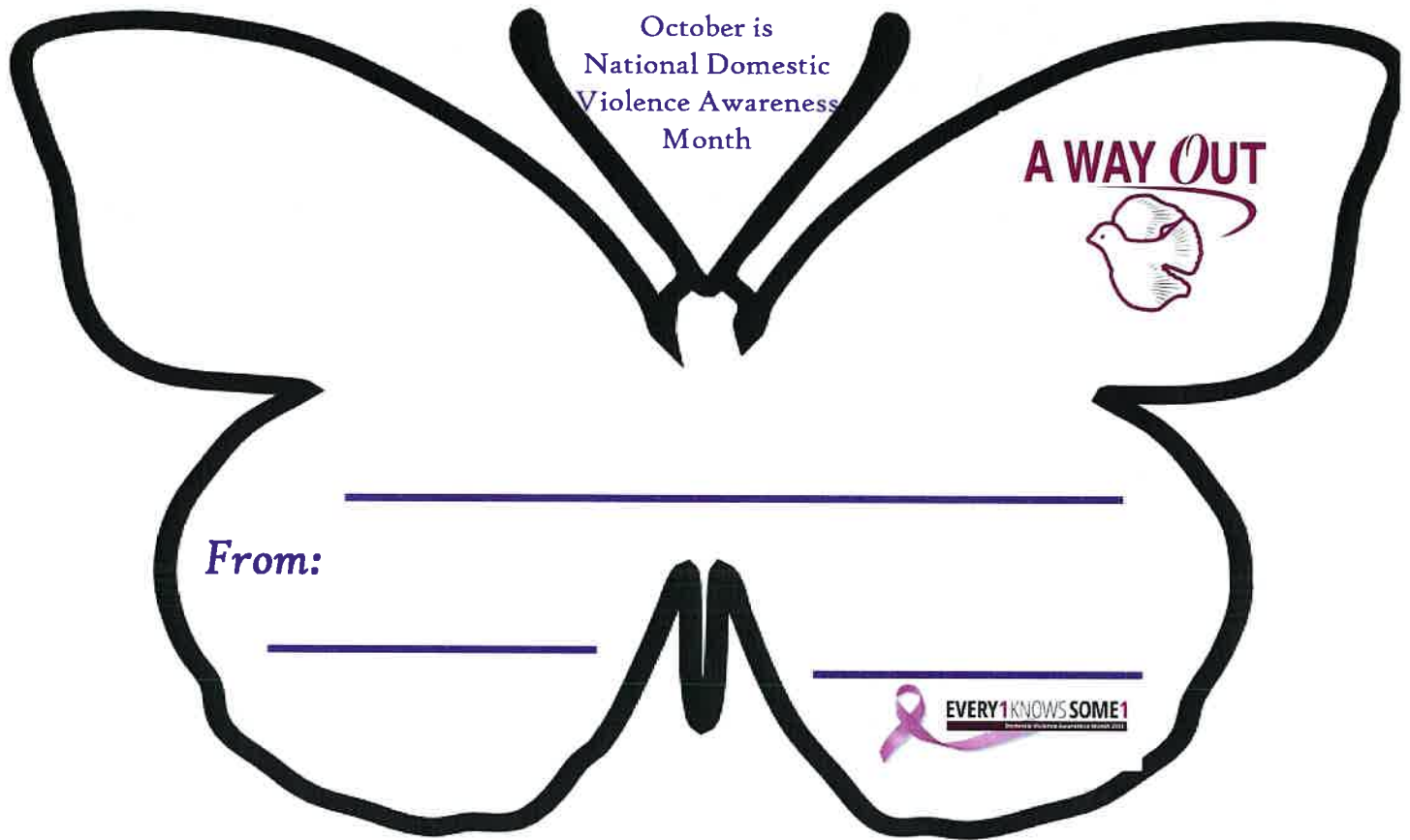
This October, *A Way Out* is partnering with the National Network to End Domestic Violence (NNEDV) and other state and territorial coalitions across the nation to start a coordinated national conversation about domestic violence and how we can all contribute to changing the narrative on this overshadowed, but fundamental topic.

More prevalent than most realize, one in four women and one in seven men will experience domestic violence in their lifetimes. Anyone, regardless of gender, race, sexual identity or orientation, or socio-economic status, can become a victim of domestic violence. This year's campaign theme, #Every1KnowsSome1, strives to highlight how common domestic violence is and that it is more than physical violence.

Throughout October, *A Way Out* and NNEDV will be sharing content on their social media channels to help raise awareness and educate the public on the complex dynamics of domestic violence. A week of action is planned for October 18 – 24, 2021 designed to engage advocates, partners, and the public in starting a national conversation.

Free and confidential help is available 24/7 for individuals experiencing domestic violence. Those seeking help may contact *A Way Out's 24/7 Helpline at 814-274-0240*, the National Domestic Violence Hotline at thehotline.org or 1.800.799.SAFE (7233).

Butterflies are coming!



Butterflies are available at participating Potter County businesses for \$1 donation throughout October. *All proceeds stay in Potter County to assist local residents.*

Names are not required. If you do not wish to identify yourself or the person you are honoring, you can write...

Friend

Family member

Anonymous

Survivor

or any other non-identifying words on their butterfly.

THANK YOU for participating
in **Domestic Violence Awareness Month** and supporting **A Way Out!**

We're hitting the road again, so come see us!



LIKE our Facebook page to learn more about upcoming events



- *We will have succulents and other starter plants for sale. Watch our Facebook page and website for pictures and prices.*
- **Senior Expo, October 8th, 9am-1pm, Roulette Fire Hall**

Economic Justice Classes Offered

A Way Out will be offering 2 no-cost ECONOMIC JUSTICE CLASSES, one beginning in October and one beginning in November.

One form of domestic abuse that is often overlooked is economic and financial abuse. Economic and financial abuse is a common tactic used by abusers to gain power and control in a relationship. Ultimately, this abuse often keeps someone from being able to exit the relationship because they do not have the money to do so and live independently. Some common methods of economic and financial abuse include:

- Controlling your paycheck
- Withholding financial information – refusing access to financial records
- Placing loans or credit cards in your name without your consent
- Withholding money and/or giving an “allowance”
- Not allowing you to save money
- Forbidding you to work or sabotaging employment and employment opportunities
- Controlling how all the money is spent
- Moving financial accounts without your knowledge or consent
- Running up large amounts of debt on joint accounts
- Hiding assets
- Telling you that they will never have to pay child support if you leave

If you are now, or have been the victim of economic/financial abuse, you can participate in the class at no cost. This 5-week Class will help participants understand financial abuse and how to stay safe and start over; learning financial fundamentals; mastering credit basics; building financial foundations; and long-term planning.

The class will be held twice to accommodate different schedules – a morning class and an evening class. All classes will be held through Zoom, all you need is a smart phone, tablet, or computer. If you do not have access to the internet or a device, we may be able to host you at our resource center (space is limited).

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Economic Justice Classes Offered (con't)

All participants are required to sign a group confidentiality agreement and complete some intake paperwork prior to the class start. Zoom does allow for participation without showing one's face.

6pm - 7:30pm Wednesdays - Oct. 6, 13, 20, 27, and Nov. 3rd.

Registration required by *September 30th*.

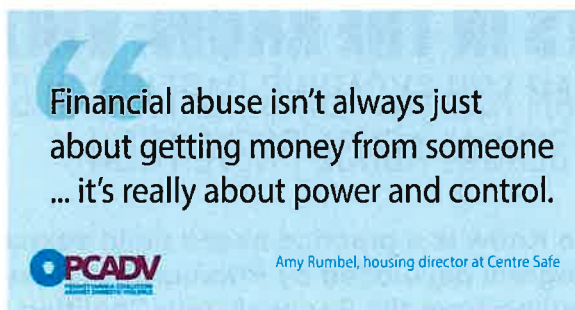
OR

9am - 10:30am Wednesdays - Nov. 10, 17, and Dec. 1, 8, and 15th.

Registration required by *November 4th*.

All training materials will be sent prior to the class beginning or can be picked up in our office. There will be weekly prize drawing for participants and following the class participants can receive up to a \$500 savings account match.

To register or for questions, please contact Jennifer Rossman at 814-274-0368 or at awayoutjenniferr@gmail.com



A Way Out Recognized by PA Principals Association

A Way Out has been honored with the **Service to Children Award** from the Board of Directors of the Pennsylvania Principals Association for their support to Galetton Area School District. Executive Director David Hyde and Sexual Assault Counselor Jennifer Rossman will travel to Harrisburg to receive the award on October 12th



PARENTS IN THE KNOW: VIRTUAL A PROGRAM FOR ENGAGING PARENTS IN CHILD SEXUAL ABUSE PREVENTION

Parents in the Know is a practice-based child sexual abuse prevention program developed by Pittsburgh Action Against Rape with funding from the Pennsylvania Coalition Against Rape's Vision of Hope Fund.

PITK helps encourage parents to use the bystander engagement skills to interrupt and prevent adult perpetration of child sexual abuse. Parents also build skills to foster resiliency and build attachment with their children through talking, playing and spending quality time. A strong relationship with a child is an essential part of preventing child sexual abuse.

Please email or contact *Brittany Simms* @ A Way Out to register!



**Please Join the PITK
Virtual Workshop!**

**Facilitated By:
Brittany Simms
(Domestic Violence
and Sexual Assault
Counselor)
A Way Out**

**Four 60 minute zoom
sessions!**

**Beginning in January
2022**

Email OR Call to sign up!

www@brittany@gmail.com

814-274-0368

A WAY OUT

PO Box 447
Coudersport, PA 16915
814-274-0368

Myawayout.org

24 Hour Hotline:

814-274-0240

➤ **FOOD BANKS:**



- **Coudersport** / Alliance Church, – 7 Alliance Ave, every Tues & Thurs, 10:30am – 1:30pm, 814-274-8661
- **Austin** / Austin Fire Hall, 42 W Main St, every 3rd Tues, Check Austin Food Pantry FB page for time(s), 814-647-8562

Roulette / Firehall, Times TBD monthly, 814-544-7365

Ulysses / Zion Christian Assembly, 4th Thursday, 10-11am. 814-848-7407

Galeton / St. Paul Lutheran Church, 4th Friday, 10-11am. 814-435-2471

Shinglehouse / Methodist Church, 4th Saturday, 9-10am. 814-698-2144

➤ **AA MEETINGS:**

TUESDAY

8pm @ Christ Episcopal Church, Coudersport

WEDNESDAY

Noon @ St. Paul's Lutheran Church, Coudersport and
8 pm @ St. Eulalia's Catholic Church, Coudersport

THURSDAY

AL-ANON, 6-7pm @ First Presbyterian Church,
Coudersport
AA, 7pm @ Park United Methodist Church, Coudersport

FRIDAY

8pm @ St. Augustine Rectory, Austin and
Noon @ First Presbyterian Church, Coudersport

SATURDAY

8pm @ Galeton Presbyterian Church



Be sure to LIKE us on Facebook and watch for upcoming events and fundraisers!



Did you know... we manage the
**FREE Child Car Safety Seat
Program?**



Just call and let us know the **age/weight** of the child or children that require car seats.

Then we can schedule a time for you to view the 30 minute safety video and pick up your car seat(s).

Closed Office Holidays for 2021:

November 26th and 27th – **Thanksgiving**

December 24th / 27th – **Christmas**

December 31st 2021 / January 3rd 2022 – **New Year's**

If you need assistance outside of regular business hours or on a holiday, you can call the 24 hour Helpline at 814-274-0240 or toll free at 1-877-334-3136.