

# COMMON THREADS

Spring 2019



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Domestic Violence and Sexual Assault Services 814-274-0368

**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 WAY OUT**



## ECONOMIC JUSTICE CLASS OFFERED

A Way Out is offering this class free of charge as a means to help survivors combat financial abuse. The class includes basic instruction in key areas of finance including budgeting, how assets are divided in a divorce, how credit scores work, purchasing a home and savings. The class is provided in 6 two-hour sessions. For more information and to sign up, call the office at 814-274-0368.

## AARP OFFERS PAID TRAINING AND EMPLOYMENT PROGRAM

Are you 55 or older and need a job? The **AARP Foundation** through their **Senior Community Service Employment Program (SCSEP)** is offering paid training and assistance finding full or part-time jobs. You must be unemployed and meet the income guidelines. For more information about this program, call 570-972-0080

## SAFELINK FREE WIRELESS PROGRAM

The Lifeline program is available to eligible consumers. To be eligible, subscribers must either have an income that is at or below 135% of the federal Poverty Guidelines or participate in one of the following assistance programs...Medicaid, SNAP, SSI, Section 8 housing or Veterans and Survivors Pension Benefit.

Subscribers must apply on-line. To find

out more information about this benefit, go to

<https://www.safelinkwireless.com/enrollment>.

If you do not have access to the internet, give us a call here at A Way Out and you can schedule time for us to help you apply online.

## YOU MAY QUALIFY FOR A FREE CAR SEAT!

*A Way Out*, in partnership with the **Department of Transportation** and the **American Academy of Pediatrics** is sponsoring a Car Seat program for Potter County families. This is an effort to make sure all children have the benefit of having up-to-date, safe and appropriate car seats.

This can be at little or no cost to you. You are required to take a short training and must have installed car seats checked out by an authorized trained professional.

A \$20.00 rental fee will be charged with waivers available to be determined by eligibility guidelines.

Please feel free to call **A Way Out** at **814-274-0368** to make arrangements to take the class and get your car seat(s).

All car seats come from the **Evenflo Company, Inc.**





## The CHRISTMAS HOUSE completes their move!

The Christmas House has completed their move to their new location in the basement of the First Presbyterian Church. The church is located at the corner of Fourth and Main Streets in Coudersport.

You can park on Fourth Street and there are signs to point you around the side of the building to the basement entrance. An elevator is also available. They are open *every Tuesday from 9:00 am -1:00 pm.*

Alyce and Gene Reese founded the Christmas House in 1992 to help local families in need. Dedicated volunteers have continued their legacy of helping the needy, especially around the holidays.

**A NEW PROGRAM** - The Christmas House has started a new program to assist food bank clients with household essential items such as personal hygiene products, toilet paper, paper towels, tissues, cleaning and laundry supplies, etc. The next distribution date is **April 9<sup>th</sup>.**

Each family is entitled to one distribution per quarter. Volunteers will be present to assist you. If you have questions about this or any other of their services, you can call them at 814-274-0825.





*Launched in 2013, NO MORE brought together stakeholders from the public and private sector working to end domestic violence and sexual assault, all under a common brand and a unifying symbol in support of a world free of violence.*

## BYSTANDER TIPS – WHAT CAN YOU DO?

While the responsibility for domestic violence or sexual assault lies with the perpetrators of these crimes, we all play a role in creating a culture of respect and preventing violence.

Some bystanders may witness an actual incident of abuse or sexual violence that's already occurring—someone at a bar who sees a drunk person being taken advantage of or someone who hears screaming coming from a neighbor's home. In this case, being an engaged bystander may mean intervening in violence that's already occurring.

But speaking up and interrupting an abusive situation that's already occurring is only a small part of bystander intervention.

Leading up to every incident of abuse or sexual assault are all kinds of behaviors, words, and actions that normalize and condone violence in a community. Even actions like a sexist joke or victim-blaming remark contribute to a culture in which domestic violence and sexual assault are tolerated and not treated with the gravity and urgency that these crimes deserve.

The good news is that if we all view ourselves as engaged bystanders and learn strategies for speaking up to challenge the social norms that contribute to the culture of violence, all of us can play an active role in ending domestic violence and sexual assault.

For “bystander scenarios” with tips to help you to take an active role in safely preventing and interrupting situations that may lead to sexual assault and domestic violence, visit the NO MORE web page at <https://nomore.org/learn/bystander-scenarios/>



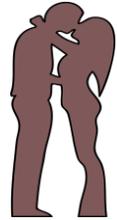
## Preventing Teen Dating Violence

*A Way Out* wants you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse.

About 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference:

- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.
- If you are worried about your teen, call *A Way Out* at **814-274-0368**. You can help keep your loved ones safe and healthy.
- For more information and assistance, visit [myawayout.org](http://myawayout.org) or call **1-877-334-3136** for assistance.



**You are  
not alone**

if you are a young person in an abusive  
relationship, talk with a peer advocate.  
Text "loveis" to 22522.

TEEN  
DATING  
VIOLENCE  
AWARENESS  
MONTH  
#teenDVmonth



NO MORE

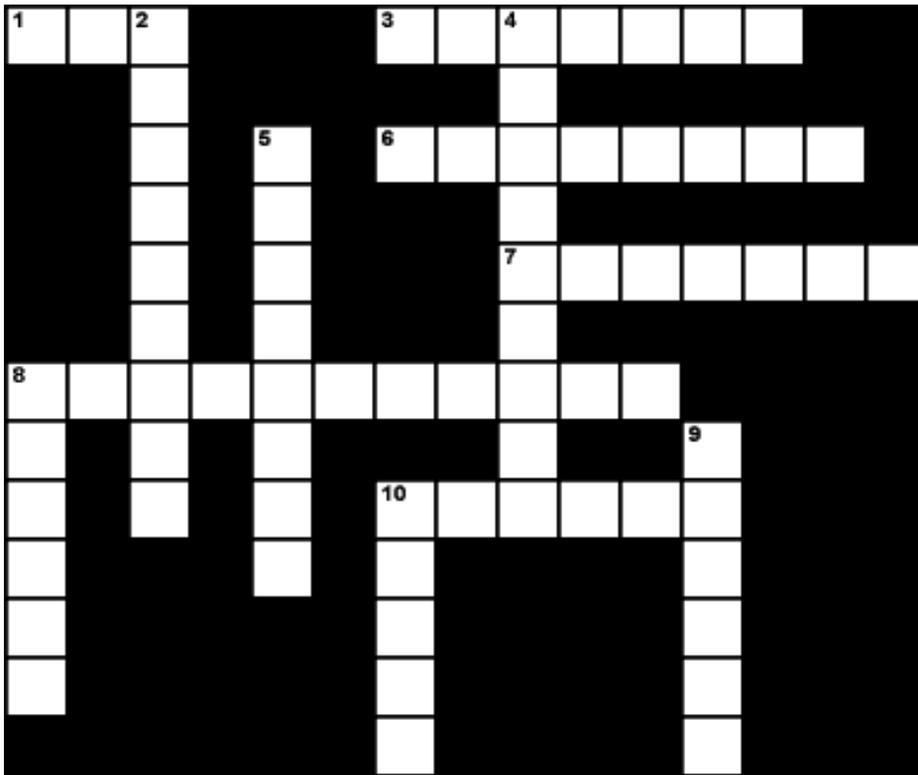
Break the Cycle

Because Everyone Deserves a  
Healthy Relationship





# Dating Violence Crossword



## Across

1. The number of high school students out of 10 who experience some form of relationship violence.
3. Over 85% of all sexual assaults are committed by acquaintances or \_\_\_\_\_.
6. When one is so possessive that he/she no longer considers his/her partner a person but treats them as \_\_\_\_\_ instead.
7. This physical abuse is a crime.
8. The abuser often exhibits this type of behavior over the abused.
10. Statistically, one woman is sexually assaulted every \_\_\_\_\_.

## Down

2. Threats, putdowns, and someone trying to control what you do are examples of \_\_\_\_\_ abuse.
4. A common form of abuse where the abuser tries to keep the abused from family and friends.
5. The type of abuse where one partner forces the other into sexual activity. (2 words)
8. Abused people often believe that in time, the abuser will \_\_\_\_\_.
9. Abusive behavior that causes harm with words.
10. Over 95% of assaults are committed by \_\_\_\_\_.

Answers: 1. One, 2. Emotional, 3. Friends, 4. Isolation, 5. Date Rape, 6. Property, 7. Assault, 8. Change (Down) Controlling (Across) 9. Verbal, 10. Males



## MARK YOUR CALENDAR...

- **Economic Justice Class** – Financial Management basics – Call **A Way Out** for more information and to sign up. 814-274-0368
- **FOOD BANKS:**
  - Coudersport** / Alliance Church – every Tues & Thurs, 10:30am – 1:30pm, 4<sup>th</sup> Thursday, 5:30-7:30pm, 3<sup>rd</sup> Friday, 10-11am, **814-274-8661**
  - Austin** / Methodist Church, 3<sup>rd</sup> Wednesday, 11am-1pm, **814-647-8740**
  - Roulette** / Firehall, 4<sup>th</sup> Tuesday, 4:30 – 5:30pm. **814-544-7365**
  - Ulysses** / Zion Christian Assembly, 4<sup>th</sup> Thurs., 10-11am. **814-848-7407**
  - Galeton** / St. Paul Lutheran Church, 4<sup>th</sup> Friday, 10-11am. **814-435-2471**
  - Shinglehouse** / Methodist Church, 4<sup>th</sup> Saturday, 9-10am. **814-697-6191**
- **CHRISTMAS HOUSE** – Monthly Distribution of household essentials 2<sup>nd</sup> Tuesday 9:30-11:30am at the First Presbyterian Church, corner of Fourth and Main, Coudersport. **814-274-0825** *(See article in this newsletter for more details).*



**NOTE: Times may change so it's a good idea to call ahead to confirm days and times(<**



### ➤ 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



**A WAY OUT**



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



## YOUNGER THAN YOU THINK

Almost 70% of women (69.5%) who have been physically or sexually abused or stalked by a dating partner, **first experienced abuse between the ages of 11-24.**

Breiding, M.J., Chen J., & Black, M.C. (2014). Intimate Partner Violence in the United States — 2010. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

**Break the Cycle**  
Because Everyone Deserves a Healthy Relationship

**NO MORE**

### *Closed Office Holidays for 2019:*

April 19<sup>th</sup> – Good Friday  
May 27<sup>th</sup> – Memorial Day  
July 4<sup>th</sup> – Independence Day  
September 2<sup>nd</sup> – Labor Day  
November 11<sup>th</sup> – Veterans Day  
November 28<sup>th</sup> and 29<sup>th</sup> – Thanksgiving  
December 25<sup>th</sup> and 26<sup>th</sup> – Christmas  
January 1<sup>st</sup> and 2<sup>nd</sup> – New Years 2020

**814-274-0368**

*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.*

