



News and Notes
February/March 2015

A Note from Executive Director Julie Proctor

I want to wish you all a happy spring! This is such a beautiful time in our Community- so much to look forward to and new beginnings!

We want to thank everyone who came and supported One Billion Rising for

*Revolution! We all had a wonderful time and generated a great deal of awareness to end violence against women worldwide. A special thank you to our partners **Galleria at Sunset** and **Los Monologos De La Vagina**. We are so grateful for your support.*

On March 12th Nevada's Annual Big Give will take place. This is a statewide event for the people to "Give Where You Live." This is very exciting and we are counting on your continued support to make this a successful day for S.A.F.E House. Please see below for more information.



S.A.F.E. House staff at the One Billion Rising Event.

We are also very excited about the 5th Annual Pretty in Pink Luncheon on May 29th at the Green Valley Ranch Resort. We hope you can join us this year as the Aliante Songsters will be performing.

Looking forward to upcoming events and seeing all our supporters. One again, we cannot thank you enough!

Julie



March 12th is the Nevada's Annual Big Give event "Give Where You Live." S.A.F.E. House hopes you will consider making a donation to this event.

[Nevada's Big Give for SAFE House](#)

You're Invited!

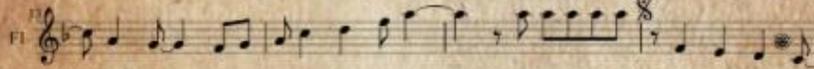
To S.A.F.E. House's
5th Annual Pretty in Pink Luncheon

May 29th, 2015

Emcee – Ms. Sue Manteris

Special Guest – Charmain Lee, Author, Speaker, and Coach

Musical Guest – Sun City Aliante Songsters

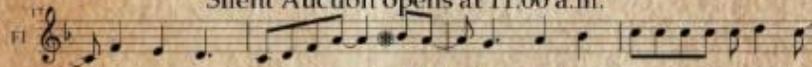


Green Valley Ranch Resort, Spa and Casino

2300 Paseo Verde Pkwy, Henderson, NV 89052

11:30 a.m. to 1:00 p.m.

Silent Auction opens at 11:00 a.m.



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VOLUNTEER CORNER

Being a volunteer for SAFE House is amazing!
I've had a lot more fun than I imagined I would.
Like everything in life, it's what you put into it, and I look at
this as an opportunity to not only contribute, but to learn.



You just have to be willing to be patient and have an open mind and heart.

SAFE House has so much to offer, and as a volunteer there are so many areas to lend a hand.

I love that staff and volunteers work together seamlessly, and that as a volunteer, I'm treated as an equal and that my input is valuable.

Alia

Thank you Alia for ALL you do for S.A.F.E. House!

Alia works in numerous departments and has lent her skills to assist in many endeavors, including creating an improved functioning of our warehouse system, our shelter boutique and the adopt a family program.

From the Desk of Stefanie Flores, MA, LCADC Dual Diagnosis Therapist

What is *self-care*?

It is attending to your physical, emotional and spiritual needs - in a nutshell. You may practice self-care three times a day without even realizing it. Do you drink coffee or tea before work? Stretch your back or legs during a work break? Did you schedule an upcoming nail appointment, hair appointment or yoga session? Those are all self-care activities.

Everyone deserves self-care. Once you have a regimen in place, self-care can become positive coping skills to help you through rough times. Here are some ideas to get you started!

- Have lunch and a movie with a friend or co-worker.
- Carve out some DVR catch-up time. Make it a weekly event and make it special (hot cocoa, fancy popcorn, fruit plate, whatever suits you).
- Plan an outdoor workout (weather permitting). Physical movement stimulates the feel-good hormones and helps with seasonal depression.
- Grab a coffee or tea in the morning and walk around a Farmer's Market. Invite



a companion!

- Schedule time at the dog park or visit a different dog park one week (I'm a dog mom so I can't forget about the other dog parents.
- Skype or "face time" with a distant friend.
- If you need to laugh, watch YouTube videos from Jimmy Kimmel, Jimmy Fallon or the Ellen DeGeneres shows. Comedic geniuses and they all have good energy.
- Journal for spiritual nourishment. Use a student's composition book if you have to. It doesn't have to be fancy. You just have to get out of your head for a while.
- Create an inspiring playlist for your commute or while cleaning house (spiritual music, 80's, party music, Zumba music, make it something you'll look forward to).
- Carve out a little time to put on your favorite makeup, lipstick, hair accessory, etc. I regularly make "dates" with my closet to re-visit old "friends." When I look better, I feel better.

Scenes from ONE Billion Rising for Revolution!







WANTED: Teens between the ages of 14-18 to become trained peer educators regarding teen dating violence.

S.A.F.E. House is offering a program to help address the growing epidemic of teen dating violence.

Why: More than 1 in 5 women (22.4%) and nearly 1 in 7 men (15.0%) who have experienced rape, physical violence, and/or stalking by an intimate partner first experienced some form of intimate partner violence between 11 and 17 years of age. In fact, most victims (69% of females, 53% of males) first experienced intimate

partner violence before the age of 25 (Centers for Disease Control, 2011).

The consequences of teen dating violence are impossible to ignore - they hurt not just the young people victimized but also their families, friends, schools and communities. Throughout February, organizations and individuals nationwide come together to raise awareness of dating violence and promote healthy intimate relationships for youth.

Training: S.A.F.E. House will train all teenagers about teen dating violence so that they can talk to peers about healthy and unhealthy relationships, refer peers to help and educate classmates about teen dating violence.

Once a month teens will meet with S.A.F.E. House staff for a supportive and informational meeting.

This is an amazing opportunity for young people to get involved in their community and really make a profound difference.

Please contact Annette Scott at 702-451-4203 or annettes@safehousenv.org

Events 2015



MARCH

March 8-14 NO MORE AWARENESS WEEK

March 12 **Nevada's Big Give**

APRIL

April is Child Abuse Prevention Month and Sexual Assault Awareness Month

April 19-4/5 National Crime Victims Week

April 22 Denim Day

May 2015

May 29

5th Annual Pretty in Pink Luncheon

at Green Valley Ranch Resort, Spa and Casino

October 2015

October is Domestic Violence Awareness Month

October Domestic Violence Memorial

Location and Time: TBD

November 2015

7th Annual RUN for Shelter

More to Come.....

Please contact annettes@safehousenv.org or 702-451-4203 for more information.

STAY CONNECTED

