

# THE EMPOWERMENT PRESS

Fall 2022 Issue

## WHAT'S INSIDE



Domestic Violence  
Awareness Month



Upcoming  
Trainings & Events



Fall Groups

## The 2021 Annual Report is here.

**957** clients served

**15%** increase in crisis line calls

**23%** increase in emergency  
shelter use

Scan the QR code or follow the  
link to read the full report.

[bit.ly/nh\\_annualreport](https://bit.ly/nh_annualreport)



## Caffeinated Conversations

Learn how violence is affecting our community and  
what you can do to prevent it over a complimentary  
beverage from Bean Juice Coffee Roasters.

*for Hope*

Via Zoom, our staff will discuss a topic related to our  
mission and share opportunities to continue growing your  
understanding of the work we do.

**Friday, September 23rd 8:30 am**

Topic: 2021 Wisconsin Homicide Report

**Friday, November 18th 8:30 am**

Topic: Understanding the Intersection of  
Homelessness and Domestic Violence

Register online now  
[bit.ly/caffeinatedconvos](https://bit.ly/caffeinatedconvos)





## Upcoming Trainings

### Stewards of Children

The Stewards of Children® training from Darkness to Light is the only nationally available program that is scientifically proven to increase knowledge, improve attitudes and change child-protective behaviors. Appropriate for any adult, this training will teach you how to prevent, recognize, and react responsibly to child sexual abuse.

#### Upcoming trainings:

- Thursday, October 6th 11:30 am to 2:00 pm at Hamilton Elementary School
- Thursday, November 3rd 11:30 am to 2:00 pm at the La Crosse County Administrative Center

Thanks to the support from the Al Louis' Musky Challenge through the Rotary Club of Downtown La Crosse, this training is provided free of charge and includes a free lunch.

**Register to attend at [bit.ly/stewardsofchildren\\_fall2022](https://bit.ly/stewardsofchildren_fall2022)**



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### Advocacy Training

We invite you to register for a four-part series held **via Zoom from 6 pm to 9 pm on October 17th, 18th, 24th, & 25th**.

New Horizons holds formal volunteer, intern, and community member trainings three times a year. This training is designed to help our volunteers, interns, and community members understand what our organization does, what each advocate's role is within the organization, and what each of their programs entail. Our advocates train all attendees on topics such as active listening, advocacy, crisis intervention, diversity, trauma-informed care, legal issues, and so much more.

**Register to attend at [bit.ly/advocacytraining\\_fall2022](https://bit.ly/advocacytraining_fall2022)**



**ALL SERVICES ARE FREE & CONFIDENTIAL**



new  
horizons  
SHELTER & OUTREACH CENTERS

La Crosse and Trempealeau Counties  
and Surrounding Area:  
Toll-free: (888)231-0066 | Local: (608)791-2600  
[nhagainstabuse.org](https://nhagainstabuse.org)

# October is Domestic Violence Awareness Month!

Since 1981, Domestic Violence Awareness Month has been held in October to unite communities and organizations with one collective voice in their efforts to end domestic violence and spread awareness of this public health epidemic.

To raise awareness, prevent violence, and educate the community, we will be holding many events throughout the month of October.

## DARE TO SELF-CARE

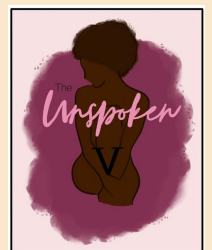
IN COLLABORATION WITH



MONDAY, OCTOBER 3RD FROM 12 PM TO 4 PM AT THE REACH CENTER

To kick off Domestic Violence Awareness Month, join us at the REACH Center to participate in self-care activities and support communities that face the greatest instances of violence and oppression by shopping with vendors owned by women, LGBTQ, and BIPOC individuals.

### PARTICIPATING VENDORS INCLUDE:



Wiigwaas Wonders

Thy Sacred Lyfe

All vendors will have a raffle style door prize for all attendees to enter in!

# La Crosse Gurls Drag Show

**Saturday, October 8th at 7 pm at The Main – An Event Space**

The La Crosse Gurls have chosen New Horizons as their community partner for their October show! If you have never been to their shows before, you are in for a night of fabulous fun! This show will be pageant style. We are excited to be included in the event!

Tickets are \$10 in advance and \$20 at the door. Must be 21+ to enter.

**Buy your tickets at [bit.ly/newhorizons\\_dragshow](https://bit.ly/newhorizons_dragshow)**



## Call to Action with speaker, Janine Latus



**Registration**  
**information is available**  
**at [leveluplacrosse.org](https://leveluplacrosse.org)**

**Tuesday, October 11th 8 am to 10 am at the Cargill Room**

LevelUp, an organization with a mission to engage men of all ages in a “Partnership to END Domestic and Sexual Violence.”, is bringing international best-selling author, Janine Latus, to our community to share her message on the spectrum of sexual assault and intimate partner violence. She advocates for people to talk and tell their stories to empower others to tell theirs.

She will share her own story to illustrate the signs of abuse to help the audience recognize abuse in their own lives and the lives of those around them, to break free or help others do so, and to build a life of respect and freedom from fear.

Tickets are \$25 and include breakfast.

## Hope Yoga

**Thursday, October 13th 7 pm to 8:15 pm**  
**at the Franciscan Spirituality Center**

The Motherhood Collective and Franciscan Spirituality Center have partnered with us for Domestic Violence Awareness Month to offer a yoga class appropriate for all levels. Proceeds from this event will support survivors of abuse in our community. There is a \$15 fee for the class.



**Franciscan**  
**Spirituality Center**

Dedicated to anyone seeking God, meaning and wholeness.



**Register to attend at**  
**[www.fscenter.org](https://www.fscenter.org)**



# SURVIVORS' WALK

Friday, October 21st 11 am to 1 pm



Survivors' Walk is designed to provide perspective and education about different types of abuse and the barriers victims face in receiving help.

Through five stories acted out by the Viterbo Student Theatre Project, attendees will be able to visualize a survivor's experience. Advocates from New Horizons will deepen the impact of these stories through a led discussion.

Attendees will participate in the walk and receive a catered lunch free of charge. Three sessions will be available from 11 am to 1 pm.

Participants can register online as individuals or as a group.

**Registration is open now [bit.ly/survivorswalk](https://bit.ly/survivorswalk)**



## *2022 Holiday Program*

**We know fall has only just begun, but the holiday season will be upon us before we know it!**

Every year, we provide an opportunity to bring joy to a family that's holiday season looks and sounds a little different. Through our Holiday Program, our shelter residents and community families who have experienced domestic abuse are able to experience some normalcy during the holidays through gifts donated by generous sponsors. **In 2021, we were able to provide 191 women, men, and children with the joy and hope that comes with these gifts!**

We are **looking for sponsors of individuals and families in both La Crosse and Trempealeau Counties** for the 2022 holiday season! Sponsors can show their interest now by filling out an online form. Once our team is ready to match sponsors and recipients, we will connect with you through your preferred contact method.

Whether you are participating with coworkers or with family, this program is a **great opportunity to start a conversation about domestic violence and how it effects individuals in our community** and gives you an opportunity to show survivors support during an often challenging time of year.

**Be the first to know when the sponsor registration is open by filling out this form [bit.ly/2022holidayprogram](https://bit.ly/2022holidayprogram)**





## Fall Support Group



**Wednesdays from 6 pm to 7:30 pm  
Begins September 28th, ends November 16th**

This fall, New Horizons Shelter and Outreach Centers will be offering programming to survivors of domestic and sexual violence through an 8-week support group beginning in September. This group is focused on young women ages 17 to 24.

This program will give individuals a supportive and nonjudgmental space to share their experiences and feelings as well as provide them an opportunity to connect with others who have experienced a similar trauma in their own lives. Additionally, structured programming will share techniques to assist them through their healing process.

This group will be offered to a limited number of participants, and it is required that all attendees register by September 21st with our Community Outreach Advocate, Ashley, to ensure it is a proper fit for their personal experience.

Children of adult attendees are welcome to attend our coinciding youth group during the same time with limited space available.

To register, please complete the online form or contact Ashley at [ht@nhagainstabuse.org](mailto:ht@nhagainstabuse.org) or 608-791-2610 ext. 1208. Ashley will do a short screening process with all registrants to ensure the group is a proper fit. Please contact her with any questions.

**Visit our website to register.**  
**[bit.ly/fallsupportgroup](http://bit.ly/fallsupportgroup)**

## Focus Group

**Community Based clients – September 19th 5 pm to 6:30 pm  
Shelter clients – September 22nd 5 pm to 6:30 pm  
at the REACH Center, 212 11th St S., La Crosse, WI**

We would like to invite survivors of abuse who've received community-based and/or emergency shelter services in the past two years to participate in a focus group. The purpose of the focus group is to obtain feedback on our services so that we can ensure the needs of domestic violence survivors in our community are being met.

In particular, we'd like to learn more about:

- your experience working with a New Horizons Advocate
- gaps in services you may have identified
- any additional feedback related to our programming

If you are interested in participating or have any questions, please send an email to Heidi Svee, Program Coordinator, at [programcoord@nhagainstabuse.org](mailto:programcoord@nhagainstabuse.org). All participants will receive dinner and a \$10 gas card.

# *Now Hiring* **CHANGE MAKERS**

**Come support survivors of abuse in our community by working with us! We are hiring now for various positions.**

To apply, email your resume, cover letter, and application to [business@nhagainstabuse.org](mailto:business@nhagainstabuse.org). Applications can be found on our website [www.nhagainstabuse.org/get-involved/employment-opportunities/](http://www.nhagainstabuse.org/get-involved/employment-opportunities/)

## **Lead Crisis Advocate**

*Full time, \$19.95 an hour*

This position provides direct service to clients in shelter and is responsible for supervising a team of crisis advocates. The perfect candidate has supervisory experience, is trauma informed, and excels at de-escalating high stress situations.

## **Outreach Advocate**

*Full time, \$15.75 an hour*

This position provides direct service to clients in shelter. The perfect candidate is skilled in active listening and trauma informed care, and they are able to de-escalate high stress situations, and remain calm during crises.

## **Housing Advocate**

*Full time, \$18.30 an hour*

This position supports survivors by addressing barriers to permanent housing and builds relationships with landlords and community partners to provide resources to clients. The perfect candidate for this position is skilled in active listening and trauma informed care, able to work with a diverse group of people, and experienced in budgeting. A Bachelors degree is required.

**Full position descriptions available on our website**

**[www.nhagainstabuse.org/get-involved/employment-opportunities/](http://www.nhagainstabuse.org/get-involved/employment-opportunities/)**

# THANK YOU!

**The continuous generosity of our community is what allows us to continue providing a safety net of support for survivors. We could not do what we do without your support.**

## **OUR TOP DONORS** from Quarter 3 2022

***Below are just a few of the multitude of gifts from companies, churches, organizations, and individuals.***

**Chart Industries  
Coulee Region Moving Services  
Katherine Daniels  
Kenneth and Marcy Firl  
Gundersen Health System**

**Ed Lietzow  
Matthew Michalak  
Olivet Beacon of Light Lutheran Church  
Shepherd Of The Hills Lutheran Church  
Jody and Craig Lyon**

**William Poellinger  
Karen and James Rausch  
Jill and Tom Schee  
R.L. and Janet Virata**



**Great Rivers United Way** continues to support our programs with grants from funds through their annual campaign.



advocating against domestic & sexual abuse

**PO Box 2031 | 1223 Main Street  
La Crosse, WI 54601**

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La Crosse, WI  
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# SAVE THE DATE!

## *Galentine's Day Brunch*

Celebrating love and friendship for the benefit of  
New Horizons Shelter and Outreach Centers

*Saturday, February 11th 9:00 am to 11:30 am*

