



the Empowerment press

2025 May Mini Issue

WHAT'S
INSIDE



SUPPORTER
SHOUT-OUTS



EXCITING
NEWS



UPCOMING
AWARENESS



STAFF
SPOTLIGHT

 ***Springing Forward with Gratitude - Help us Keep the Doors Open***

Every hour, every dollar, every kind gesture counts.

Like many nonprofit organizations, we're feeling the effects of recent funding losses - and the gap between need and resources is growing.

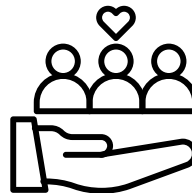
But, with your help, we can keep showing up.

Running our programs takes real support from people who believe in a safer, more compassionate world. Here's what it takes to keep our life-saving services going:



Shelter Program Costs

- \$47 / Hour
- \$1,148 / Day
- \$8,036 / Week



Outreach Program Costs

- \$47 / Hour
- \$1,127 / Day
- \$7,889 / Week

These programs provide safety, crisis advocacy, legal support, counseling, and basic necessities for individuals and families escaping violence. If you believe everyone deserves safety and dignity - consider donating unrestricted funds to support our mission.

Your contribution directly impacts the lives of those we serve.

THANK YOU!

We are deeply grateful for the ongoing generosity of our community, which enables us to provide a vital safety net of support for survivors. Your contributions make all the difference, and we couldn't continue our work without your steadfast support. Thank you for standing with us!

GRATITUDE CORNER SUPPORTER SHOUT OUTS!



MARCIA NEWQUIST-CREATIVE JEWELRY BY MARCIA

Marcia's generosity shines! She's donated **10%** of her sales for years. In March, she dropped off a check for \$1350 from her 2024 sales. Thank you Marcia, for your continued support!

BRILLIANT BODYWORK MASSAGE THERAPY & SKIN CARE

When our shelter's air fryer gave out, they stepped in and donated a **brand new one** - feeding hearts and bellies. Thank you!



BOB GALASKA MEMORIAL FOUNDATION

Hosted a fundraiser that raised \$1,500 for our programs. Thank you for believing in our mission!

To make a donation, visit our website: nhagainstabuse.org or scan the QR code. You can also mail a check made out to New Horizons Shelter and Outreach Centers to: PO Box 2031, La Crosse, WI 54602.

If you recently made a contribution to New Horizons, THANK YOU! You are making a difference in the lives of victims of abuse in our community!



You are changing lives!

FOLLOW US ON SOCIAL MEDIA



@more_than_a_shelter



facebook.com/NewHorizonsShelterAndOutreachCentersInc



We're Officially a Community Favorite!

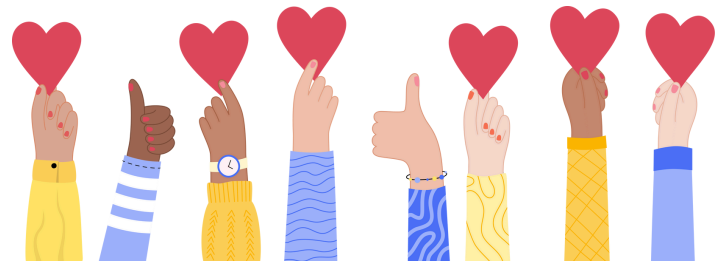
NEW HORIZONS PLACED 2ND IN THE 2025 BEST OF LA CROSSE - BEST PLACE TO VOLUNTEER!

This recognition reflects the *heart* of our work - and the incredible people behind it.

To our **volunteers** who give their time and energy, and to our **staff** who lead with strength and empowerment every single day:

Thank you for your unwavering commitment to our mission and those we serve.

YOUR WORK CREATES REAL CHANGE!



Introducing Our New Mission, Vision, & Core Values



We're excited to share an updated foundation that reflects who we are, what we stand for, and where we're going - together.

Vision

Ending Abuse, Saving Lives

Mission

We support victims of abuse and create a safe community for all through education, advocacy, empowerment, and collaboration.

Philosophy

We oppose all forms of dominance over others. We believe abusers must be held accountable for their actions and that systems must be responsible to the victim.

Core Values

We are committed to being:

- Equitable
- Teamwork (Collaboration)
- Proactive
- Invested - In our staff, our clients, & our community
- Growth Oriented



These guiding principles shape how we serve, how we lead, and how we grow together.



Mental Health Awareness Month

May is a time to elevate conversations around mental well-being, break the stigma, and remind ourselves that seeking support is a sign of strength - not weakness.

At New Horizons, we recognize the deep connection between trauma, abuse, and mental health. Many survivors face anxiety, depression, PTSD, and other challenges - all while navigating their path to healing. This month, we honor those journeys, and we stand with anyone who is struggling.

YOU ARE NOT ALONE.

Join us on May 29 at the **Mental Health Awareness Walk**, sponsored by the Mental Health Coalition of Greater La Crosse, at 12pm in front of the Health & Human Services building, followed by a **resource fair** from 1-2:30pm.



Mayor Washington-Spivey will read the official Mental Health Awareness Proclamation!



MMIW Awareness Month

May is also Missing and Murdered Indigenous Women Awareness Month - a time to honor and remember the indigenous women, girls, and two-spirit people who have been taken too soon, and to demand justice, visibility, and change.

Join the **MMIW Awareness Walk**, May 5, at Burns Park starting at 12pm.

EVERY STEP WE TAKE IS A CALL FOR JUSTICE. EVERY VOICE MATTERS.

Pride Month



In June, we celebrate love, identity, and the resilience of LGBTQ+ individuals - many of whom face higher rates of abuse and barriers to safe, affirming support. New Horizons is committed to being a safe space for everyone.



Elder Abuse Awareness Month

Elder abuse often goes unseen and unspoken. In June, we raise awareness, support survivors, and work to ensure our elders are treated with dignity, care, and respect.



Staff Spotlight



This month, we're shining a light on **Lexi**, our dedicated **Housing Advocate**, whose passion and persistence are truly changing lives.

Lexi works tirelessly to support survivors in our **DV Rapid Rehousing Program** - recently walking alongside two clients who had experienced long-term homelessness and faced multiple barriers to finding safe, stable housing. Through her consistent advocacy and collaboration with community partners, both clients will be moving into housing within the next few weeks.

A community Health Worker at St. Clare Health Mission had this to say about Lexi's work:

"Lexi is literally killing it. I'm so proud of her. Her work has literally saved a life."

We're so lucky to have Lexi on our team. Her bright attitude and warm personality bring light to so many lives, and she's always quick to jump in and support her team whenever needed. Her energy, empathy, and commitment make a lasting impact on everyone around her.

Thank you, Lexi - for being exactly who you are!



ALL SERVICES ARE FREE & CONFIDENTIAL



La Crosse & Trempealeau Counties & Surrounding Area:
TOLL-FREE: (888)231-0066 | LOCAL: (608)791-2600
TEXT ONLY: (608)667-9944 | nhagainstabuse.org

We're so grateful for the generosity of our community! At this time, we want to share a few important donation updates:

- Our greatest need is grocery gift cards (Festival, Walmart, Woodmans, etc.)
- We're also in need of kid friendly snacks
- We are currently **not** accepting clothing or period product donations
- Have furniture to donate? Please reach out to theExchange at 608-301-5345

Spring is here, and we're growing! We're currently seeking donations of:

- Soil
- Planting Pots
- Vegetable Plants and/or Seeds

For questions about donations or to schedule a drop off, please contact:

Director of Community Engagement
608-791-2610 ext. 1301 / dev@nhagainstabuse.org

