



# Community SOLUTIONS

Your support is changing lives every day!

FALL 2016

## She felt “like a planet out of orbit”

**Until you brought her home safely.**

What happens when your survival depends on the person who you think might kill you? This is not the plot of a psychological thriller; it was Isabelle’s\* life. Until you came along.

Less than a year ago, Isabelle was living on the streets, sheltering her children in her car or sometimes a motel. Her youngest, just two months old. On constant alert to protect her children and avoid the police, Isabelle was also living in terror that her partner would kill her.

Undocumented and speaking only Spanish, Isabelle had no idea she was living in a community full of caring and compassionate people like you. People who had already committed generous resources and time to ensure that she had a safe place to escape to.



*“Safety and knowing my children would have a bed to sleep on,” made the difference for Isabelle.\**

She also never expected that the police she was hiding from would be the ones to help her find that safe place. Yet here they were, directing her to our confidential shelter.

Isabelle and her children arrived at the shelter dirty and malnourished, scared, anxious and confused. But thanks to you, our staff and volunteers were

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**Your Dollars** can bring safety and hope to survivors of violence! Women, men and children in our community face domestic violence every day. Help them find safety, healing and hope today. It’s easy. It’s fast. It’s online. Visit us at [www.communitysolutions.org](http://www.communitysolutions.org).

ready. They filled grumbling tummies, made up clean beds, and found pajamas for the little ones. And they listened to Isabelle, kindly and gently, without judgement.

Your support gave Isabelle access to peer counseling, support groups, and therapy. All of which helped her realize how abnormal her life had been. Isabelle had been so committed to working together with her partner. She didn't realize that hardship is never an excuse for abuse; that nobody deserved to be treated as she was.

With referrals from the shelter, the family found permanent housing. The younger children were enrolled in our FIRST 5 program to work through the trauma and violence they had experienced. And Isabelle

was connected to an immigration attorney to help her secure permanent safety.

As the family left the shelter, Isabelle finally knew where she was headed. She had various new resources to give her direction and

guidance moving forward. And she had a new feeling - hope for the future.

When she arrived at the shelter, Isabelle says she felt "like a planet out of orbit."

Today Isabelle and her children are grateful to have a place to call home. A safe and peaceful environment free of the chaos and terror they once knew. The difference, says Isabelle, was "safety and knowing my children would have a bed to sleep on. [I knew] that we were going to be okay from then on."

*\*Name changed to protect client confidentiality.*

**"Isabelle had no idea she was living in a community full of caring and compassionate people like you."**



*Not into finger painting? Try coloring or doodling to relax your stressed mind.*

## Messy but magic

### Art helps the brain relax.

Glue, glitter, paint and giggling children - it must be art time at La Isla Pacifica! Children arriving at our domestic violence shelter are often scared, anxious and confused. Many just want to go home and don't know why they can't. Volunteer-led art time gives them a chance to relax and be kids for a while.

Studies show that art helps soothe a brain on high-alert, allowing victims of trauma to relax and calm down. By choosing their own projects children also experience some control in an otherwise overwhelming situation. These are two of the many reasons we use art in therapy, too.



**SAFECHAT**  
SILICON VALLEY

[WWW.SAFECHATSV.ORG](http://WWW.SAFECHATSV.ORG)

for those impacted by domestic violence  
or intimate partner violence



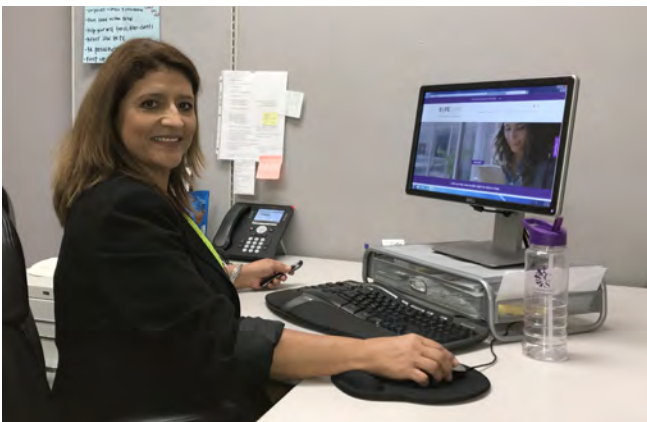
MONDAY - FRIDAY: 10 AM - 4 PM WEDNESDAY: CLOSED

## Now just a click away!

New technology provides life-saving support for local victims of domestic violence.

With SafeChatSV, survivors of domestic violence and sexual assault can chat online - securely and confidentially - with a trained advocate to receive the support and resources they need.

The first program of its kind in the state, SafeChatSV aims to reduce barriers that keep survivors from accessing life-saving services. While aimed at younger survivors who may be more comfortable texting, the service makes help more widely accessible to anyone in crisis.



Alma (above) is ready to provide support! Trained Advocates are online Monday, Tuesday, Thursday and Friday from 10AM to 4PM. For more information, visit [www.safechatsv.com](http://www.safechatsv.com)

# Black White & Bling

## Community Solutions' 5th Annual Gala

**December 10, 2016**

6PM to 10PM

The Granada Theatre  
Morgan Hill

Tickets now on sale:  
[www.communitysolutions.org](http://www.communitysolutions.org)



## HOLIDAY GIVING

### Join us for Holiday Giving 2016!

- Adopt a family
- Donate a gift card
- Donate a new toy or gift
- Volunteer

Contact Paige Day at:  
408-846-4713

[paige.day@communitysolutions.org](mailto:paige.day@communitysolutions.org)



## How do you save a life with simple kindness?

### You ask the question

**D**omestic abuse whether physical, emotional or financial - is extremely damaging to the person involved. It can escalate and become deadly without intervention.

Victims of abuse often blame themselves, minimize the severity of their situation, and/or feel ashamed or confused by it.

Expressing your concern and offering your support in a kind and non-judgmental manner is one of the simplest, most powerful ways you can help.



If you don't know what to say, try starting with, "I'm concerned about you. Is something wrong?"

### Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support her decisions
- Provide Hotline #'s:  
1-877-363-7238 (local)  
1-800-799-7233 (national)

### Don't

- Wait for her or him to come to you
- Judge or blame
- Pressure her or him
- Give advice
- Place conditions on your support

From: [www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm](http://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm).

You are helping survivors of domestic violence every day.

### YOUR SUPPORT PROVIDES:

- 24-7 Crisis Line  
1-800-END-SADV
- Confidential Shelter
- Temporary Restraining Orders
- Court Accompaniment
- Danger Assessment
- Safety Planning
- Therapy & Support Groups
- Community Resources & Referrals
- And more

Thanks to you, survivors of domestic violence never have to recover alone. You give them hope. You let them know that someone cares. That is priceless!



### Yes, I want to change a life today!

Your support can help a family find safety and hope

Enclosed is my tax-deductible donation of:  \$25  \$50  \$100  \$250  \$\_\_\_\_\_

Please use my donation:  Where most needed  Solutions to Violence

Adult Mental Health  Children & Youth Programs

Please mail your check to: Community Solutions, 9015 Murray Ave., #100, Gilroy, CA 95020  
Or visit [www.communitysolutions.org](http://www.communitysolutions.org) to donate by credit card