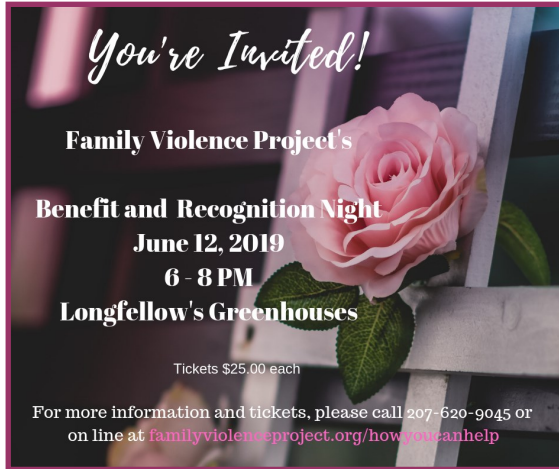


FVP Voice

Spring Newsletter 2019



See Page 2 for more information



*Lotus Learning
Center*



**3rd Annual Race
to End Domestic
Violence**

See page 2

Thank you to the wonderful sponsors
who help in the mission to end
domestic violence.



**Teen Dating
Awareness Month**
Shawn Lund

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Spotlight Volunteer
Molly Kimball

See page 3.



**Making Healthy meals at
Somerset Shelter**

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New Donation Information

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Community Thank You

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You're Invited to our 3rd Annual Benefit and Recognition Night!

This special night will be held at the beautiful Longfellow's Greenhouses in Manchester Maine.

We will recognize members of the community for their support to our mission.

Come fill your senses with local flavors

- ◇ Smell the wonderful aroma of the flowers
- ◇ Listen to the warm sounds of Penny Amunsden's harp
- ◇ Taste the delicious appetizers from Lisa's White Flour Catering
- ◇ Sip on wine from Tree Spirits and crafted beer from Cushnoc Brewing.

Tickets \$25.00 each

Call Liz for tickets 207-620-9045 or on our Website:

<https://www.familyviolenceproject.org/how-you-can-help/>

If your organization would like to help sponsor events like this, please contact Liz Hersom at 207-620-9045. We would like to talk to you about yearly Sponsorship opportunities.



3rd Annual Race Day October 20, 2019 9am—12pm

Look for the Race Sign up form on the Facebook link.

<https://www.facebook.com/events/777342879293630/>

Mark your calendars! The date is set for our 3rd Annual Race to End Domestic Violence, a 5k (3.1 mile) run/walk put on by the Somerset DV Task Force in collaboration with Family Violence Project to raise awareness about abuse and raise funds to support survivors.

The course begins and ends at Prescott Hall on the beautiful Goodwill Hinckley Campus. It has a 9am start time and registration will be inside.

October is Domestic Violence Awareness Month. By participating in this event, you will be part of the solution to end domestic violence. Show survivors that their community cares and that people will support them.

Family Violence Project's mission is to end domestic violence in Kennebec and Somerset Counties. We work to do this by increasing victim safety, empowering survivors, and advocating for social change.



Meet Molly Kimball—Volunteer

A Brief Bio:

My name is Molly Kimball and I have been a volunteer for the Family Violence Project since the Spring of 2014. I am a nurse by trade, but generally and overall just a lover. I have 3 cats, 1 handsome dog, and a loving husband. I come from a close-knit and supportive family and have an extraordinary sister whom I confide in. My life has been a series of mistakes and successes, all of which have gotten me to where I am now. I live for adventure, new activities, meeting new people, and learning new things.

1. Why do you support the Family Violence Project?

I support the FVP because it's a locally and privately owned non-profit organization run and directed by the most loving, most kind souls whom are striving to end domestic violence. What a goal that is and something I definitely 100% want to stand for.

2. What do you enjoy about volunteering?

I enjoy listening and hearing from all walks of life and from all kinds of people expressing their story to me over a phone conversation. I enjoy that it's not a paid gig and that I'm not doing it for the money, but doing it to extend an olive branch, a listening ear, an open heart. More times than not, I have received feedback that the call was helpful or that we were able to make a safety plan or resolve an issue with just a phone call. Also more times than not, the people calling in have touched my life probably more than they even realize.

3. What do you know about FVP that most people don't know or should know?

Many people probably don't know, but should know, that FVP offers many services, such as shelters, support groups, hotlines, educational programs, and 24/7 assistance and help; even on holidays and weekends. On top of that, the FVP's mission is to end domestic violence in the Kennebec and Somerset counties. Knowledge is power. There is power in 1 person standing up to get the word out about DV.

4. What is your vision to ending domestic violence?

My vision starts with knowledge and awareness. Men and women need to first and foremost be aware that domestic violence is real and what abuse is. My vision is powered by love, kindness, and communication. My vision takes commitment from each individual in the community. Together, we can change the way people treat others, ones they love. Together, we can start with Kennebec and Somerset counties. Together, we can then address DV in all of Maine. Together, we can then start to change and save the world.



Teen Dating Violence Awareness Month.

By: Shawna Lund

February was Teen Dating Violence Awareness Month. TDVAM is a national effort to raise awareness about dating abuse, promote programs that support young people, and encourage communities to prevent this form of abuse with the goal of decreasing the prevalence of dating abuse among young people. With the static that 1 in 3 youth will experience violence from a dating partner just in the 4 years of high school, education and awareness is very important. FVP offers age-appropriate presentations which focus on topics ranging from sharing to healthy dating relationships. Contact FVP to schedule a presentation.

Community Thank You!

It takes a village to raise a family!! And, it takes strong community ties to ensure that families leaving dangerous situations have all they need to start over. Family Violence Project's Kennebec Shelter would like to thank the following agencies for their continued and valued support: Mid-Coast Clothing Bank, Fresh Start, Bridging the Gap/Addie's Attic, Augusta Foodbank, Hallowell Foodbank, SKCDC (Southern Kennebec Child Development Corporation), Sexual Assault Crisis & Support Center and Kennebec Behavioral Health.

These agencies are some of the many that help us move our families forward with community supports put in place for them before they leave our shelter. We continue to be grateful for all the agencies we work with.

Important Donation Information

Family Violence Project wishes to thank those who think of FVP first when looking for a place for items they wish to donate. FVP has partnered with **Fresh Start** and **Bridging the Gap** programs to accept donations on our behalf.

Fresh Start is a wonderful community partner supporting FVP residents, as needed. They collect, sort and store gently used and new household items and redistribute them to individuals in need. They are entirely based on community supports, volunteers and donations.

Family Violence Project would like to let you know that if you would like to donate store and gas cards they are very much appreciated and can be sent or dropped off at our main office. These cards are used in emergency situations when a client is either waiting for assistance or needs gas to go to court or transport children.

If you would like to assist by making a financial donation, please visit our website or mail you donation to our office at P O Box 304, Augusta, Me 04332-0304

Family Violence Project does not discriminate on the basis of race, color, sex, sexual orientation, physical or mental disability, religion, age, ancestry or national origin, gender identity or expression, pregnancy or any other characteristic protected by law

Somerset Shelter Healthy Meals

At Somerset shelter the clients have been participating in nutrition education every Friday evening with staff member, Lisa Shoemaker. Lisa plans the meals with the clients in advance, then does the shopping. The clients participate in preparing the meal, and they all eat together. Lisa then shares the recipes with clients and staff. The clients look forward to an enjoyable evening of cooking, eating and learning. The night ends by watching a movie together.

Below is a volunteer who came to the Somerset Shelter to teach the women how to make a delicious meal.



Family Violence Project is a member of MCEDV—Maine Coalition to End Domestic Violence. www.mcedv.org. Family Violence Project is supported by Maine Department of Health and Human Services and United Way of Kennebec Valley and United Way Mid Maine.



MCEDV. Maine Coalition to End Domestic Violence

To contact Family Violence Project:

24/7 Helpline 1-877-890-7788

Augusta Administrative Office 207-623-8637;

Waterville 207-877-0835;

Skowhegan 207-474-8860 ;

Menswork 207-620-8494

www.familyviolenceproject.org