



Help, Hope, & Healing

A Publication of Hands of Hope Resource Center

Volume 10 Issue 1, April 2008

Our mission is to advocate, educate, and promote societal change for those affected by violence and abuse.

APRIL IS A BUSY MONTH AT HANDS OF HOPE RESOURCE CENTER. LOOK FOR THE FOLLOWING EVENTS AND SHOW YOUR SUPPORT BY PARTICIPATING OR ATTENDING ONE OF THEM!

**2nd Annual Denim Day!
Thursday, April 3, 2008**



Everyone across Todd and Morrison Counties are urged to break the silence by wearing jeans in honor of National Day to End Sexual Violence.

Denim Day began as part of an international protest of an Italian Supreme Court decision to dismiss charges against a 45 year old rape suspect because his 18 year old victim was wearing jeans at the time of the attack. The court stated that "It is common knowledge...that jeans cannot even be partly removed without effective help of the person wearing them...and it is impossible if the victim is struggling with all her might." The unpopular verdict became an international symbol of myth-based injustice for sexual assault victims. Show your support on April 3, by wearing jeans.



Alone we can do so little; together we can do so much.
-Helen Keller



**2nd Annual Family Fun Night
Monday, April 21, 2008
First Baptist Church
Long Prairie
5PM – 7PM**

**12 years old and younger.
Must be accompanied by an adult.**

The 2nd Annual Family Fun Night is in collaboration with Todd County Child Protection Team's Annual Pancake Feed. Free-Will offering & all are welcome!

**2nd Annual
Common Sense Self Defense Class
Thursday, April 24th, 2008**

Learn to protect yourself!
Develop personal safety tips, awareness, and self defense moves. Master Bryan Schoenberger and Julie Javens will be presenting. . Sponsored by Little Falls Tae Kwon Do and Hands of Hope Resource Center in honor of Sexual Assault Awareness Month.

Who?

Females Ages 15 and Up

Where?

Little Falls Tae Kwon Do
47 E. Broadway
Little Falls, MN

Fee? **FREE**

(Limit of 30 participants and Pre-registration required.)

**Call 320-632-1657
to register.**

Hands of Hope Resource Center

Morrison County Office

107 Second Street SE – Box 67
Little Falls, MN 56345
320-632-1657 (Business Line)
888-454-4878/320-632-4878 (Crisis Line)

www.handsofhope.net

Todd County Office

33 Second Street SE – Box 171
Long Prairie, MN 56347
320-732-2319 (Business Line)
800-682-4547 (Crisis Line)

WAYS YOU CAN HELP REDUCE SEXUAL VIOLENCE

Submitted by Julie Javens

April is Sexual Assault Awareness Month. During this time we can become more aware of the problem of sexual assault in our communities and find ways to make our communities a safer place. Listed below are some ways that you as an individual can help reduce sexual violence.

Teach your children to respect children of the opposite gender.

Ask your employer if your business has a sexual harassment policy.

Support and promote people who provide positive role models.

Contact your Senators and Representatives. Let your views be known regarding sexual assault.

Do not listen quietly to sexist jokes or comments. Voice your no-tolerance for them.

Become involved in an agency that works with the issues of sexual violence.

Encourage your clergy member to talk about sexual violence, child abuse and incest in your church.

Have conversations of consent with a potential sexual partner. Learn that it is okay to say "no".

Educate yourself on the issues. Read articles and books. Speak out to others.

It takes our community working together to help reduce sexual violence. Wear a teal ribbon during April to show support for sexual assault victims/survivors and to show others your awareness of the problem.

Planting Seeds with Parents...

To Nurture their Children from Buds to Blossoms by Nicole Beach

Spring has finally sprung and many green thumbs are out there already considering what they need to do to raise their buds into blossoms. April is Child Abuse Prevention Month and a time to consider what type of conditions we are going to provide so that our children will grow and flourish. Children, just like seeds, take in everything they are given. They grow according to the amount of love showered on them, how much warmth and attention they receive. Just like flowers, children thrive on unconditional love, safety, and patience. Parenting, like gardening, takes time and attention to get new growth.



What can you do to plant seeds of hope with parents who may be struggling with the difficult job of raising their children? If you know a parent under stress, offer them a break, support them, let them know you care, encourage them to attend a parenting support group in the area, and respond when you see abuse in public. Encourage parents to take that deep breath and respond with patience, love, and attentiveness, rather than anger and violence. As an active bystander you can harvest hope in parents who may feel on the threshold of losing control.

Join with us this month and throughout the year to take an active stand against child abuse in our community. It will take everyone's effort to ensure that all children have the opportunity to thrive in nurturing homes. Please wear a blue ribbon to show your support!

NEWS!!!!

Hands of Hope Resource Center is pleased to announce that as of April 1, 2008, we are merged with Victims Resource Center of Todd County. We will continue to be Hands of Hope Resource Center, but we will now serve victims of general crime in both counties. For the residents of Todd County this means that all victims of crime can find and receive services at the same location – 33 SE 2nd St. in Long Prairie. We would like to welcome Annette Schilling as the Todd County General Crime Coordinator as well as Barb Cline and James Downes as Board members.

**HANDS OF HOPE
RESOURCE CENTER**

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Annette Schilling,

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National Volunteer Week

Written by Karla Montag

April 27 through May 3, 2008 is National Volunteer Week. This is a time when organizations all over the United States recognize the many contributions of volunteers within their programs.

Hands of Hope Resource Center is fortunate enough to have volunteers that dedicate themselves to our agency in a number of ways. We currently have volunteer advocates that cover our crisis line, volunteer Board of Directors members, office volunteers, and volunteers that serve on various committees such as Take Back the Night and the golf tournament. Regardless of their specific roles, each plays a very important function within our agency, and without them, Hands of Hope would not be able to do this work. We thank them so much for all that they do!

“Unless we think of others and do something for them, we miss one of the greatest sources of happiness.”

- Ray Lyman Wilbur

From the Director's Desk....



We are so excited that spring is finally here... and with it comes an abundance of activities for us, such as Take Back the Night in Morrison County and the 11th Annual Charitable Golf Tournament being held in Todd County this year! We have many amazing volunteers helping out with these events and would like to say a BIG thank you to them as well as to our Board members and advocates who take calls on the 24-hour hotline. They are the backbone of the agency and give us the support we need to provide such thorough and comprehensive services to victims.

At this time I would also like to thank the many individuals, civic groups and businesses that donated to our 4th Annual Community Support Campaign. This fundraiser helps us to provide services to victims that are not covered through other grants. The support from the entire two-county area has been phenomenal. Whether you gave \$5 or \$500, we really appreciate the support!

Please feel free to let us know how we are doing! I welcome your comments and questions at any time. You can send them to administration@handsofhope.net.

Wishing you a wonderful spring,
Stephenie Och



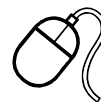
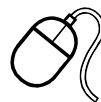
Hands of Hope Resource Center
PO Box 67
Little Falls, MN 56345

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Please call us with any
name or address corrections.
We deeply apologize for
any discrepancies.

Now you can donate on-line!
Go to www.handsofhope.net and click on
“Click and Pledge”



Hands of Hope Resource Center is looking for an individual who is willing to volunteer a few hours each month to help with our computers and technology. If you are interested, please contact Steph at 320-632-1657 for more information and to volunteer.

Your time and talent will be appreciated!