



# Giving Thanks

## *Holidays & Domestic Violence*

The holidays are supposed to be a time of peace, happiness, and cheer. Unfortunately, that is not the reality for everyone. While domestic abuse is something that can happen at any time of year, research shows that it seems to reach its height during the holidays. A recent study by researchers at the University of California at Berkeley have found that domestic abuse increases by about 22 percent on or around Thanksgiving.

Causes for the increased violence during the holidays include stressors such as financial limits, feelings of isolation and distance, substance abuse and unrealistic expectations. Instead of joyous times with family and friends gathered together in peace and harmony, loved ones are pushed away with aggressive and potentially lethal behavior.

Sadly, victims of domestic violence are less likely to report incidents of violence throughout the holidays as they cling to the image of a perfect Christmas and strive to keep the family intact.

## *Thankful*

*Definition: a positive emotion or attitude in acknowledgment of a benefit that one has received or will receive.*

This Thanksgiving, as you reflect on your blessings and what you are thankful for, remember that you have made a difference for many. We ask you not to forget those who may be less fortunate. Consider the needs of men, women and children who have been harmed by violence here in our community.

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## *Contact Us:*

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PO Box 67  
Little Falls, MN 56345  
Phone 320-632-1657  
Fax 320-632-5457  
24 Hour Hotline  
320-632-4878  
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Take a moment to think about the hopes you have for your own loved ones, and the desire that they never know violence or abuse. It is so easy to take health, happiness, and safety for granted but for many families, those things seem like a distant and far off possibility.

We have so much to be thankful for at Hands of Hope Resource Center and it is always good to pause and give thanks for all that we have.

We are thankful for our Staff, Board of Directors, and volunteers that work so hard every day to provide quality services to those who have been impacted by domestic violence, sexual assault, child abuse, and general crime.

We are blessed to have so many friends and supporters of our agency. Without all of you we would not be where we are today.

Todd County Office  
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24 Hour Hotline 1-800-682-4547



*November  
16th is  
Give to the  
Max Day!*

What if you could help us win \$1000 just by giving 10 bucks? On November 16, Give to the Max Day, you can. Hands of Hope Resource Center is participating in the third annual "Give to the Max Day" on Nov. 16, with hopes of raising as much money as possible for our organization in 24 hours (starting at midnight on Nov. 16 through midnight on Nov. 17). GiveMN is easy to use, and your gift will make a huge difference to our ongoing work.

[Click here to GIVE Nov. 16th!](#)

**giveMN.org**  
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