



Friendship Home



THE JOURNEY

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Empowering freedom from domestic violence

October is Domestic Violence Awareness Month

You can make a difference. Help end the silence and **take a stand** to empower freedom from domestic violence.



Save the Date for Safe Quarters:

Friendship Home's biggest fundraising event is Sunday, October 3rd. Learn more about how to get involved on page 3.



Give a Recurring Gift:

Consider providing the gift of safety and security by giving a monthly gift. Any size makes a huge impact in the lives of those facing domestic violence.



Follow Friendship Home of Lincoln on Facebook & Instagram



Spread the Word:

If you, or someone you know, are experiencing domestic violence, call Friendship Home 24/7 at 402.437.9302.

Behind Closed Doors

To her neighbors and friends, Emma and Steve seem to be the perfect couple. After graduating from college, they found good jobs, and purchased their "forever home" a few years later. Three beautiful daughters soon followed in rapid succession. With Emma charming their guests, and Steve at the barbeque, their annual Fourth of July bash is a neighborhood favorite.

But Emma has a secret. Behind closed doors, she is a battered woman, whose "perfect" husband controls nearly every aspect of her life and inflicts pain if she disappoints him.

No one else knows.

Domestic Violence is happening to people you know and care about ... your extended family, friends, and coworkers. It happens across all neighborhoods, income and educational levels, races, and ethnicities.

One in four women in Nebraska will experience domestic violence, and it's estimated that 70% of victims never report their abuse.

As she contemplates leaving Steve, Emma faces barriers that feel absolutely overwhelming. Like most batterers, Steve uses tactics that form a web of coercion, control and pain — nearly invisible to onlookers, but strong and terrifying.

And that's where Friendship Home comes in. We are here for victims like Emma and her children...for all victims ... when things are at their worst, with comprehensive services and compassionate support.

WE ARE HERE, empowering safety and freedom from violence.


From the Executive Director

Fractured, Hailey sat in the hospital room waiting to be discharged. It was not just her cheekbone and ribs that were broken — it was her spirit. One thing became clear: she wanted to live. For the sake of the children, she had tried to stay. She thought she could manage her husband's brutality by controlling the circumstances that triggered his violence, but she now realized that was impossible.

Hailey called the Friendship Home crisis line from the hospital and spoke with one of our advocates. Working together, they determined Friendship Home's communal shelter would be the safest place for her to make plans for their future. While her husband was at work, she packed their suitcases, picked up Olivia and Bryson from school, and took the first courageous step to rebuilding their lives: she came to Friendship Home.

Given the level of violence Hailey experienced, she worked with staff to begin the process of applying for a protection order while children's advocates helped get the kids settled in and gave them a tour of the shelter. Olivia and Bryson were thrilled to see the basketball hoop; a spirited game ensued while Mom was making life-changing decisions inside.

Friendship Home's advocates know how dangerous it is for a woman to leave her batterer and they work alongside victims to support them in charting their course for a safer future. We cannot thank you enough for sustaining lifesaving resources for families like Hailey's. Thank you for providing hope they can feel.



Amy Evans
Executive Director

Upcoming Events!

Safe Quarters | October 3

Follow us for updates on upcoming events and more!

 [/friendshiphome](https://www.facebook.com/friendshiphome)

 [/friendshiphomeoflincoln](https://www.instagram.com/friendshiphomeoflincoln)

 [/friendshiphome.org](https://www.friendshiphome.org)



Rapid ReHousing Program

In 2018, the federal branch of Housing and Urban Development provided funds to launch our Rapid ReHousing (RRH) program to serve up to six families. RRH is designed specifically to help victims of domestic violence access permanent housing. It is also a great example of the many ways our community helps battered women find the firm footing they need to move out of violence.

In January of this year, Friendship Home received additional funding from Domestic Violence Bonus grant through the Continuum of Care, adding six units — expanding families served from six to 12. With further capacity we are able to help more survivors secure housing that works best for their families.

This program is tenant based, meaning individuals will sign a lease and Friendship Home provides rental assistance and supports women in developing a personal plan for independence and assuming full rental payments. RRH is important because it allows for families to move past the crisis of domestic violence, and homelessness, to work on self-identified goals — to rebuild their lives.

Are you an online donor?



If yes, we encourage you to use Friendship Home's secure website, www.friendshiphome.org. Donations come directly to Friendship Home and we all benefit from lower processing fees. **Thank You!**

Join us for Safe Quarters on October 3, 2021

Safe Quarters is Friendship Home's largest fundraiser. On Sunday, October 3, over a thousand volunteers will visit homes in Lincoln and surrounding area neighborhoods, collecting financial contributions and spreading awareness of the life-saving services Friendship Home provides.

The help of the whole community is needed for Safe Quarters to be a success. **Your participation will help end violence in the lives of victims in our community — and maybe even save a life.**



Become a Team Captain

Team captains are a crucial part of Safe Quarters. They are the backbone of the event every year. In 2019, over 100 team captains led almost 1500 volunteers throughout our community to raise over \$115,000.

Join us and gather a group of friends, family, co-workers, or neighbors to go door-to-door in a neighborhood of your choosing on Sunday, October 3. All ages are encouraged to participate. Each team will receive a collection bucket and every volunteer will receive a t-shirt.

A past team captain, explains why they continue to volunteer year after year:

"When the Safe Quarters campaign first began, I immediately signed up to be a Team Captain. I am proud to say that I have never missed a year since. I became involved because in my 20's, my best friend was physically, emotionally, and sexually abused by her boyfriend and father of her three children. At the time, I did not know how to help her. Together we can and will make a difference."

Volunteer

Not interested in being a team captain? There are a variety of opportunities in which you can be involved from walking with neighbors to helping with event site setup or teardown.

To register, or for more information, contact Dani at danib@friendshiphome.org or 402.434.0167.

Movers for Mom's Program

For over 25 years, Two Men and a Truck in Lincoln has been an incredible partner in Friendship Home's mission. Through donating their time to help move victims of domestic violence to safe, secure shelter, and organizing collection drives around town, Two Men and a Truck truly knows what it means to empower freedom from domestic violence.

This year, Friendship Home was selected locally to benefit from Two Men and a Truck's Movers for Moms program.

Movers for Moms is a national giving program aimed at assisting moms in need by collecting items for women's and family shelters each spring. At Friendship Home, Mother's Day was extra special as we received 675 items (worth over \$5,000) from 12 different drop-off locations around town to gift to the women and children we serve every day! Donations ranged from everyday necessities of diapers, cleaning supplies, and toiletries to kitchen essentials like mixing bowls and hand towels.

We are beyond grateful for the generous, continuous support we receive from Two Men and a Truck. Thank you for all you do for Friendship Home and the Lincoln Community.

We are truly grateful for the generous support from individuals, families, and local organizations we receive every day. Thank you to all our friends! To see a full list of donors, please visit friendshiphome.org.



Lives You Have Touched

January – May 2021



744

Victims received shelter
and/or crisis services



406

Victims and their
children requested
safe shelter



622

Victims of domestic
violence were sheltered,
218 were children



17,889

Bed nights



20,790

Meals were provided

A sincere thank you to our recent contributors for your generosity.

To maintain a level of commitment to being cost-effective, the donor lists are now published online at www.friendshiphome.org.

Community Spotlight: Hampton Enterprises

For the past five years, Hampton Enterprises has been a 'go-to' partner in helping us serve victims of domestic violence in a variety of impactful and supportive ways. They have contributed financial support, donated volunteer time, and provided building space for our Sponsored Families event, so Friendship Home could continue to provide a little joy to the families in shelter during the holidays.

Lincoln Zehr, President and CEO of Hampton Enterprises explains, "We make decisions in the same way Joe Hampton, who founded the company, did. Joe was firmly committed to sharing his success by giving back to the community in a way, as he put it, was 'a hand up.' The help that Friendship Home provides women and their families in crisis due to domestic violence is very much in line with that philosophy – and unfortunately, so very needed in our community."

Thank you so much to the team at Hampton Enterprises for their continued support of the families that we serve as they rebuild their lives free from violence and fear.



Friendship Home

Our Mission

Friendship Home exists to support, shelter, and advocate for victims of domestic violence and their children.

Board of Directors

Kirk "Joe" Adams	Debbie Gaspard	Cecilia "Sissy" Ruley
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Remember Friendship Home

Giving a convenient monthly gift will allow us to help **every** person who comes to us for safety. *Every gift matters.* **To learn more, contact Meredith Seaman, Development Director, at 402.434.6599.**

This newsletter is published three times annually by

Friendship Home

P.O. Box 85358, Lincoln, NE 68501-5358

402.434.0168

24-Hour Crisis Line: **402.437.9302** • In-Kind Donation Line: **402.437.9301**

