



Friendship Home



THE JOURNEY

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Give the gift of HOPE!

Who doesn't anticipate the holiday season with great excitement? Loved ones, laughter, and memories! For victims of domestic violence, it's a different story. For victims of abuse, the holidays bring the stress of weighing the cost of staying in an explosive, dangerous situation or fleeing and "ruining" the children's holidays. This could be a life-changing decision. Yet each year our confidential safe shelters are full.

Thanks to friends like you, together, we can provide joy for the women and children seeking safe shelter at Friendship Home. You provide gifts and treats through Sponsored Families. We provide the music, the hugs, and the hot cocoa. What they need most, however, is HOPE! Hope that they can build a better life.

You can give a gift of HOPE that will last all year. Please consider becoming a sustaining giver. By giving a gift of any size each month, you provide the stability that we count on to give our best to those who need us the most. You can even dedicate your gift to someone that you love or remember. It's easy. It's secure. **Simply go to friendshiphome.org and click on the donate button.**

Thank you and Happy Holidays.

Empowering freedom from domestic violence

Hope Filled Holidays

The holidays bring anticipation and joy, but not for everyone. Can you imagine fleeing for your life at this time of year?

Sonya was a courageous mother of four who left her abusive husband. A violent and unpredictable man, he tormented his family and forced them to live on next to nothing. Sonya made the decision to leave after he tried to strangle her.

She reached out to a Friendship Home Advocate who helped her develop a plan to leave safely. Friendship Home provided emergency shelter and then transitional housing for Sonya and the kids, along with nutritious meals, safety planning, crisis counseling, children's advocacy, and an abundance of support as they slowly rebuilt their lives. Eventually, Sonya found a job and they moved into their own home.

Sonya confided that her next priority was to "make a wonderful Christmas" for her children. They'd never had a Christmas tree before; there had been no gifts, and no joy. With her modest salary, she began to save for that special Christmas. On December 24th, Sonya's small home held a lovely tree and many thoughtfully selected gifts for her children.

That day Sonya's husband broke into their home, destroying the tree and the gifts, gloating that he could destroy her whenever he wanted. The gifts that she'd saved to provide for her children were now just bits and pieces on the floor.

Sonya and her children found themselves back in shelter at Friendship Home on Christmas Eve. Advocates scrambled to find gifts for the family, and to provide the comfort and support they needed. Within a few days, we'd helped her repair her door, replace windows, and obtain a protection order.

Leaving doesn't always end the violence. Thanks to friends like you, Friendship Home is here for families like Sonya's, to provide the firm footing survivors need to find safety, healing, and freedom.

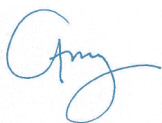
From the Executive Director

Holidays at Friendship Home are bittersweet. Families in shelter have often experienced violence and trauma that no one should have to endure. Our advocates and case managers work hard to understand what is meaningful to each family — each mother, each child — during the holidays and every other day of the year.

Seven-year-old Hana comes to mind. Hana wished that the holidays could feel like they did when she was little. She remembered playing with her cousins, enjoying the warmth of family celebrations. That was before home became dangerous. She wondered if she would ever feel like a normal kid again. If she could just forget the feeling of helplessness she experienced as she watched her dad hurt her mom. At least in shelter they were safe, they could breathe again.

The team at Friendship Home planned thoughtfully to create a healing environment for Hana and her mom in the sunny apartment that served as their single-family shelter. Regina, their case manager, worked with volunteers to make sure Hana's room was decorated with a 3rd grade girl in mind, complete with some favorite books, new art supplies and a purple comforter — her favorite color. She also worked closely with Hana's mother to support her in providing the gifts, meals, and traditions that bring warmth to their holidays. Regina made sure they had the baking supplies they needed to fill that sunny apartment with the aromas that signify home and comfort to them.

You made this possible! We thank you for helping survivors of domestic violence find safety and peace this holiday season. Thank you for giving them time and space to heal. Thank you for being hope they can feel.



Amy Evans
Executive Director

Children & Domestic Violence



Did you know domestic violence may be the single major precursor to child abuse and neglect fatalities in this country? * Last year, Friendship Home sheltered 373 children facing domestic violence, 63% of the victims sheltered.


When looking at domestic violence in children, it affects them all differently, but all who experience it can be at serious risk for long-term physical and mental health problems. Domestic violence creates an environment where many children live in constant fear, nervously trying to anticipate when the next assault will happen. Some common effects may be:

- Developmental delays
- Anxiousness
- Depression
- Trouble sleeping
- Difficulty paying attention in school
- Increased headaches
- Nausea
- Body aches

Our children's advocates have witnessed all these effects on the various children they've worked with at Friendship Home. Almost every child we see struggles with anxiety, depression, and night terrors to some extent. At Friendship Home, our team of children's advocates work closely with the children we see every day to help build trust, hope, and healing for a brighter future.

** The U.S. Advisory Board on Child Abuse*

Follow us for updates on upcoming events and volunteer opportunities!

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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!**

Safe Quarters Thank You!

Our 19th annual Safe Quarters event went virtual this year, and it was a huge success. Thank you for the dedication of our many volunteers and sponsors.

Throughout the two-week event, held October 3-17, over 65 teams joined forces to raise over \$88,500 to provide “safe quarters” to the victims of domestic violence Friendship Home serves every day.

Safe Quarters is truly a community-wide effort, and the results show how generous our community is in helping to empower freedom from domestic violence.

Special thank you to our 2021 Safe Quarters Sponsors!



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Volunteer Spotlight: Sandy Bundy

Sandy has been a volunteer with Friendship Home for over seven years. In this time Sandy has volunteered 1,476 hours! Sandy volunteers at our communal shelter and helps keep everything operating smoothly. Each week, Sandy can be found filling our supply closets and organizing our highly-needed items. Our staff can locate items for our residents with ease all because of Sandy's hard work and dedication.



Sandy knows the ins and outs of the shelter and is always quick to lend a helping hand in any way she can, including aiding with mailings during the holidays and for events. We truly can't picture Friendship Home without Sandy. She is such an important part of our team, and we are so lucky to have her.

Sandy says, “Friendship Home is a wonderful place to volunteer. They appreciate their volunteers and treat them very well. The staff not only cares about their jobs and the residents, they care about the volunteers.”

If you are interested in volunteering at Friendship Home, please contact Rainey at raineyk@friendshiphome.org.

Lincoln Orthopaedic Center

Since 2006, the Orthopaedic Open, hosted by Lincoln Orthopaedic Center, has supported patients recovering from major surgery get back in the swing

of things, and Friendship Home's mission to empower freedom from Domestic Violence. This year, the annual golf tournament raised \$31,000, an overall \$150,000 from the last 15 years, to provide safe, emergency shelter and crisis services to the victims of domestic violence served at Friendship Home. We are so grateful to partner with Lincoln Orthopaedic Center and for all they do for the 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 1, 2021 - September 30, 2021



906

Victims received shelter and/or crisis services
(**464** adults & **442** dependents)



602

Victims and their children requested safe shelter (**282** adults & **320** dependents)



477

Victims of domestic violence were sheltered
(**170** adults & **307** dependents)



29,749

Bed nights



31,830

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.

Partner Spotlight: Capital One



Friendship Home Partners with Capital One to Offer Financial Education and Opportunities to Access Valuable Resources.

Friendship Home is pleased to partner with Capital One to offer education classes and one-on-one consultation with victims of domestic violence. These classes ensure they are safe, know how to stay safe, and have the information and resources they need to achieve self-sufficiency and live free of a violent abuser. Due to COVID-19, the Delta variant, and local mandates, the Getting Ahead classes have been paused. We anticipate resuming classes in the near future.

Capital One has a corporate culture of assisting vulnerable individuals in communities to achieve financial security and a commitment to build and foster a society in which every voice is heard. They believe that helping the individuals in our community to reimagine their opportunities, financial and otherwise, can change the world. Visit capitalone.com to learn more.



Friendship Home

Our Mission

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

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Remember Friendship Home

Please let us know if you've included **Friendship Home** in your will and estate plans. We would like to add you to our Legacy Society. **To learn more, contact Angie Hilsabeck, Donor Relations, at 402.436.2156.**

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Friendship Home

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

