



THE JOURNEY

A Publication of Friendship Home | Winter 2023

Empowering freedom from domestic violence

The Importance of Giving

The holiday season brings about various feelings to everyone, especially those who find themselves displaced due to an unsafe home or relationship. The needs of survivors are forever growing and changing, and we do not see that need decreasing anytime soon. We anticipate that by the end of this year, we will surpass the number of survivors we served last year. Today, we are serving 67 survivors and 101 of their children, with 40% being between the ages of 0-5.

Case managers and advocates at Friendship Home work tirelessly to meet the needs of families by providing hope, comfort, and safety, not only during elevated times like the holidays but year-round. Please consider spreading the word about Friendship Home to your friends and family or donating to Friendship Home this holiday season. Your help ensures that those most vulnerable in our community don't have to choose between living in danger and homelessness, a decision even more daunting when children are impacted.

We are continually humbled by the generosity of our private supporters who help Friendship Home continue to provide peace and safety during the holiday season and all year. Thank you.

Donate Now!

Scan the QR code to the right to make an online donation today!



Finding Safety During the Holidays

“ *‘I don’t need much, just enough to get the kids a few presents to open on Christmas morning.’*

One sentence. That was all it took to set my husband off into a rage. It wasn’t supposed to go that way – I had rehearsed it repeatedly in my head, working tirelessly to find the perfect way to ask for money and not make him mad. My mind raced with thoughts, and panic coursed through my veins as I watched my husband’s rage escalate.

*Did I not practice enough? What if the kids hear him?
No, they’re asleep, safe. Where did I go wrong?*

Then, the thoughts stopped. Everything went black.

It wasn’t until I woke up in the hospital, with a social worker and a nurse asking me questions about my husband and home, that I realized what Craig was doing to me wasn’t my fault. My home is not safe. My children are not safe. It’s the holiday season; I should be full of joy and spirit, but I’m not. I’m scared.

After speaking with support staff at the hospital, they gave me the number to Friendship Home’s crisis line. I called from the nurse’s station after visiting hours one day after Craig left. I spoke with an advocate, and over the next few days, I checked in with them daily, devising a safety plan. We decided I would check out a day early from the hospital and immediately move into Friendship Home’s emergency shelter. My sister, who had been picking up the kids from school while I was in the hospital, would bring them to Friendship Home.

Now, 17 years later, I think back to that sentence that changed my life. My kids were cared for that winter. We checked in two days before Christmas. I all but gave up hope they’d have a happy memory of this holiday, but they did. My advocate gave me a box full of presents to wrap for the kids, donated by community members, she said. My kids had a tree full of presents, and so did I. For the first time since marrying Craig, I had something for myself. Friendship Home saved my life. ”

From the Executive Director

Friendship Home has been active in our community for 45 years. While sheltering is the majority of what we do at Friendship Home, it is not our only service. We pride ourselves on meeting survivors where they are, but what does that mean? At Friendship Home, we need to listen empathetically to what the survivor says they need. What one person wants or needs may not work for all. Some call our crisis line in the middle of the night to ask questions or seek some support. One person may want a safety plan as they are not ready to leave their home. Another may need shelter after leaving their violent relationship.

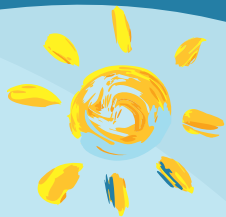
When a survivor calls our crisis line, they know their story better than anyone else. They know the heartache, pain, and suffering that they have gone through. They understand what they are looking for and what they need to live a life free of violence. Our advocates focus on survivor-centered services. They want to know what each individual needs when they make that call. This is a vital service that is provided day in and day out at Friendship Home.

Giving a survivor their voice back and assisting them in realizing their ability to recognize their own strengths is part of the journey that Friendship Home provides to survivors. Empowering one to see that they have strengths within them and can use their voice to speak up for their needs is a task that our advocates are eager to take on day in and day out.

As a supporter of Friendship Home, you make this possible. We thank you for helping survivors of domestic violence find safety and peace during the holidays and year-round. Thank you.



Leah Droge
Executive Director



CONNECT WITH US!

Follow us for updates on upcoming events and volunteer opportunities!

-  /friendshiphome
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General Dynamics employees help with fall cleanup.

Friends of Friendship Home

We are so grateful to the Friends of Friendship Home for giving their time, energy, resources, and compassion to support those served at Friendship Home.

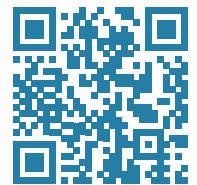
TurtleLiz & JenMonkey: On August 26, Liz and Jen hosted the third annual TurtleLiz JenMonkey Friendship Run. They raised \$1,175 for Friendship Home through race entries, donations, and calendar sales! Thank you to Liz, Jen, and the event sponsors, Fleet Feet Lincoln and Central States Telecom, Inc., for their generous support! We offer a special thank you to Sean Erickson at Modern Woodman of America for their generous match gift of \$500. Your donations are helping to provide safe, confidential shelter to survivors of domestic violence and their children.

Earl May: For Halloween, Early May generously donated 25 pumpkins to Friendship Home. With this donation, children and adults at Friendship Home were able to carve pumpkins and decorate for the holiday. Thank you, Early May!

General Dynamics: Thank you to the team at General Dynamics for spending a Sunday afternoon at Friendship Home this fall cleaning up our Service Center yard and preparing for Safe Quarters. These volunteers spent their time trimming bushes, mowing, pulling weeds, and more. Thank you to General Dynamics!

Monthly Giving

Our monthly giving program helps Friendship Home build a consistent base of monthly revenue. This gives us the stability to be able to offer each survivor services that are unique to their circumstance and help them plan for their future. For more information and to become a monthly donor, please go to www.friendshiphome.org and click on *How You Can Help!*



Safe Quarters Thank You

On October 8th, Friendship Home held our annual Safe Quarters event! Safe Quarters has been a prominent event in the community for 21 years, raising hundreds of thousands of dollars for Friendship Home since its beginning. This event would not have been possible without the support of our community, volunteers, and sponsors. Thank you for your hard work and dedication!

Throughout the day on October 8th, hundreds of volunteers walked Lincoln communities to spread awareness about domestic violence and collect donations. We raised **\$72,208.20** through sponsorships, virtual fundraising, and door-to-door donations!

Safe Quarters truly is a community-wide effort, and the results show how generous our community is in helping to empower freedom from domestic violence. Funds raised at Safe Quarters fund vital Friendship Home programs such as case management, crisis services, and shelter.

A special thank you to our 2023 Safe Quarters Sponsors!



Capitol Heating & Air Conditioning
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Pinnacle Bank
Pharmacy Solutions
Q2

REGA Engineering Group
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1011 News



Be a Match!

Empowering children takes a village. At Friendship Home, each child served has a designated Children's Advocate focused on providing specialized care to guide the youngest survivors through their trauma. With 64% of those served at Friendship Home being children, the demand for specialized care continues to grow.

The Match Program aims to meet this need. This program aims to pair a child served at Friendship Home with a caring and dedicated individual not associated with the child's current situation. As a match, you can provide them with valuable support to make a difference in their life.

Interested in being a Match Volunteer?

Please contact Sydney at sydneyb@friendshiphome.org or apply via our website at www.friendshiphome.org.

Note: The application process will include an in-person interview and background check.

Partner Spotlight: Thank you to Allstate

For the last 14 years, Allstate has been a gracious supporter of survivors not only served by Friendship Home but throughout the United States. The Allstate Foundation has been working to "Disrupt the cycle of relationship abuse" since 2005 by working to create a society where women are empowered. As a partner of Friendship Home, they have given over \$425,000 to help survivors and their children in the Lincoln community by helping us provide safe shelter and strengths-based advocacy.



They have not only contributed financial support but also donated volunteer time and helped spread awareness about domestic violence and the resources that Friendship Home has available for our most vulnerable neighbors. As a Major Event Sponsor for Safe Quarters, they give us the needed resources to canvas neighborhoods, informing the community of the ever-growing need for domestic violence services in Lincoln.

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

Lives You Have Touched

January 2023 – September 2023



1,402

Survivors received shelter and/or crisis services



752

Survivors and their children requested safe shelter



616

Survivors of domestic violence were sheltered
(236 adults & 380 children)



32,485

Bed nights



35,706

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.



Friendship Home

Empowering freedom from domestic violence

Our Mission

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

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“Without the support I received from my advocates at Friendship Home, I would not be here today. I am forever grateful to them.”

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Friendship Home

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

402.434.6353

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

Friendship Home Board Supports Staff

Friendship Home is thankful to have an extremely supportive and generous Board of Directors. They go above and beyond throughout the year by participating in Friendship Home events such as Stuff the Bus, Safe at Home, and Safe Quarters.

Friendship Home's board planned a Friday lunch tailgate at our Service Center this past September. We had burgers and Husker popcorn to celebrate each other, ending the day feeling appreciated and supported. It was a great moment to gather with co-workers and board members!

Board service can be a tough volunteer role. Our board members take on duties with dedication and grace. They are passionate about Friendship Home's work and huge supporters of our mission.

