



THE JOURNEY

A Publication of Friendship Home | Summer 2023

Empowering freedom from domestic violence

Save the Date for Safe Quarters!

This year, Friendship Home's Safe Quarters takes place on Sunday, October 8th! Safe Quarters is our largest fundraising event of the year, with over a thousand volunteers visiting 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 to make Safe Quarters a success. Your participation will help empower freedom in the lives of domestic violence survivors in our community – and maybe even save a life.

Team captain registration is now open! Team captains are a crucial part of Safe Quarters. They are the backbone of the event every year. Join us this Sunday, October 8th, and gather a group of friends, family, co-workers, or neighbors to go door-to-door in a neighborhood of your choosing. This is a family-friendly event, meaning all ages are encouraged to participate!

Scan the QR Code to register your team today!

If you have any questions about Safe Quarters, please email Whitney at whitneyw@friendshiphome.org.



Safe Nights at Friendship Home

Shereen had always felt safe at home. She knew her neighbors, she had an alarm system, she was in control, and she felt safe. When her boyfriend moved in, she was thrilled. The thought of having someone close to her that cared for her and would protect her if anything went wrong was a comfort to her, especially after living alone for so many years. She expected movie nights, dinner dates, forts in the living room, and all the fun things that you could do when living with your partner. For a while it was wonderful, but slowly things changed. It started with little comments about her weight and how she dressed. He wanted her to look just right when he was with her. He began taking cash out of their bank account and hiding it, so she had to beg him for money when she needed it for expenses.

Then her home became physically violent.

Shereen's work had requested a speaker from Friendship Home to come to their office and provide their employees with information on domestic violence and resources for those facing it. Shereen grabbed the awareness materials that were handed out and brought them back to her desk, where she immediately began looking into her options. She learned through the presentation that wherever you are in your journey, Friendship Home will meet you there.

When Shereen called the crisis line at Friendship Home she was in shock. She hadn't even realized that she was in an abusive relationship until she heard a Friendship Home employee speak on domestic violence. She was exhausted and scared. How had she lost her independence? Working with a supportive team of strengths-based advocates and participating in counseling during her time in shelter, she was able to rebuild her confidence and make a plan to reclaim her independence. She looks forward to feeling safe and in control again.

From the Executive Director

Children at Friendship Home are returning to school, and summer is winding down. When I hear about the families preparing for school, I often think back to my time at Friendship Home. I began my time here as a Children's Advocate. I often spent these days gathering all the items every child needs to be prepared to return to school. At Friendship Home, we don't want anyone to feel as if they are left out or unprepared for school, so we are busy gathering all the school supplies that each child could need.

I vividly remember meeting with a mother on the porch of our shelter, talking about her child's needs, her fears as her child returned to school, and the violence that brought them to Friendship Home in the first place. The day was warm, and the sun was shining off the porch so you could begin to see the shadows. As the mom and I were talking, I was watching her young child, who was eight at the time, leaning over the railing to see her shadow cast on the ground. She was moving in different directions and seeing how large her shadow could become.

Watching her made me think about the innocence of a child, but also how even in the worst of times, they can still get swept away in their imagination. I thought about how the school would be yet another place where she could get lost in her imagination and find her strength.

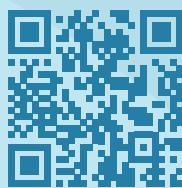
I will always cherish the moments that I had just like this one. They keep me connected to the families we serve and dedicated to the mission, just like all of you who support Friendship Home and continue to support our mission.



Leah Droege
Executive Director

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!*



The Importance of a Children's Advocate

Children who witness and experience domestic violence are often overwhelmed with emotions they cannot make sense of. Traumatic events during childhood can cause physical and/or emotional problems that can stick with them for an indefinite amount of time. Because of this, it is extremely important to have a specialized individual to guide and provide children who face this violence with specialized care.

Friendship Home is unique in that it offers advocates for children. Child advocates can provide a nurturing environment for children to start the healing process from the trauma associated with DV. CA's work with children who have witnessed or experienced violence understand that they are not alone, and help them develop healthy coping skills, all in a trauma-informed way. Our advocates provide a consistent, safe, and nurturing atmosphere for children residing with Friendship Home.

Friendship Home served 1,554 survivors of domestic violence in 2022. 64% of those served were children. This makes having children's advocates at Friendship Home highly important. Friendship Home is honored to have a very dedicated staff of Children's Advocates.

"There are so many ways DV can impact kiddos, and our trauma-informed lens allows us the opportunity to walk alongside them as they begin the journey to healing.

This program is so special and so important."
- Grace, Friendship Home Children's Advocate

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Follow us for updates on upcoming events and volunteer opportunities!





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We are grateful for the generous support we receive from individuals, families, and local organizations. Because of dedicated supporters like you, Friendship Home raised **\$125,853.08** during Give to Lincoln Day! Your gifts and generosity allow us to help those fleeing a violent home find safety. Thank you to all who donated during Give to Lincoln day!

give
TO LINCOLN DAY
MAY 24, 2023

Nebraska Orthopaedic Golf Tournament

Nebraska Orthopaedic has supported Friendship Home's mission for many years. This year, NOC hosted its 16th Annual Ortho Open at Woodland Hills Golf Course. They raised **\$28,240** through generous donors and sponsors. The funds raised will provide safe shelter and crisis services to survivors at Friendship Home. Thank you to all those who participated!

Friendship Home relies on the support of the community to continue to provide safe shelter and services to those served. If you are interested in setting up a fundraiser for Friendship Home, please visit our website [www.friendshiphome.org](http://friendshiphome.org).

We are truly grateful for the generous support we receive from individuals, families, and local organizations. Thank you to all our friends!



Lives You Have Touched

January 2023 – June 2023



847

Survivors received
shelter and/or
crisis services



452

Survivors and their
children requested
safe shelter



385

Survivors of domestic
violence were sheltered
(**146** adults &
239 children)



21,739

Bed nights



22,035

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.



Our Mission

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

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"I came to Friendship Home with no job, no money, and no place to go. They never looked at me badly. They opened their heart and arms to show me that there is a better way to live, a better life for me and my child, and I thank them from the bottom of my heart."

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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**

Partner Spotlight



For over 31 years, Ameritas has been a go-to supporter for Friendship Home. Last year, when we were notified of an upcoming grant funding shortage, we asked them for help bridging the funding gap in order to maintain shelter capacity **and they answered**. The Ameritas Charitable Foundation agreed to fund 2 single-family shelters each year for 3 years.

They have not only contributed financial support, but they have donated volunteer time and helped to spread awareness about domestic violence and the resources that Friendship Home has available for our most vulnerable neighbors.

"Ameritas is a longtime supporter of Friendship Home because we strongly believe in their mission of helping families overcome domestic abuse and helping families move forward," said Liz Ring Carlson, Vice President, Corporate and Community Relations. "The difficult work Friendship Home does is crucial to keeping women and children safer and more secure and we are grateful to them and the work they do for Lincoln."

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

