



A New Year, A Time For Renewed Commitment

A message from Executive Director Tova Hairston

So, it's finally here. 2021 has arrived and I, like most of us, am excited to usher in a new year and move forward from the unprecedented hardships of 2020. Many people take this time to establish or renew commitments to financial management, health and wellness or self-improvement in different ways. I imagine 2021 will be no different, but I believe that each of us will lean on the lessons learned in this difficult time to prioritize the things that are most important in our lives and take care to appreciate all the good that we offer to and receive from the universe each day. With a new year, we are emboldened to realize necessary changes for development and growth, and CWS is no exception.



In December, we were overwhelmed by the selfless generosity offered to us by our donors, supporters, and champions. This past fall in the light of cancelled fundraising events due to COVID-19, we called on our community for help and support, and you showed up in a big way. This year, we were gifted over \$20,000 through our Winter Appeal project, raising critical funds to meet the vast, varied needs of the 600+ people we serve each year. More than 30 individuals and organizations contributed to our annual Adopt a Family project, helping more than 20 families create beautiful memories and retain some sense of normalcy this past holiday season.

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BOUTIQUE

A GEM OF AMONG THRIFT STORES

**COME SHOP FOR
GENTLY LOVED
CLOTHING,
ACCESSORIES AND
HOUSEHOLD ITEMS**

50% OFF YELLOW TAGS

**SPEND \$25 GET 25%
DISCOUNT ON
1ST AND 3RD SATURDAYS.**

**2509-A NEUSE BLVD. NEW BERN. NC
252.633.6305**



@helpinghandsnewbern

Executive Director's continued message (continued from Page 1)

Most often, change is inspired by some self-reflection. At CWS, our path to improvement includes self-reflections that call us to evaluate our strengths, weaknesses, and capacities. One change inspired by our operational response to COVID-19 is a new schedule of donation processing in our main office. Beginning in February, we will reduce the days on which we accept donations to two days each week. This change resulted from when in March we instituted a schedule of reduced contact with limited staff. Despite our best efforts, we no longer have the capacity to manage donations every day within our normal business hours. Although we understand change is hard for most, this shift is necessary to ensure that our efforts and work prioritize survivors' needs and accessibility to safety services and support.

As we look forward into 2021, we do so with the realization that despite the ebbs and flows, triumphs and challenges and successes and failures of 2020, we are still here. We may be a bit different from who and how we were last year, but we survived. As survivors, we are now stronger and resilient for all this experience. As an agency and a community, that makes us special.

Client Service Statistics for December 2020



Good Neighbors

The 2020 Holiday Season was brighter for our families because of the extreme generosity of our community.



This holiday season was challenging for a lot of families in our community, especially those faced with the trauma and effects of domestic violence. Our “Adopt-A-Family” program saw participation of 23 families who provided a wish list of Christmas presents. These items were then purchased by the generosity of the donating families. Items ranged from Adidas shoes to a baseball glove to bicycles to a basketball hoop to a wide variety of toys and clothing. These gifts were received with the love and joy of the season. Many thanks to the contributing families that made this happen.

Additional holiday gifts from community members and civic groups this year included warm winter jackets, toys, books, pajamas, and towel collections.



Toys drive from Chloe Banks and Michelle Harrelson of Arapahoe Charter School.



Books-A-Million toy and book drive.



Pajama and book drive from Sharee Brody, Tucker Creek Middle School members of the National Senior Honor Society.



Towel collections from New Bern Alumnae Chapter of the Delta Sigma Theta Inc. Pictured here is member Gail Anderson

Donations Are Welcome

The New Donations Policy

The community has been most generous with donations of every kind – nonperishable food, clothing, toys, books and paper goods.. These donations are important to our agency’s operation and help ensure we have the resources we need to continue to serve those that need us most.



Because of the reduction in staff presence in response to COVID19 and to accommodate the many donations we receive throughout the year, we will introduce a new donation schedule on February 1, 2021.

At the main office, we will accept donations on Tuesday and Thursday of each week from 9:00am to 4:00pm.

At Helping Hands Boutique, our thrift store, accepts donations on Monday and Friday of each week by appointment (252.633.6305).



Pajama and book drive from Sharee Brody, Tucker Creek Middle School members of the National Senior Honor Society.



Precious purses donation campaign collected from the Fairfield Harbor community.



Christian Styles with donations of paper goods and personal care items.

Domestic Violence Facts

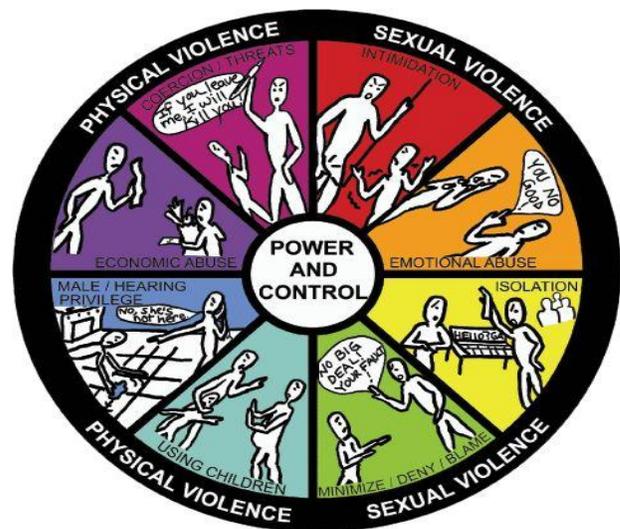
With this issue we are launching a new series of articles that will focus on aspects, definitions and signs of domestic violence.

What Makes a Relationship Abusive?

Every relationship differs, but what is most common within all abusive relationships is the varying tactics used by abusers to gain and maintain power and control over the victim. Nearly three in ten women and one in ten men in the United States have experienced rape, physical violence, and/or stalking by an intimate partner (or former partner) and reported at least one impact related to experiencing these or other forms of violence behavior in the relationship (e.g. feeling fearful, concern for safety, post-traumatic stress disorder (PTSD), need for health care, injury, crisis support, need for housing services, need for victim advocacy series, need for legal services, missed work or school). Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that make others aware of the problem. However, regular use of other abusive behaviors by the abuser, when reinforced by one or more acts of physical violence, make up a larger scope of abuse. Although physical assaults may occur only occasionally, they instill fear of future violent attacks and allow the abuser to control the victim's life and circumstances.

Patterns of Abuse

Illustrations of the power and control wheel are particularly helpful tools in understanding the overall pattern of abusive and violence behaviors used by abusers to establish and maintain control over their partners both within and following a relationship. Very often, one or more violence incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



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As the wheels illustrate, abuse is cyclical. There are periods of time where things may be calmer, but those times are followed by a buildup of tension and abuse, which usually results in the abuser peaking with intensified abuse. The cycle then often starts to repeat, commonly becoming more and more intense as time goes on. Each relationship is different and not every relationship follows the exact pattern. Some abusers may cycle rapidly, others over longer stretch of time. Regardless, abusers purposefully use numerous tactics of abuse to instill fear in the victim and maintain control over them.

Source: NCADV (National Coalition Against Domestic Violence)

Coastal Women's Shelter is a 501(c)(3) Tax exempt, non-profit domestic violence organization serving Crave, Jones and Pamlico counties in Eastern North Carolina.

To become a CWS volunteer or to make a monetary contribution, please contact us at 252.638.4509 or visit our website at coastalwomensshelter.org.

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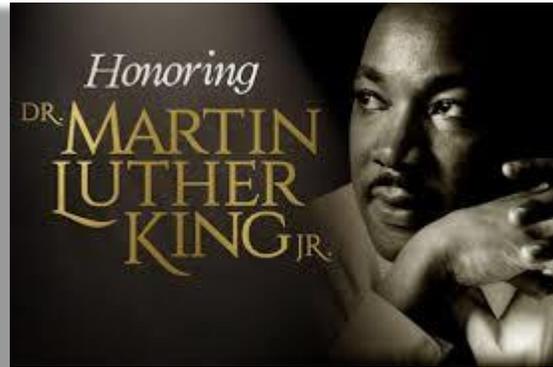
Bookkeeper &

Operations Manager

Holiday Office Closing

In observance of Martin Luther King Jr. Day, Coastal Women's Shelter's administrative offices will be closed on Monday, January 18, 2021 and will reopen on Tuesday, January 19, 2021.

If you or anyone you know needs help, they can call our 24/7 Crisis Hotline at 252.638.5995 to speak to a Coastal Women's Shelter's staff member for immediate assistance and support.



For more information about Coastal Women's Shelter please visit coastalwomensshelter.org

Follow us on these social media platforms:

