

NEWSLETTER - FEBRUARY, 2021

1333 S. Glenburnie Road • New Bern, NC 28562, 252.638.4509 • coastalwomensshelter.org, 24/7/365 Crisis Hotline: 242.638.5995

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THE FELLOWSHIP MAKES A TREMENDOUS CONTRIBUTION TO THE CWS SAFE HOUSE

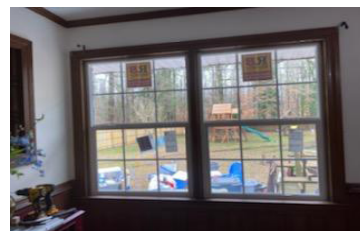
Jeff Knipple, Pastor of the Fellowship in Havelock, NC came forward recently with a donation of over \$15,000 in labor and materials for 3 major repair projects at the Coastal Women's Shelter's safe house. These priority projects included a privacy fence repair and addition, window replacement and shed demolition. It took 30+ volunteers from the Fellowship in just over 10 days of service to complete these projects.

The Fellowship has supported the mission of CWS for over 4 years. Their generosity has seen in support of special giving projects (i.e., Adopt a Family, New Beginnings holiday events); monetary donations and support; and, in-kind goods and services.

Last fiscal year, the Fellowship volunteers donated repair services for a portion of the wooden privacy fence that was damaged during Hurricane Florence.

We are eternally grateful for their ongoing support of Coastal Women's Shelter's mission and services in Craven, Jones and Pamlico counties.

Pictured below are Sound Side team members enjoying there work replacing the safe house windows.



Executive Director's Message

It has been my honor and privilege to serve as the Executive Director for Coastal Women's Shelter over the past 4 years. When I first joined CWS, I joined a long-standing organization that had served as a haven and beacon of hope for survivors of domestic violence for more than three decades. My mission was clear: lead the organization in its efforts to continue to support the needs of our community members who had been impacted by domestic violence, and to work to foster community change to eliminate risk factors of abuse for survivors while manifesting opportunities to support survivors on their journey to futures free of violence.

I joined Coastal Women's Shelter motivated by the audacious courage of survivors. Despite the terror with which they live each day, the fear of reprisal from their safety-seeking efforts and the many hurdles males, undocumented citizens, LGBTQ+ and other marginalized populations face in their journey to safety and security, they continue to dare to envision a safe future for themselves, their families and our entire community. As a lifelong youth advocate, I was compelled to ensure that our service to survivors deliberately include youth, and that we provided safe spaces for families to have open, honest dialogues about not only the impact of the trauma they experienced as a unit, but also how to process these experiences and their impact on the fabric of the family and their next steps forward.

As an experienced nonprofit leader, I came to CWS full of bold, new ideas that challenged conventional program structures, interventions and connections with survivors. Trauma-informed advocacy, systematic change and focus on equity for those served as proudly been my banner during my work with Coastal Women's Shelter, and we are stronger for it. I leave knowing that we have established a new system of service that honors the dignity and respect of those served, and demands change from the systems that survivors must navigate on the road to safety and security, nor the survivors doing the best they can with what they have to stay alive and learn how to thrive.



Tova Hairston
CWS
Executive Director

It is my hope that as I depart, the tremendous work that we've done will serve as the catalyst for the next era of change. As long as disparities among victims of violence and punishment for abusers exist, our mission carries on. I hope that through our work, we can continue to center the voices and experiences of all survivors to ensure that in our supportive roles, we lean on their expertise in their own lives to help guide our processes, inform our decisions and programmatic priorities and lead our efforts toward true systematic change.

It has been an honor to learn from you, center your creativity and experiences and change the way we do this work for survivors across Craven, Jones and Pamlico counties. I am overwhelmed by your unwavering dedication to our mission, generosity of spirit and your faith and partnership in believing that with a little ingenuity and a whole lot of heart, we can serve survivors of violence in a way that offers them choice and respect along with support and critical safety interventions.

Although I am excited about the next chapter in the book of my life, it is bittersweet. I am so proud to have been a part of this agency's history and the forward-thinking changes we've realized in our efforts to best serve survivors of violence in eastern NC. I have come to know the tirelessly dedicated Board, staff and stakeholders of Coastal Women's Shelter as not only amazingly gifted professionals and partners, but as even better human beings.

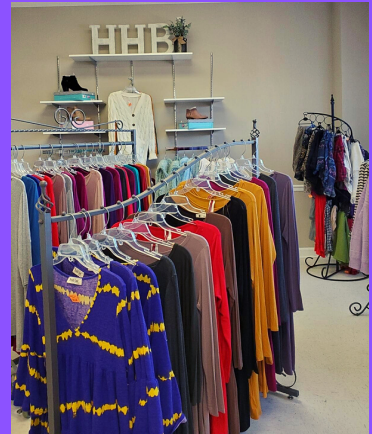
As I approach my final hour as Executive Director for Coastal Women's Shelter, I will take with me a deeper sense of self, of the leader I've become and, most importantly, a fuller understanding of how the work we do each day personally and directly affects the lives of survivors seeking safety in a very real way. Thank you for joining me on this journey of service for the past four years-it has been unforgettable.

Executive Director from June 2016 to March 2021

Helping Hands Boutique



OPEN TO THE PUBLIC



**TIME TO BEDAZZLE
75% OFF SELECT JEWELRY
AND PURSES
1ST AND 3RD FRIDAY 25% OFF
WHEN YOU SPEND \$25.00**

2509A NEUSE BLVD. NEW BERN. NC. 252.633.6305
MONDAY TO FRIDAY 10AM TO 5PM
SATURDAY 9AM TO 4PM



Staff profile - Lisa Moore
Jones County Victim and Lead Court Advocate



cwsjonesco@coastalwomensshelter.net

252.448.9971

I've been employed with Coastal Women's Shelter for 21 years. Actually, when I was offered the job, I knew nothing about domestic violence. I decided to give it a try. And here I am, still here! I'm very passionate about advocating and supporting the survivors I serve every day. I love helping people!

I live in Jones County. I have one son, Levy Moore, Jr. And one granddaughter, Arianna. These two are the joy of my life! I serve as Mayor Pro-Tem and have been a Town Commissioner for about 6 years. I love to read, work in my yard, decorate, shop, and ride my bike. Shopping is my favorite!!

People ask me how I could work in this field for so long and I simply tell them that you have to have compassion for people. If you don't, you will never last in this job! I love what I do! I've learned that as you're taking care of others you also have to take care of yourself! This is very important!

Lisa making
lifechanging,
hard work
look easy.



Pictured from left to right: Mary Arm Benders, Chair, Filing Station, Lisa Moore, Chris, Filing Station volunteer; and Tova Hairston, CWS ED.

Jones County Vigil (candlelight) October 2017

Good Neighbors



Through the generosity of Lowes New Bern employees who donated a 50 inch television to a Jones County family in need. Pictured here are Lowes' employees Jill Conrad and "tall" Mike Armstrong.

Agency Statistics January 2021



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Domestic Violence - Teen Dating



February is Teen Dating Violence Prevention Month. Coastal Women's Shelter is committed to helping survivors and to educating teens and their families about the signs of abuse and what they can do to end teen dating violence.

These are some forms of abuse:

Physical abuse intentional or unwanted contact with you or something close to your body.

Examples:

- Grabbing, kicking, biting
- Pulling your hair
- Pushing or pulling you
- Grabbing your clothing
- Using items (knife, box cutter, bat)

Emotional abuse includes non-physical behaviors such as threats, insults, constant monitoring.

Examples:

- Calling you names & putting you down
- Intentionally embarrassing you in public
- Preventing you from seeing or talking with friends or family
- Threatening to commit suicide to keep you from leaving/breaking up with them
- Threatening to harm you, your pet or people you care about
- Starting rumors about you

One way to prevent these situations is for teens to develop a safety plan that includes: staying safe online, keeping profiles private, save & keep track of abuse, and NEVER share your passwords. Other steps include carrying your phone all the time, avoid places abuser might go, change your routine. Be aware of your surroundings, get your friends help, and NEVER going out alone.

Most importantly, teens need to know that they have caring, trusted, positive adults in their systems of support that they can go for safety, information and help. These adults are often parents, but can be teachers, a friend's neighbor or a community advocate. Coastal Women's Shelter advocates can provide information, referrals and resources to teens experiencing dating violence or abuse. They can call our confidential 24/7/365 crisis hotline at 252.638.5995 to speak with a CWS staff member to discuss their safety options.

Coastal Women's Shelter

The Value of Your Monetary Donation



Historically, most of our funding for Coastal Women's Shelter has come from government grants or foundations; but we are seeing much of that support being cut.

Therefore, we desperately need your help to serve our clients in seeking safety. They often need help with the first month's rent and utility payment; with fees to apply for childcare assistance; with gas cards, with medical bills; and, with legal bills.

Survivors of domestic violence could be your neighbor, your co-worker, your cousin, or the person you pass on the street. Domestic violence lives in secrecy. Every person who can leave an abuser deserves the best chance possible to create a successful life.

Your monthly donation of:

- \$50.00 per month for 3 months provides 45 meals for our safe house guests.
- \$100.00 per month for 3 months provides 30 days of emergency shelter for 1 to 2 families.
- \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and a brighter future.

There is no minimum contribution and you can change the amount or cancel the contribution at anytime.

Coastal Women's Shelter is a 501(c)(3) tax-exempt, non-profit organization that serves survivors in Carven, Jones and Pamlico counties.

Please call us at 252.638.4509 for more information.

Mail your contribution to Coastal Women's Shelter
1333 S. Glenburnie Road
New Bern, NC 28662

Coastal Women's Shelter's New Donations Policy and Donations

Coastal Women's Shelter since and during the pandemic has had to make some adjustments to staff work schedules in the main office. Because of this change we are restructuring donations times. We do appreciate and are so grateful for the generosity of this amazing community and we want to continue this partnership in the safest, most responsible way possible.



WE HAVE AN IMMEDIATE NEED FOR THE FOLLOWING ITEMS

- Laundry Detergent
- Food storage containers
- Trash bags
- Storage bins
- Paper products
- Towel sets
- Twin sheet sets
- Serving pieces
- Office supplies
 - Folders
 - Copy Paper
 - Pens
 - Staplers