



THE BRIDGE



COASTAL WOMEN'S SHELTER

The bridge to empower survivors on their journey to safety and security.

# NEWSLETTER - AUGUST, 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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## HELP INCREASE THE CRITICALLY LOW BLOOD SUPPLY WHILE YOU HELP COASTAL WOMEN'S SHELTER!

We're getting ready for a blood drive on Saturday, August 14, 2021. Blood supplies in the greater New Bern area are critically low. Please consider making an appointment to donate your precious blood. A \$20.00 charitable donation will be made to Coastal Women's Shelter for every blood donation.



## Blood Drive

### Coastal Women's Shelter

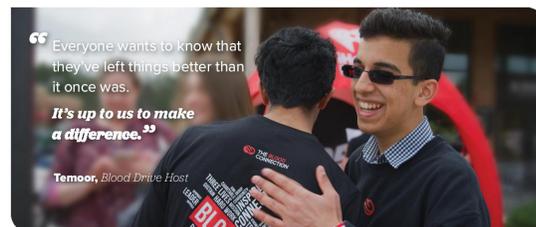
1500 Kingdom Way  
New Bern, NC 28560

08/14/2021 | 10:00 AM-02:00 PM

To make an appointment, please scan the QR Code and search for the Sponsor Code 46CWH.



A \$20 charitable donation will be made for every blood donor!



The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 17 years or older and over 110 lbs. No alcohol. Screen your risks are required to have an iron count in a blood test. Before you donate blood, make sure you are well hydrated and eat a healthy meal. 100 donor 100 Card game and prizes @ organized bloods. @BC.com and other resources are available on our website.



thebloodconnection.org

# Executive Director's Message



As we begin to approach the end of Summer and the beginning of Fall there seems to be a bit of uncertainty approaching with the rise in COVID cases. Our agency has begun to see the impact with the fluctuation of calls for assistance. Individuals are beginning to become more cautious, and a new fear is beginning to set-in with the Delta Variant. As an agency our minds are always thinking of our clients and the potential barriers they may face with the rise in COVID cases: loss of income, shelter-in-place, isolation, aggression and violence and the hands of their abuser, etc.

Our hope as an agency is individuals will continue to have an outlet to reach out for assistance when needed. Children have begun to go back to school, which opens the doors for teachers and counselors to be that safe place for them to open up about what may be going on at home. With the uncertainty if things may or may not stay open in the coming months, as neighbors, friends, and families we must be more vigilant than ever to help those we love. Please reach out to our agency for information on how to notice the signs of domestic violence and abuse.

Our advocates are available in-person during of-fice hours, by phone and can be available virtually if needed. Our crisis line continues to be available at all times and is 100% confidential for those in need as well as for family and friends who may need information for a loved one. Our goal and priority is to make sure we are available for anyone that may need our assistance while making sure we keep everyone's safety in mind.

We would like to thank our amazing community who continues to support our agency and the work we do to help victims of domestic violence stay safe. Your generosity will help provide emergency shelter, legal and court advocacy and all the lifesaving services survivors need as they work to create a safer, healthier, and violence-free future for themselves, their families and our community.

## Client Service Statistics for July 2021



# Helping Hands Boutique



WE HAVE  
GREAT  
SUMMER  
CLOTHING  
ALL AT LOW  
PRICES

  
Helping Hands  
BOUTIQUE  
A Gem Among Thrift Stores

In addition to low prices for beautiful clothes, there are extra discounts on the 1st and 3rd Fri/Sat of every month spend \$25 get 25% off. Come shop to help end domestic violence.

STORE HOURS:  
MON TO FRI 10AM TO 5PM,  
SAT 9AM TO 4PM  
2509A NEUSE BLVD  
NEW BERN, NC



# Staff profile - Selena Baumgardner, Craven County Victim Advocate



**IN HER OWN WORDS:**  
I have been with Coastal Women’s Shelter for 6 weeks now. I started my career working with Survivors of Sexual Assault; ultimately I decided to try something new and jump into the Domestic Violence advocacy side. Being a survivor of abuse gave me passion to help others in their time of need.

My job now is to advocate for Domestic Violence survivors and support them through the process after the abuse. I am very passionate about making sure every survivor feels heard, feels safe, and can heal.

Outside of work I am a mother of two kids and a step-mother of three more.

I am an avid motorcycle rider and love having cookouts and spending time with my wife and family!



# Good Neighbors

Congregants of Highland Park Christian Church made an extremely generous donation of food, paper products, books and toys.



IMMEDIATE NEED FOR THE FOLLOWING:

DINNERWARE AND FORKS, SPOONS, KNIVES  
PAPER PLATES  
LAUNDRY DETERGENT  
STORAGE BAGS  
TRASH BAGS  
PLASTIC WRAP AND ALUMINUM FOIL

DONATIONS ACCEPTED  
TUESDAYS AND THURSDAYS  
9am to 4pm  
at CWS main office  
1333 S. Glenburne Rd., New Bern, NC

## BOARD OF DIRECTORS

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# Domestic Violence - Do You Think Your Partner Might Be Abusive?

The following signs often occur before manifestation of full abuse and may serve as clues to one person in a relationship becoming abusive of the other. Think about the following questions and apply them to your partner. If you can identify with one or more of the scenarios or answer “yes” to any of the questions below, you may be with an abusive partner.



- Does your partner have a quick temper? Do they over-react to little problems and frustration? Are they cruel to animals? Do they punch walls or throw things when they are upset?
- Do they abuse alcohol or other drugs?
- Are they jealous of your other relationships -- anyone you may know? Do they keep tabs on you? Do they want to know where you are at all times? Do they want you with them all of the time?
- Do they expect you to follow their orders or advice? Do they become angry if you do not fulfill their wishes or if you cannot anticipate what they want?
- Do they go through extreme highs and lows almost as though they are two different people? Are they extremely kind one time, and extremely cruel another?
- When your partner gets angry, do you fear them? Do you find that not making them angry has become a major part of your life? Do you do what they want you to do, rather than what you want to do?
- Do they treat you roughly? Do they physically force you to do what you do not want to do?
- Did your partner grow up in a violent family?

Source: National Coalition Against Domestic Violence

# 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.

Make your check out to Coastal Women's Shelter and mail it to

Coastal Women's Shelter

1333 S. Glenburnie Road

New Bern, NC 28662

or, go to [coastalwomensshelter.org/donations](http://coastalwomensshelter.org/donations) to make an online donation.