



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

NEWSLETTER - SEPTEMBER, 2021

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

In This Issue

Annual Benefit Motorcycle Ride
- Page 1

Executive Director's message -
Pages 2

Agency Statistics - Page 2

Helping Hands Boutique - Page 3

Good Neighbors - Epiphany School
Students - Page 4

Domestic Violence Series -
Safety Planning - Page 5

What Monetary Donations Can
Provide - Page 6

ANNUAL BENEFIT MOTORCYCLE ALL SET TO ROLL ON SATURDAY, SEPTEMBER 25, 2021. MARK YOUR CALENDAR & JOIN US!

2021 Annual Benefit Motorcycle Ride

HELP END DOMESTIC VIOLENCE

Saturday, September 25th

Join your fellow bikers for the annual benefit motorcycle ride. Led by the Punishers LEMC, the ride will wind through Craven, Jones, Pamlico Counties for 120-miles.



A special thanks to our sponsors, we are very grateful for their support and participation in this event.



Registration begins @ 9:30 am at Temple Church, 1500 Kingdom Way, New Bern. 3/1 Cookies & Coffee Truck will be there to kick-start your ride. KSU @ 11:00 AM
Ends at Pamlico County Chamber of Commerce, 10642 Hwy 55 E, Grantsboro. Rain or shine.

Be prepared to hang out with us at the end of the ride for music with Big Jim & Kathy Kohler, food & beverage, vendors, and a 50/50 raffle.

Riders \$20 Passengers \$10
Non-riders \$10



SCAN ME

There will be food truck Nest Cafe, the best blues music with Big Jim and Kathy Kohler, and vendors including Salty Enterprises (paint correction, sealant, Norwex consultant), Fire & Brimstone (BBQ Sauces & Marinades), Veteran Made Tee Shirts supporting Mission 22 & Homeless Vets, Best Beads Jewelry, Pure Romance (essential oils plus more). Very special thanks to E&J Automotive for providing the chase truck.

Visit: <https://www.coastalwomensshelter.org/post/annual-benefit-motorcycle-september-2021>

Executive Director's Message



Amanda Delgado
CWS
Executive Director

Fall is in the air! The weather has given us a glimpse at the changes coming our way. While our staff is enjoying the slow change in the temperature, we are also gearing up for more in-person events coming this Fall. We cannot wait to be back out in the community, taking all safety precautions of course. We have missed connecting with our community on a regular basis and hope we can safely begin to do so in the coming weeks.

We are continuing to track the COVID variants and are taking all necessary precautions in our offices as well as when we meet others in public. Our dedication continues to be focused on serving those seeking assistance for domestic violence and making sure everyone involved stays safe. We continue to offer multiple ways to connect with our advocate staff, such as online through email, virtual sessions and by phone. If you are unsure of which staff member is in your county, please call our main office at (252)638-4509 and our staff will be more than happy to assist in connecting you with the correct advocate.

We would like to encourage those in the community to maintain their vigilance, if you see someone who may need our assistance call our office and speak to our staff on how to safely refer someone to our agency. We cannot do the work we do without the support and assistance from our community members. We would also like to send a huge thank you to everyone who continues to check in with us regularly for our clients' needs and donating when you can. Every donation makes a world of difference to our agency and those we serve.

Client Service Statistics for August 2021



Helping Hands Boutique



GETTING READY TO MAKE ROOM FOR FALL CLOTHS

SHOP THE DISCOUNTS
ON SUMMER CLOTHS

SHOP TO END DOMESTIC
VIOLENCE

4509A NEUSE BLVD

NEW BERN, NC

MON-FRI 10 AM TO 5 PM

SAT 9AM TO 4PM

MONDAY - SENIOR CITIZEN'S
DAY 10% OFF

WEDNESDAY - MILITARY
APPRECIATION DAY 10% OFF

3RD WEEKEND IN SEPT - SPEND
\$25.00 GET 50% OFF

Good Neighbors

EPIPHANY SCHOOL STUDENTS PITCH IN TO HELP US GET OUR DONATIONS ORGANIZED.

On August 19, 2021 Epiphany School students came to volunteer, helping us with organizing a tremendous amount of donations Coastal Women's Shelter receives. This team of 10 students sorted, put items in bins and labeled them. Their help was invaluable. We are so very grateful



BOARD OF DIRECTORS

OFFICERS

Mary Beth Fennell

President

Jim Daub

Vice President

Jessie Aldridge

Treasurer

Debra Liehs

Assistant Treasurer

Sue Thatch

Secretary

Renee Hunt

Assistant Secretary

MEMBERS

Angela Carbonell

Neil Coffield

Amanda Smith

Cheryl Spencer

Jude Tracy

Angela Wilson-Ward

STAFF

Amanda Delgado

Executive Director

Selena Baumgardner

Craven County Victim Advocate

Millie Belfort

Education & Prevention Coordinator

Lisa Moore

Jones County Victim Advocate and

Lead Court Advocate

Ruzalia Davis

Pamlico County Victim Advocate

Millie Hill

Shelter Evening Manager

Holly Fincher

Office Coordinator & Bookkeeper

Domestic Violence - Personalized Safety Planning - What all survivors should have!

Although survivors can't control an abuser's use of violence, they can plan how they will respond to future abusive or violent incidents, prepare for the possibility of an incident happening, and plan how to get to safety. It is their decision if and when they tell others that they have been abused, or they are still at risk. Friends, family, and coworkers can help with victim's safety plan if they are aware of the situation and want to help.



Survivors need to ask themselves the following questions for a safety plan:

- When I have to talk to the abuser, I can _____.
- I can make up a “code word” for my family, co-workers, friends and counselor so they know when to call for help for me. My code word is _____.
- When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as _____ (at work), _____ (at home) or _____ (in public).
- I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling _____.
- I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails. I can ask friends, family members or co-workers to help me screen my contacts. I can ask these people for help: _____.
- I can call any of the following people for assistance or support if necessary and ask them to call the police if they see the abuser harassing me.

Friend: _____ Relative: _____ Co-worker: _____ Counselor: _____ Shelter: _____

Other: _____

- When leaving work, I can _____.
- When walking, riding, or driving home, if problems occur, I can _____.
- I can attend a victim's/survivor's support group with the Domestic Violence program, like _____.

- Contact Information I Need To Have:

Police Department: _____

Domestic Violence Program: _____

Sexual Assault Program: _____

Attorney: _____

Counselor: _____

Spiritual Support/Clergy: _____

Probation Officer: _____

Other: _____

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 to make an online donation.