



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

## NEWSLETTER - APRIL, 2021

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

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## ERIC THOMPSON OF THOMPSON HOMES REAL ESTATE GROUP CAME THROUGH FOR COASTAL WOMEN'S SHELTER IN A BIG WAY

Eric Thompson and Teighlor Melton of Thompson Homes Real Estate Group not only developed a fundraising event for Coastal Women's Shelter but they went shopping with Heather Green of Beauty Bar by Heather to provide a multitude of items for the pantry. From bug spray to toilet paper, to disinfectant, to laundry detergent and so much more.

Eric and Teighlor hosted the event on March 20th at the Derby Park Community Pavilion. They invited past clients, friends, neighbors, and family to bring out any items that they wished to donate for Coastal Women's Shelter, Habitat for Humanity, and My Sisters House. They were able to successfully collect and fill their moving truck, company SUV, and trailer with donations provided by the community to disperse to the mentioned organizations along with monetary donations and contributions.

We are so grateful for these donations.



# Interim Executive Director's Message



Amanda Delgado  
CWS  
Executive Director

Looking back over the past year, it is hard to believe around this time last year we were in the early stages of the stay-at-home orders due to the COVID-19 pandemic. For many it was a welcomed relief to stay safe in the comfort of their homes for health reasons and to do their part in slowing the spread of the virus, but for many of the clients we served over the past year it was the beginning of a terrifying, unpredictable nightmare they could not easily get out of. Isolation is one of the primary ways abusers exert control over their victims and many saw the orders as opportunities to further their control. Although national, state, and local victim and survivor centered resource agencies continued to provide services during the duration of the stay-at-home orders, victims and survivors had fewer chances to make those life changing calls for help. Our agency saw an eerie decrease in the number of calls for assistance which we later learned was partially due to the shelter-at-home orders. As the state stay-at-home orders slowly lifted, our agency began to see an increase in the number of crisis calls and victims seeking protective orders. Just as our communities were gaining some new sense of normalcy, those we serve were gaining the strength and courage to take the first step necessary in breaking the cycle of violence in their lives.

In the coming months, the state is preparing to lift more of the COVID-19 related mandates which will give more victims the opportunity to seek safety, resources, and refuge from abusive partners. As an agency, we need your support more than ever to help ensure we can stand prepared to meet the needs of every victim and survivor that calls or comes through our door. We hope you will stand with us and make a financial donation to this year's spring appeal either by going to our website, stopping by our office, or sending one by mail.

Thank you for your support through 2020 and into 2021. Although so many of you were greatly impacted by COVID-19 economically, you continued to show your generosity to our mission. Your generosity helped 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 March 2021



# Helping Hands Boutique



## TIME TO SHOP FOR YOUR SUMMER WARDROBE



**SPEND \$25 GET 25%  
DISCOUNT 1ST & 3RD  
FRIDAY AND SATURDAY.**

**SHOP TO HELP  
END DOMESTIC VIOLENCE**



2405A Neuse Blvd, New Bern, NC 252-633-6305

Monday - Friday 9am to 5pm and Saturday 10am to 4pm



## Staff profile - Millie Belfort

### Education and Prevention Coordinator and Interim Craven County Victim Advocate



[newbeginnings@coastalwomensshelter.net](mailto:newbeginnings@coastalwomensshelter.net)  
252-638.4509 x5

#### IN HER OWN WORDS:

I have worked with survivors of domestic violence for over 20 years. I started working for CWS in February 2021.

This type of work interests me because I am myself a survivor and wanted to break the cycle for my two young sons at the time. Today they are healthy men not prone to abuse women.

My work deals with helping survivors of domestic violence feel empowered as they navigate the healing process. Giving the survivors the tools and teaching self esteem as well as autonomy.

I love to garden indoors and out. Many houseplants indoors. My favorites are rare philodendrons. Outdoors I like flowering vines and flowering perennials.



I am passionate about putting an end to abuse of any kind against humanity, women, men, children, LGBTQ, ETC.

I am a resident of a nearby town in a different county but I don't mind the commute if it means helping the cause.

I have volunteered over the years in many different aspects for nonprofits along my journey, whether that be women, children, disabled, military or otherwise.

# Good Neighbors

The Craven Early College students put together through Usborn Books a Cuddle Bear Drive, books and bears, for the children of Coastal Women's Shelter. The drive was a huge success

with 36 Cuddle bears and books. Pictured here are Alison Strommer and Amanda Smith of Craven Early College and Amanda Delgado, CWS Executive Director/ Shelter Director.



The call went out for Easter Baskets and the Phi Beta Kappa, and McCarthy Court Independent Living residents delivered with beautiful baskets filled with toys, candy, adorable stuffed animal lambs, and books.

Pictured here are representatives from McCarthy Court Independent Living Melanie Nobles (middle) Cecilla Lynch and Jenna Cusumano.



Kru Muay and Jon Orr of Nine Thimbs Strikers put together a self-defence class with proceeds going to Coastal Women's Shelter. Several DV survivors participated in the class as well. Pictured here is Kru Muay with her new born baby.

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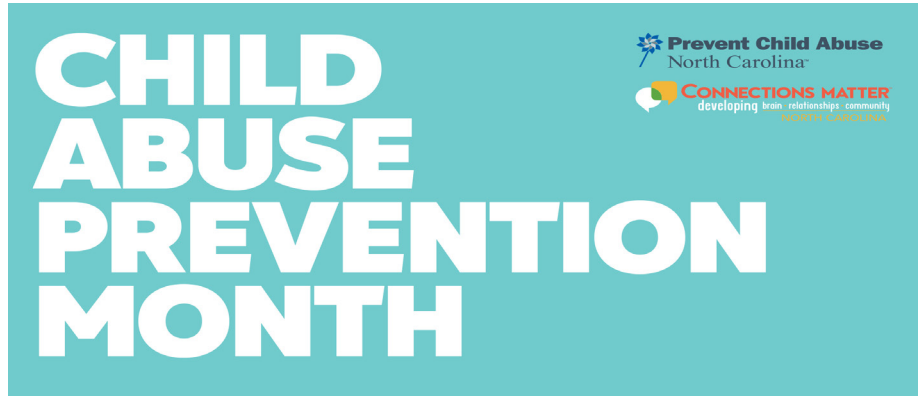
Christa Siener

*Helping Hands Boutique Manager*

Gail Anderson

*Bookkeeper*

# Domestic Violence - Child Abuse Prevention Month



April is Child Abuse Prevention Month, a time for communities to come together to build caring connections, supportive environments, and positive experiences for all children.

We know child maltreatment is a preventable problem. All adults play a role in building the safe, stable, nurturing homes and environments needed for the healthy development of our future generation of parents, leaders, and community member. North Carolina's future prosperity depends on it.

Be a connection for NC children and families during Child Abuse Prevention Month this April! The theme for 2021 to bring awareness to this issue is: *You can be a connection for children in your community!*

Join the statewide #BeAConnection Campaign to amplify the ways we all can be a connection for children! This Social Media Campaign is to bring awareness of the roles all adults play in building safe, stable, nurturing environments for children. Copy and paste this link to learn more about how you can become a part of this campaign <https://www.preventchildabusenc.org/recognize-child-abuse-prevention-month/>

All children deserve safe, stable, and nurturing environments to thrive. But Adverse Childhood Experiences (ACEs) can disrupt healthy brain development, leading to potential lifelong negative health outcomes.

The first step in driving change is always education. Prevent Child Abuse North Carolina convenes conversations around ACEs, Toxic Stress and the role we all play in building connections that matter for healthy brain development.

For more information about Prevent Child Abuse North Carolina copy and paste this web address <https://www.preventchildabusenc.org>.

# Coastal Women's Shelter's Benefit Blood Connection Blood Drive



## *Blood*Drive

### Coastal Women's Shelter

St Paul Lutheran Church  
305 US HWY- 70  
Havelock, NC 28532

**04/30/2021 | 08:00 AM–12:00 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!

Face coverings are required while donating. All donors will be screened for COVID-19 Antibodies after every completed donation.\*

\*This is not COVID-19 diagnostic testing. Positive test results do not confirm infection or immunity.



“It might have not seemed like a big deal ... at the time they went to donate, but it literally saved my life.

***And I could never thank them enough. ”***

**Emma, recipient**

The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 16 years or older and over 110 lbs. to donate. Sixteen year olds are required to have written consent to donate blood. Before you donate blood, make sure that you drink plenty of water and eat a healthy meal. TBC Donor ID Card (preferred) or photo ID required to donate. Gift cards and other incentives are non-transferable.



thebloodconnection.org



# 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