



THE MOOSE RIDERS PRESENTED DOVES STAFF WITH BOXES OF TOYS FOR THE HOLIDAYS

DOVES Quarterly Newsletter

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October – December 2014

EVENT PHOTOS

Holidays were bright at DOVES

By: Sarah Garrison, Program Manager

I'm so touched by the community of Big Bear and their generosity. Our clients were greatly impacted this holiday season because of community donations.

For Thanksgiving this year, Crabco provided turkey baskets for 17 of our clients, including residents of the shelter. The turkey baskets overflowed with traditional Thanksgiving foods, including: celery, stuffing, potatoes, carrots, cranberry sauce, and of course the turkey.

We also had two food drives this year. The Big Bear Middle School and Chad's Place collected canned foods during the month of November to fill our food pantry. Fifty percent of women fleeing abusive relationships will end up being homeless. Financial abuse makes it difficult to feed a family, but our food pantry helps outreach clients make this happen.

As we transitioned into December we had two toy drives from the Big Bear High School and the Moose Riders. These toys were used for our "Santa Shop" and helped 21 families get gifts for the holidays. We set-up our conference room with tables full of toys and allowed clients to "shop" for each person on their list. We also had a station for wrapping

presents, so the stress of doing so when they got home was lifted.

For the entire month of December we held a pajamas drive. Drop off locations for the drive were at Citibank, First Baptist Church, Community Church, First Mountain Bank and DOVES. We were so thrilled when we received over 200 pairs of pajamas. The pajamas are used at our shelter and last for the year. When a new family arrives to the shelter, they usually arrive with just the clothes on their back. A new pair of pajamas brings them comfort at night.

BodyTek held a two-hour Zumba-thon for DOVES and all of the money that was raised went to buy gifts for shelter residents. The shelter director took them on a shopping spree with the money.

We had the Methodist Church and the Moose Lodge adopt the shelter families and we also had two families in the community adopt outreach clients.

We are so grateful for the community of Big Bear and their loving support each year. Thank you all for your time and donations.



Pajama Drive

Staff member Laura Morales-Rojas sorts through over 200 pairs of pajamas from our pajama drive.



Stocked Pantry

We received 439 items for our food pantry from Big Bear Middle School students. Chad's also did a food drive for DOVES and we were able to stock our outreach pantry.

Thank you!

Below is a list of all organizations that helped during the holidays

First Mountain Bank	Bodytek	Big Bear High School	Rotary Club
First Baptist Church	Chad's Place	Woman's Club of Lake Arrowhead	The Moose Lodge
Community Church	San Bernardino County Sheriff's Dept.	RIM High School Interact Club	Moose Riders
Citibank	Big Bear Disposal	Methodist Church	American Legion
Crabco	Barnstorm Café	Mountain Hearts and Lives	Big Bear Middle School
Pine Needlers			

A New Look For DOVES

by Helen Adams, Executive Director



In October 2014 the new DOVES logo was unveiled, thanks to the talent and expertise of local Brand Artist, Andy Meadors. It was time for an updated, fresh look for the organization, one that is clean and clear, and conveys the focus of our work. While the dove will always be a part of our branding, the new logo includes the tag line, "A Place of Hope." We know that most of our clients come to us for assistance after experiencing devastating personal trauma and loss. We seek to be a place where they can find hope and the encouragement to move forward with their lives.

Andy states, "I truly felt honored that the DOVES organization would choose me to create their new brand identity. I wanted to design a logo that tells the DOVES story of providing Help, Hope and Freedom to those that need it. It must have been one of my most emotional branding projects of my 20 years because of the fact that DOVES can change the destructive path for domestic violence victims by giving them a better path to walk. I'm absolutely proud of it." In December of 2014, Andy was given the prestigious MARCom Gold Award for his logo design!

New Classes Offered at DOVES

by Linda Knapp, Counselor/Advocate

We are excited to announce two new groups for our life skills class. In January we are having Janet Grace Nelson, Life Coach, come and do a workshop for four weeks. She has a passion for helping others better their lives and will be an asset to our clients.

In February we will have yoga for four weeks. Big Bear Yoga has graciously asked to help our clients and teach at the outreach center. Yoga helps survivors with PTSD and anxiety and we're hoping clients will benefit for this relaxation technique.



The Ladies of Soroptimist wear purple for the first ever National Wear Purple Day to promote ending domestic violence.

DOVES QUARTELY STATS

569

Individual counseling sessions

94

crisis calls answered

62

new clients served at outreach center

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@DOVES4HELP

Domestic Violence Awareness Month

by Sarah Garrison, Program Manager

After our Walk a Mile in Her Shoes event in late September, we had a busy October for Domestic Violence Awareness Month.

We held a Cut-it-Out training for local salons, which educated and trained salon professionals on the correct ways to recognize and respond to domestic violence. This training was created by the Public Beauty Association and is used throughout the country.

We also participated in the first Soroptimist Women's Health Expo. Our Executive Director Helen Adams was the keynote speaker and addressed ANTS (Automatic Negative Thoughts) and our board member Susan Scott kicked off the event with a presentation on body image. I presented a workshop that day too, on guiding teens toward health relationships. DOVES also had a booth in the exhibitor hall and we were able to hand out information on our program to the many women who attended.

We were so thrilled to be part of the event and look forward to seeing it grow next year.

This October marked the first-ever National Wear Purple Day to bring awareness to ending domestic violence. We had community members and our entire staff wearing purple on October 23rd. It was great to see everyone come together and it brought much needed conversation to the table.

We concluded the month with a volunteer 40-hour training. I'm so happy with the turn out and I look forward to working more with our new volunteers. Out of the training we received a new youth mentor, a new on-call hotline volunteer, and even a staff member.

October is usually such a busy month, but I enjoy working it because domestic violence is taken out of the shadows and into the public eye. This year it is my hope to make every month like October.

Lorrie's House Quarterly Updates

by Sharon Knapik, On Call Shelter Manager

That wonderful saying, "Time flies when you're having fun," certainly applied to our shelter clients, children, and staff these last three months. While there was a great deal of challenging work accomplished in our groups, classes, and therapy sessions, we also found time to enjoy what our mountain community has to offer.

October saw a burst of house improvement projects. Our west wing hall, stairway leading to the Anderson Room, closets in the Anderson Room, living room, and various doors throughout the house were given a shiny new coat of paint. We also had better lighting installed in our back yard which will make our premises safer.

Our clients had the opportunity to attend three field trips during the month of October. There was a lovely trip to Big Bear Lake for therapy group and another to God's Eye. At the end of the month, everyone went to Halloween in the Village. All returned with bags full of candy and smiles on their faces. We also had a wonderful completion party

for one of our clients. She will be staying on as our Resident Assistant.

November arrived and we were faced with the challenge of getting end of the year maintenance done before the snow arrived. We managed to accomplish quite a bit. The back porch was rebuilt, our two apple trees were cut back, a new sensor light was installed outside the child therapy room (in the back yard), and a new electrical light fixture was placed in the upstairs bathroom. A final issue that needed our attention was a city requirement of a dumpster for trash services. A dumpster was delivered to the house but it needed to be changed out for one with a lighter lid. A portion of the front yard fence was removed in order to place the dumpster in front of the house. All of our clients had a lovely field trip to see Santa and Mrs. Claus at the Barnstorm Café. Our children had a fun excursion to sip hot cocoa and learn about the birds of Big Bear Lake earlier in the month. Clients also got the benefits of a new class on budgeting, taught by Dianne Bertsch.

December arrived and we were truly overwhelmed by the kindness of our community. Our clients and children attended several amazing Christmas parties. These included: American Legion Party, Sheriff's Party for Domestic Violence Shelters, Big Bear Disposal Party, and a surprise visit to the house by a Rotary Santa. Clients had a field trip to hear the Simply Voices Concert at a local church.

One of our clients began doing volunteer work at the hospital and will continue to do more in January. Two of the clients found jobs. We also initiated a new trauma informed resident only meeting lead by our Resident Assistant. This meeting will be empowering our clients to express their views and opinions throughout their stay.

We would like to thank all of the individuals and organizations that were so very kind to us this year. All of your donations were so greatly appreciated. We are so fortunate to live in such a generous community.

Lake Arrowhead staff crafts with 'Every Girl Counts' program

by Melissa Astle, Director of Outreach Services, Lake Arrowhead



DOVES' staff member Yvonne Verlich works with a student on a candle for a client.

The Lake Arrowhead Soroptimist Program, "Every Girl Counts" had a great time making holiday crafts and learning the gift of giving at their December "Let's Get Crafty" event! All the girls started off by decorating two candles. One candle was for the girls to take home for themselves or give as a gift to someone. The other candle was decorated for a client of DOVES. I gave the girls an introduction to the DOVES program and explained to them the meaning of giving at Christmas. The candles represented a sign of hope for the DOVES clients.

Next, the girls entered the kitchen and dipped and decorated three cake pops each. Once the cake pops and glue on the candles dried, the girls were sent to a wrapping station to wrap Christmas presents. Well, that was if the cake pops made it to the gift wrapping station

without being eaten.

In addition to the wrapping, there was a card and tag making station filled with many different items for making unique one of a kind cards and tags for their gifts. We decided to let the girls learn time management by letting them spend as much time as they wanted at each station.

This program was a great way to get the youth involved in giving back to DOVES, and understanding the true meaning of Christmas.

Our Twin Peaks office is now our Lake Arrowhead office! We've moved to a better location, right next to the hospital.

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A great year for DOVES

by Michael Natzic, Chairman of the Board

Wow, another amazing year for DOVES! 2014 was just another example of the great things that have been happening at DOVES. It always amazes me to see the fruits of our labors and the unbelievable generosity of our donors and supporters.

Last year marked the first full year with our new Executive Director, Helen Adams and the restructuring of her team. We saw positive changes in the way we approach our clients and how we strive to become more "client centric." Improved training has led to better equipped specialists who more deeply understand client needs.

They can then provide an infrastructure that puts clients first and provides a significantly higher level of service. Our donors and supporters received these changes favorably.

That support was reflected through all of the 2014 giving opportunities, including corporate sponsorships, Annual Support Campaign, Starry Starry Night Gala and, of course, our Thrift Boutique. So as we put 2014 behind us, I look forward to an equally successful 2015 and thank everyone for being "Part of the Solution" to end domestic violence!



Thrift store staff stayed busy this holiday season and continues to be a huge success.

Community donations help fund DOVES' transitional program

DOVES received \$3000 in donations this November, \$1500 from Soroptimist International of Big Bear Valley, and \$1500 from Busy Bear Quilt Guild for our transitional program.

Our transitional program assists women and children leaving the shelter, or an abusive relationship, as they transition to a new life.

Funds for this program are used to help pay rent for the first month, turn on utilities, provide gas and grocery cards, pay for car registration, etc.

As victims become survivors this program helps them thrive in their new lives.

February is Teen Dating Violence Awareness Month. Send us a picture at info@doves4help.org with a sign like the one below describing how healthy relationships should feel. We will post photos to our Facebook and Twitter pages during the month.

