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As you remember your Valentine, HAVEN hopes that you also remember the women, children and men this year whose lives have been affected by sexual and domestic violence. Make this Valentine's Day and the rest of the year about more than candy and cards. Stand up and help create a loving community that does not tolerate abuse.

What YOU Can Do to Prevent Violence Against Women By Cristy Cardinal

While both men and women can be victims of violence, violence against women, often at the hands of men, is a unique category of violence that relies on the historical and current unequal balance of power between men and women, boys and girls. Violence against women is the crucial element that reinforces men's power and control over women throughout the world. On some level, most of us participate in the culture that supports and encourages violence against women and girls, in both small ways (like telling our friends to "man up" when they have to do something difficult) and large ways (not speaking out against the beating and raping of women and girls). Here are some small and large ways we can work to end it, or at least interrupt it, every single day.

For Everyone:

- Believe survivors
- Let boys cry
- Respect every person's -even a child's- right to say no
- Understand that putting boys and men down by calling them "ladies" and "girls" hurts everyone
- Learn how racism, sexism and homophobia are connected
- Teach kids that respect is the minimum in a relationship, and lead by example
 - Avoid engaging in, supporting or encouraging sexual harassment
- Praise women and girls for something other than the way they look
- Reconsider spanking or hitting your children
- Hold your friends accountable when they disrespect women and girls
- Celebrate all aspects of masculinity, including compassion and sensitivity

For Men:

- Choose your words carefully and respectfully when speaking of women in your life
- Show your strength by speaking up to men who are using their strength for hurting
- Refuse to let TV, movies, music or other people define what it means to be a man for you
- Treat all women and girls with respect
- Don't patronize sex workers or strip clubs
- Get involved with HAVEN and be an example of kindness and compassion to other men

To read more visit www.haven-oakland.org. To have HAVEN come out and speak to your group, school or colleagues, contact Cristy Cardinal at 248.334.1284 ext. 680 or ccardinal@haven-oakland.org.



Humana Helps HAVEN Launch An Exciting New Program

Women stay in abusive relationships for a variety of reasons. High on the list is lack of financial independence. Since the chance of violence increases over time, they are literally putting their lives at risk because they lack the confidence and resources such as education and job experience to support themselves and their family.

HAVEN is now able to address this critical need for self-sufficiency with a new program called Jobs for Independence, thanks to funding from the Humana Foundation. This program is designed to increase the employment resources for survivors, so they may earn income once they leave HAVEN, increasing the likelihood that they live independently of their abuser, ending the cycle of abuse.

Through this program, clients will acquire basic workplace and communication skills. They will also train for the interview and access appropriate interview preparation, work-related clothing and transportation.

Each year we serve approximately 250 adults in our Residential Program. These survivors are faced with limited employment opportunities as Michigan is experiencing the highest unemployment in the nation.

The Jobs for Independence program was funded through The Humana Foundation's Economic Response Grant Program. Non-profits were encouraged to submit project proposals focusing on safety-net services. The Foundation received 161 applications from 24 states and selected eight non-profits to receive Economic Response Grants totaling \$300,000. HAVEN, the only Michigan recipient, was pleased to be among the eight.



I WANT TO HELP HAVEN

[Donate a Service, Gift Certificate or Item to our 2010 Promenade of Hope Auction](#) - Each year we feature a wide variety of items and unique experiences. Your support of this event is important. You are sure to find countless treasures around your home or business that would help. Contact Joshua Campbell at 248.334.1284 ext. 346 or jcampbell@haven-oakland.org for more details.

[Become a Sponsor at our 2010 Promenade of Hope](#) - Sponsorships range from \$500 to \$25,000. Each sponsorship comes with multiple benefits and your sponsorship dollars go into providing services to survivors of domestic and sexual violence. To find out more about the sponsorship opportunities for this event, contact Holly Thomas at 248.334-1284 ext. 341 or hthomas@haven-oakland.org.

[Donate Items for New Projects and Initiatives for our Clients](#) - We are in need of the following items: 8x10 picture frames, disposable cameras loaded with black and white film, journals, lock changing kits from Home Depot/Lowe's, motion lights for outside the home and motion detectors for windows for the inside of homes.

[Join HAVEN's Speakers Bureau](#)- Speak up for Change. [Click here](#) for more information or contact Jennifer Pasquale at jpasquale@haven-oakland.org.

If you are still looking for a way to help and don't know how or would like to know more about HAVEN, contact Holly Thomas at 248.334-1284 ext. 341 or hthomas@haven-oakland.org to sign up to attend one of our monthly tours with the CEO.

2010 CELEBRATION OF STRENGTH

Thank you to everyone who came out to support our 2010 Celebration of Strength on January 21, 2010 at the Troy Marriott. Congratulations to Arlene Frank, Jeanne Towar, One of Us Films, Julie Bingham, Chrysler Financial and Verizon Wireless. Special thanks to our Sponsors: Hour Detroit, One of Us Films, Spectrum Computer Forensics and Risk Management, LLC., and Whole Foods Market.



HAVEN Board Members: Kathy Elston, Jim Moritz, Brad Simmons, Rick Beer and Cynthia Walker



Celebration Awardees pose with Daisy: Jeanne Towar, Arlene Frank, Julie Bingham, Lora Probert, Victor Mack and Machel McAdory



HAVEN Staff Members: Holly Thomas, Belle Hornung, Josh Campbell and Cristy Cardinal



MC for the Evening Paula Tutman and HAVEN Board Member Cynthia Walker

P.O. Box 431045 | Pontiac, MI 48343-4015
 Phone: (248) 334-1284 | Fax: (248) 334-3161 | TTY: 248-334-1290
 Website: www.haven-oakland.org | Crisis and Support (877) 922-1274
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