

Around the House

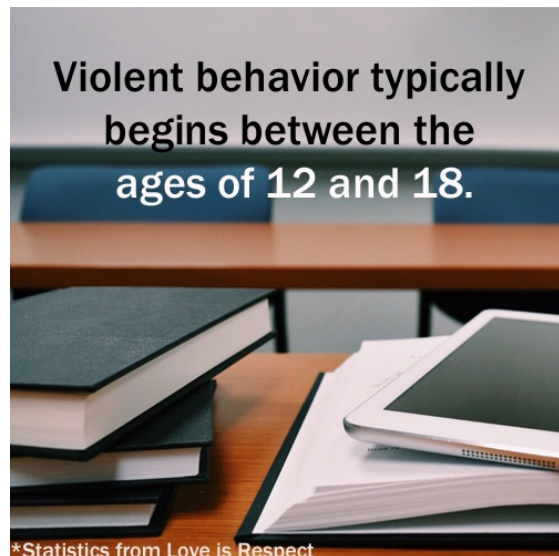
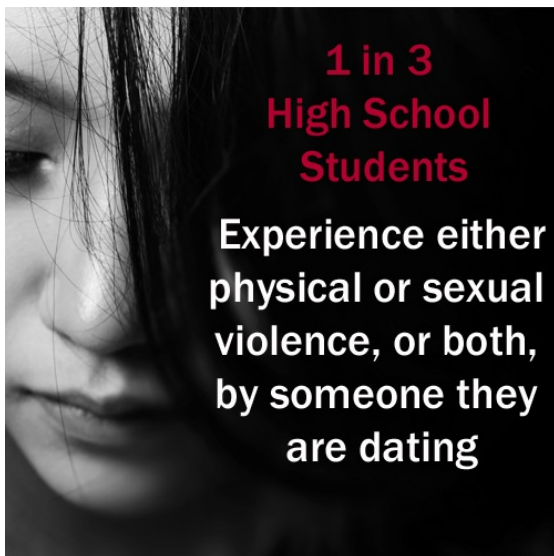
February 2019 Edition



February is
Teen Dating Violence
Awareness Month

Violence in teen relationships is all too common; nearly 1.5 million high school students experience physical abuse from a partner every year. That statistic is frightening, especially if you are raising children. Close to 25% of the children who are sheltered at The Women's Safe House are between the ages of 12 and 18, and many of our staff members are parents, grandparents and supporters of teens.

Here are some ways to identify and discuss teen dating violence with the teens in your life.



Adults play an important role in modeling healthy behaviors and talking to children about recognizing unhealthy patterns. If you are unsure if you are modeling healthy behavior take [this quiz](#) to find out.

If you want to get the conversation started but aren't sure how, take a look at these [10 tips](#) on talking about relationships.

Below are some online resources aimed at teens.

[Love Is Respect](#)

[Break The Cycle](#)

[Futures Without Violence](#)

Interested in the statistics?

[Learn more here.](#)



Are You in a Healthy Relationship?

With Valentine's Day just around the corner, we tend to think about our relationship. But what happens when your relationship isn't healthy? Do you know how to identify healthy vs unhealthy/abusive behaviors? Take the relationship spectrum quiz and see how well you do at recognizing different patterns. Parents, share this with your teenager and make sure they understand how to recognize abusive behaviors. There is never a wrong time to learn how to love or be loved.

[Take the Quiz Here](#)

*Quiz from LovelsRespect.org



Staff Discussion

Staff at The Women's Safe House came together to talk about a trending documentary, Surviving R. Kelly. The focus of the discussion was to understand what we can do as advocates to make a change.

[Read more here](#)

Volunteer

The Women's Safe House welcomes groups of all sizes to volunteer and support our services. Universities, religious groups, civic clubs, organizations and businesses alike can mobilize members and employees to demonstrate their commitment to helping others.

We offer flexible options for volunteer groups and will work with you to create an experience that makes sense for your group.

[Benefits to your organization and the community](#)

Team Building: A chance for employees to spend time together in an informal and positive environment.

Community Connections: Volunteering in the community through an employer empowers the workforce; ultimately improving employee perceptions of the companies they work for.

Media Opportunities: Employee volunteer days offer unique opportunities for advertisement and promotion.

Does your group or company want to volunteer?
Please contact Monica at mdubois@twsh.org or 314.772.4535



Volunteer Spotlight: Fatima Moufarrige

Fatima started volunteering with The Women's Safe House last year. She's been such a valuable resource for our staff and residents. We're very lucky to have her on our team and that's why we're recognizing her as our Spotlight Volunteer!

Learn more about Fatima's volunteer experience on our [blog](#).

Ways to Donate

Donate InKind Items

Our current list of needed items are:

- Dish Towels (new or gently used)
- Plastic Cutlery (New)
- Face towels (New)
- Bath towels (New)
- Pillows (New)
- Blankets (New)
- Clothes for boys age 6 - 16 (new or gently used)
- Tennis shoes for both girls and boys of all ages and sizes (new or gently used)

If you have items on this list to donate please email Burgandy Fitzhenry at bfitzhenry@twsh.org

You can also **shop our Amazon list** and have it sent directly to us without any hassle of planning a time to meet.

[Amazon List](#)

Monetary Donations

No woman or child should have to live in violence. That is why The Women's Safe House is here.

In 2018, we provided 14,239 nights of shelter to women and children in our community. On average, it costs \$42 per person each day for shelter, food, clothing, personal care items, and in-depth support services.

Please help us provide 14,000 more nights of shelter this year by making a financial gift today.

Any donation over \$100 is eligible for a MO State tax credit at 50% of the donation amount.

[Donate Now](#)

Upcoming Events



In Her Shoes Gala - Roaring into the 20's Saturday February 23rd

6 PM - 10 PM

Today is the last day to buy Early Bird Tickets

for our annual *In Her Shoes Gala*. Join us in 20's attire for a roaring good time. Don't wait until it's too late. Buy your tickets today and save \$25!

Get your tickets [here](#).

Young Professionals Board - Community Table

Monday March 25th

5 PM - 8 PM

Join the Young Professional Board at Bailey's Range for delicious burgers and shakes while supporting The Women's Safe House. Rally your family and friends to come with you because 25% of sales will be donated.



Bailey's Range - 920 Olive Street, St. Louis MO 63101



Tennis Ball 3 Saturday April 6th 7 PM - 10 PM

If you like to have fun this party is for you! Join us on April 6th for our 3rd Tennis Ball party at Creve Coeur Racquet Club. There will be food, live music, and fun games. You can also participate in the mystery raffle where you may win cardinals tickets or wine! Tickets go on-sale mid-February

