

Winter Wish List



Pantry Items:

Soups
 Canned Chili
 Coffee & Tea
 Hot Chocolate
 Oatmeal Pack-
 ets
 Spaghetti Sauce
 Tomato Sauce
 Tomato Paste
 Seasonings
 Tuna
 Black Beans
 Rice
 Pasta
 Sugar
 Canned Vegeta-
 bles
 Fruit Cups
 Snack Bars

Household Items:

Blankets & Sheets:
 twin size
 Bath Towels
 Diapers & Wipes
 Trash bags:
 13 & 33 gal
 Zip-Loc Bags
 Foil
 Floor Cleaner
 Paper Towels
 Toilet Paper
 Dish Detergent
 Alarm Clocks

First Night Items:

Robes & Pajamas
 Slippers and
 Shoes:
 adults & children
 of all sizes

Gift Cards are empowering and beneficial for emergencies. Walmart and BJ's gift cards can be used for food, gas, clothing, birthday and holiday purchases.

Prevention through education....together we can end domestic violence.



One of the best ways to prevent domestic violence is through education. Early lessons about appropriate anger management and conflict negotiation do



much to decrease the tendency to violent behavior as resolution. Prevent bad treatment by always cultivating a feeling of security, self-respect and power in yourself. Establish and cultivate healthy boundaries along with a no-tolerance policy towards hurtful treatment. Strong, confident behavior will do much to deter would-be abusers before they even start.

Another way to lessen domestic violence is to donate and volunteer for local charities and shelters. Advocacy is a huge tool in the fight against abuse, since many abuse victims flee their situation with little money or support. By building up these systems, one helps to spread the message that it's safer to leave an ugly situation than to stay. {Thank you, Paul Myers, for donating the purple "Peace Begins At Home" bracelets and the bold and beautiful SafeHouse banners!}

To learn about the [SafeHouse prevention program](http://www.safehouseofseminole.org) please visit our website at www.safehouseofseminole.org or call 407-302-5220 ext. 222

www.safehouseofseminole.org

In the News

June, 2009

Vice President Biden Announces Appointment of White House Advisor on Violence Against Women

Washington, DC – Vice President Biden, the author of the landmark Violence Against Women Act, announced today the appointment of Lynn Rosenthal as the new White House Advisor on Violence Against Women. Ms. Rosenthal is one of the nation's foremost experts in domestic violence policy, and has worked at the local, state and national levels to create an environment where violence against women is not ignored and perpetrators are held accountable. This is a newly created position at the White House, dedicated specifically to advising the President and Vice President on domestic violence and sexual assault issues. A former director of a women's shelter, Rosenthal was executive director of the National Network to End Domestic Violence from 2000 to 2006. And she worked as director of the Florida Coalition Against Domestic Violence.

July, 2009

Attorney General Bill McCollum on Thursday announced the expansion of a program to address rising numbers of fatal domestic violence cases in Florida. The Intimate Violence Enhanced Services Team (InVest) program is specially designed to provide intensive prevention and protection services to domestic abuse victims identified as at high risk for fatal attacks. Co-sponsored by the Attorney General's Office and the Florida Coalition Against Domestic Violence (FCADV) and funded by the Victims of Crime Act through the Attorney General's Office, the program will now open six new county locations.

To learn about the [SafeHouse InVest program](http://www.safehouseofseminole.org) visit our website at www.safehouseofseminole.org or call 407-665-6226.

