



HARBOR HOUSE

# CADV UPDATE

DECEMBER 2007

## CHRISTMAS CAN BE SAFE FOR VICTIMS

### Wish List

#### New Toys



- Canned Yams
- Whipped Cream
- Instant Potatoes
- Condensed Milk
- Canned or Packaged Gravy
- Turkey or a Ham
- Pies
- Olives
- Marshmallows
- Canned Cranberry Sauce
- Cereal for Children
- Boxed food

\*\* CADV has plenty of canned veggies! \*\*

During the Christmas holiday, in a family that experiences violence, abuse can reach its peak. Even if things may be going smooth for the moment, stress, debt, and alcohol consumption increase this time of year leaving a victim very vulnerable.

Many victims right now are contemplating whether or not they want to put their children through another violent holiday. Victims of domestic violence know if they call the police, they are the ones who will have to leave the home. They have to decide to either uproot their children from the only place they know as home and take them to an safe-house or stay and possibly not survive to the New Year's Day.

One in four victims are deciding upon this question this month. They could be your neighbor, your

friend, your relative, or yourself. (NCADV 7/07)

CADV knows how frightening it is for victims to make this decision.

We want victims to know they are not alone. All services at CADV are free and confidential. Christmas time for victims and their children can be safe. The 24 hour crisis hotline is:

1-888-738-9454

Victims can find out about other options, services, and get the support they need to become violence free at Christmas and all year long.

Committee Against Domestic Violence

P.O. Box 2531 Elko, Nevada 89803

(775) 738-6524 office

(775) 738-2976 fax

1-888-738-9454 crisis hotline

[www.elkoharborhouse.com](http://www.elkoharborhouse.com)

### Physical abuse is...

Pinching, kicking, pushing, slapping, striking, striking with an object, sleep deprivation, exposure to extreme cold or heat, infecting with a disease, withholding food or medicine, exposure to toxic substances, making someone fall, punching, false imprisonment, biting, strangling, cutting, assault, assault with a weapon, and/or shooting at someone

### Emotional abuse is...

Getting permission to socialize, being accused of cheating when your out running errands, being afraid to talk about certain subjects, not having control over money, having your spending monitored, being told no one else would ever want you, having your partner threaten to harm themselves, having your purse or your mail gone through, being told disparaging remarks about the way you look or dress, having things you've told your partner in confidence used against you, having your efforts to be involved in special family events sabotaged, being compared negatively to other women, being nervous to talk on the phone, being fearful to return home later then scheduled, having the children turned against you, being manipulated by kindness or gifts, feeling obligated to be sexual with your partner, having your activities or interests looked upon as unimportant, having you schedule and outside commitments sabotaged

**Every year,** The Committee Against Domestic Violence helps victims with gifts for their children at Christmas. We are able to do this with the community's support. Each of our families is adopted by a member of the Elko community.

**This** year, when you decide

who to help, please think about victims of domestic violence, sexual assault, and especially, their children.

**CADV** needs the community's support providing children with gifts of love rather than violence and abuse. CADV makes sure each child from birth through high

school, whether at Harbor House, or those fortunate enough to live in a new and safe home, receive something under the tree from Santa Claus.

**In** addition to gifts, Harbor House provides food boxes at Christmas and all year long to

victims.

**If** your family has enough to share with one more person, please call CADV and ask for Megan at 738-6524 to find out how you can help.

