



FRIENDS
of the FAMILY
Take Back Tomorrow. Today.

SPRING NEWSLETTER

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

THE NEW NORMAL

A Note from Ben Brustkern, Executive Director

“New normal” “Can you hear me” “Shelter in place”

This is the new terminology that we have encountered over the past 6 weeks. It will stick with us for the rest of our lives as we remember what it was like to live through COVID-19. However, for those who are living with a person doing harm or are homeless, the risk factors have increased beyond COVID-19.

But we expected this. Being sheltered in place with your abuser creates further isolation and anxiety for a survivor. Imagine the additional questions that now need to be asked. Is it safe to go to an emergency shelter? Does the stay at home order mean I cannot leave my house? Will I be in a shelter longer? Are the programs that provide services still working?

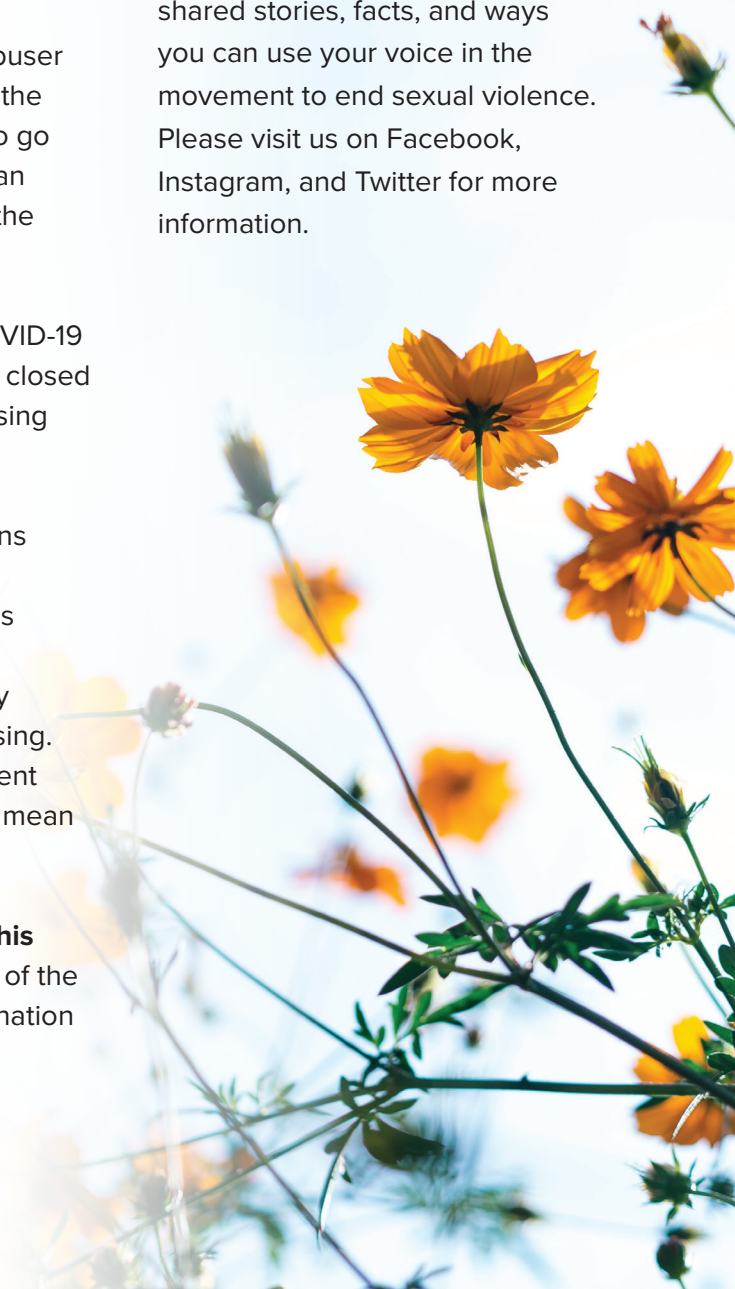
For homeless people living on the street or in a shelter, COVID-19 creates further risk to their health. Campgrounds are being closed and shelters are decreasing capacity to serve people. Housing programs maybe harder to access and hope can dwindle.

At Friends of the Family we continue to provide interventions related to crisis, shelter, and housing. Now it is not the time to decrease access to services, but a time to address issues head on. We must make sure that the folks trying to flee a lethal relationship have a safe place to go, or that the family experiencing homelessness still has access to rapid rehousing. We are increasing our dollars available to provide direct client services to ensure we meet today's needs. What does that mean for client assistance 3 months from now? I don't know.

What I do know, is that **we will continue to work hard for this great community.** I hope you consider donating to Friends of the Family so we can continue to assist those in need. Your donation helps “Take back tomorrow, today!”

Ben Brustkern, Executive Director

Today, 1 in 5 women (18.3%) and 1 in 71 men (1.4%) in the United States have been raped at some time in their lifetime. Sexual Assault Awareness Month highlights sexual violence as a public health, human rights and social justice issue and reinforces the need for prevention efforts. During the month, we shared stories, facts, and ways you can use your voice in the movement to end sexual violence. Please visit us on Facebook, Instagram, and Twitter for more information.





APRIL IS CHILD ABUSE PREVENTION MONTH

In 2018, the Iowa Department of Human Services reported that there were 11,568 children who were abused. This April we are going through unprecedented times. Instead of children being at school where a teacher may notice warning signs, they are now at home every day. This year's theme from Prevent Child Abuse America resonates even more "Everyone can make great childhoods happen—especially you! Especially now!" We all play an important role in preventing child abuse. Each and every one of us is responsible for helping to keep our children safe.

CANCELLED: CHEFS TAKE A STAND

In an effort to limit the spread of COVID-19, we made the difficult decision to cancel our Chefs Take a Stand fundraiser. This spring fundraiser brings together some of the areas finest chefs and beverage vendors to provide samples of their favorite dishes, desserts, and favorite drinks, while helping us to raise much needed funds to support our services. At this event, we also honor a supporter, volunteer, or community partner who has gone above and beyond in their support of the work we do.

This year's Outstanding Community Partner is Ross Marketing. Ross Marketing has been working with FOF on our Safe Workplace Partnership. This new employment program provides education and awareness to employers about the effects of trauma in the workplace and how having a trauma informed work place can increase productivity and decrease staff turnover. This program also provides employment focused advocacy for survivors of violence that need assistance with maintaining employment while coping through their trauma as well as obtaining employment that will assist people in becoming self-sufficient.

THANK YOU Ross Marketing for being an OUTSTANDING COMMUNITY PARTNER!



If you would like to help us make up the shortfall from canceling this fundraiser, please visit www.fofia.org/make-a-donation to donate.

LOCAL PARTNER FUNDING

THANKS TO THIS QUARTER'S FUNDING PARTNERS

Friends of the Family relies on funding from local partners to meet the needs of people affected by violence and homelessness. Thanks to this quarter's funding partners for supporting our mission!

Fayette County Community Foundation

Howard County Community Foundation

United Way of North Central Iowa

NATIONAL VOLUNTEER WEEK APRIL 19-25

This past year, 125 volunteers gave 11,083 hours of their time to FOF and our clients. Volunteers support FOF in many different ways, including direct client services, administrative tasks, operations, fundraising, sorting donations, community outreach, and helping to spread our mission. We would like to thank each and every one of you who give your valuable time. Without you, we would not be able to do all that we do. From the bottom of our hearts, thank you!



Monticello, Illinois Presbyterian Church Volunteer group

UPCOMING EVENTS



Spike Out Domestic Violence - **POSTPONED**

We have made the decision to postpone our Spike Out Domestic Violence volleyball tournament. We will share the new date as soon as possible.

This annual tournament is a great day filled with fun and friends. Teams of 6 with max 3 males, \$80 per team. Funds raised directly support our services. We look forward to getting this back on the calendar.

For questions, please contact Erin at erin@fofia.org or 319-234-0232 ext. 206.

Trivia Night

We are looking forward to Trivia Night at Second State Brewing in Cedar Falls, later this summer. Teams of up to 5, \$10 per person.

Registration will be open later in May on our website, fofia.org. More details to come!

For more information contact Erin at erin@fofia.org or 319-234-0232 ext. 206



SAVE THE DATE



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