



# FRIENDS of the FAMILY

Take Back Tomorrow. Today.

## BRIANA'S STORY

When I first got connected with Friends of the Family in 2014, life was very hard. I had been with my children's father for a very long time, but it progressively was getting more abusive, especially toward the end. Everything sort of came to a peak and it got so bad one night that he ended up being arrested. We were already in a bad spot financially, so I ended up going to stay with my mother.

The lowest point for me was when I ended up losing custody of my children because of their exposure to his abuse.

For about six months I struggled. Like, really struggled. I was homeless. I didn't have a car. I didn't have a job. I was looking for work, a home, and a vehicle, but it all just seemed impossible at the time.

I was told I couldn't get my kids back until I had secured safe housing. The programs I looked into would turn me away because they were only for mothers with children, but all I needed was to secure housing in order to get them back. It didn't make any sense.

Your organization was the only one that was willing to help me when I was in that position. Housing was the only thing I absolutely couldn't do on my own – to get first month's rent and deposit paid for up front. After I was housed, my Friends of the Family caseworker visited regularly to see how things were going and brought me a basket of some basic things I needed. **I will never forget what she did for us.**

**CONTINUE READING BRIANA'S STORY ON PAGE 2**

## SUMMER NEWSLETTER



## SPIKE OUT DOMESTIC VIOLENCE VOLLEYBALL TOURNAMENT

Another successful day of volleyball and fun! This year tournament hosted 18 teams at the Half Pint Saloon in Waterloo. Thank you to all players, Half Pint Saloon, and Fahr Beverage for your support, we appreciate you. And CONGRATULATIONS to our first-place team, Slay All Day! We look forward to next year!





## TRIVIA NIGHT

Looking to extend our reach into the community, we held our first Trivia Night at Second State Brewing Co in Cedar Falls, and it was a huge success.

**CONGRATULATIONS** to the winning team, **The Pen is Mightier Than the Sword**. Thank you to Second State, and all those who attended or donated. We continue to be humbled by your support! Stay tuned for more details on the next Trivia Night!



## AWARDS & RECOGNITIONS

FOF was awarded a **\$2,500 grant** from the Teen Trust, an affiliate with the Community Foundation of Northeast Iowa. Funds will benefit our services to survivors of violent crime in Black Hawk County.

"WHAT I WOULD SAY TO ANOTHER SURVIVOR IS DON'T BE SCARED TO TRY. I WENT THROUGH IT, TOO, AND I KNOW THAT REACHING OUT TO ORGANIZATIONS SEEMS HOPELESS. I WANT YOU TO KNOW THAT IT'S COMPLETELY OK TO BE WHERE YOU ARE AT, AND THERE ARE PEOPLE WHO CARE. DON'T BE AFRAID. IF YOU DON'T REACH OUT FOR HELP, IT WILL NEVER GET BETTER. GOOD PEOPLE ARE OUT THERE. FOF IS FULL OF GOOD PEOPLE READY TO HELP."

## BRIANA'S STORY CONTINUED

Shortly after getting housed, I got my kids back. FOF providing me with that couple months of housing assistance is what made that happen. I really don't know what would have happened had I not received help with housing. It's hard to think about.

My kids had been through a lot of trauma and they were young. I really worried about the memories they would have, but within a few years they have blossomed and don't have any bad memories. They are doing amazing. They're everything in the world to me.

Shortly after being housed, I started a new job that I'm blessed to have. I'm married now and we are in the process of buying a house. Friends of the Family was the steppingstone to help get me and my children to an amazing place in life.

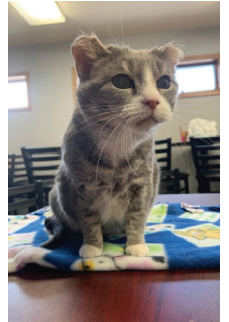
- Briana, domestic violence survivor and mother





## CEDAR VALLEY PET PALS

FOF partners with Cedar Valley Pet Pals to bring comfort and companionship to domestic abuse survivors and other shelter guests. PET PALS is a combination of two acronyms: Pets in Education and Therapy; and People and Animals in Life Sharing. The organization is an all-volunteer animal-assisted therapy program. Trained volunteers log 10,000+ hours every year visiting various facilities and organizations. **Thank you to this wonderful organization and their volunteers for providing an emotional outlet and comfort to our shelter guests!**



## FOSTERING FOR HOPE PROGRAM EXPANDING

Do you care about the welfare of pets displaced by domestic violence? If so, **please consider partnering with us for the Fostering for Hope program.** We are currently in need of volunteers to foster pets temporarily and to provide transportation. We also **need supplies** such as:

- Cat litter
- Litter boxes and scoopers
- Dog food
- Cat food
- Treats
- Toys
- Pet crates/carriers
- Leashes
- Collars (all sizes)
- Cash donations for pet boarding and vaccination costs

Thanks to a grant from Red Rover, Friends of the Family has increased its ability to provide safe housing and veterinary care to pets displaced by violence. To volunteer, please contact Felicia at [Felicia@fofia.org](mailto:Felicia@fofia.org) or 319-352-1108. Donations can be dropped off at any of our Friends of the Family locations or mailed to PO Box 784 Waverly, IA 50677.

## LOCAL PARTNER FUNDING

FOF 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!

United Way of North Central Iowa  
Teen Trust

Waterloo Housing Trust Fund  
Waverly Shell Rock Area United Way  
Cedar Valley United Way

Red Rover  
Benton County Community Foundation  
Bremer County Community Foundation &  
Waverly Fund



We are currently preparing for the fifth annual A Night in...Hawaii. This event is important to helping us raise funds for our critical programs, but also presents guests with the opportunity to bid on unique items in a silent and live auction.

Friday, November 8, 2019  
6:00 p.m. - 9:00 p.m.  
Prairie Links Golf and Event Center  
19 Eagle Ridge Drive, Waverly

Learn more at [fofia.org](http://fofia.org).

SAVE THE DATE



**FRIENDS**  
of the **FAMILY**

Take Back Tomorrow. Today.

PO Box 784  
Waverly, IA 50677

Presorted  
Non-Profit  
U.S. Postage Paid  
Waverly, IA  
Permit No. 78