

Speaking Up About Domestic Violence

Imagine flinching every time your partner walks by or when you accidentally drop something. Imagine rushing home because you're a minute late from the grocery store, and you just know you'll be in trouble when you get home. Or feeling your life may be in danger every day that you stay.

Sadly, many women live this very existence. Victims of domestic violence are in your community, at your workplace and in your house of worship. They may even be in your own family. Victims often hide abuse, even from those closest to them.

Domestic violence is one of the reasons that women become homeless and then seek shelter and services from Lake County Haven.

In relationships where domestic violence is present, the abuser often controls every aspect of the victim's life, including her access to money and employment. That is a big reason women stay or return to an abuser. Sadly, victims who flee find themselves equally devastating an problem: homelessness. To get free of the abuse, women and their children may have to live in a car or shuffle among friends and family members because they don't have a permanent place to call home. Without money or

a place to live, they end up on the steps of Lake County Haven, looking for a way out of homelessness and violence.

Lake County Haven supports domestic violence victims in many ways. We provide safe shelter, and meet all basic needs (clothing, food, hygiene items and medicine). We provide individual and group counseling and case management. We help residents find employment, save money, and find and use other community resources to heal from the trauma of abuse.

Community members can also be a vital source of support. Abuse is not an easy topic, but there are ways to make talking about domestic violence easier.

You can:

Educate Yourself: The more you know, the more comfortable you will be talking about the topic when it

comes up. The National Coalition Against Domestic Violence, NCADV.org, has many online resources for learning.

Demonstrate Your Support:

You can express your support in conversations and through social media. For example, you can share articles or resources, such as the national domestic violence hotline, 800-799-7233. You can talk about your support of Lake County Haven and our work with victims of domestic violence. This will educate others but also let any victims in your circles know that you support them and where they can go for help. And that is so important! You never know who is listening.

Debunk myths or criticisms: If you hear an incorrect statement about domestic violence or a criticism of a victim, such as, "I don't know why they stay," you can say something like, "It is extremely hard for victims to leave. It takes most an average of seven times before they can get free, and they are most in danger when they are leaving." You can remind others that victims have little or no financial independence in the relationship.

Change is possible—with awareness, courage, and conversation. Are you willing to discuss it? ♥





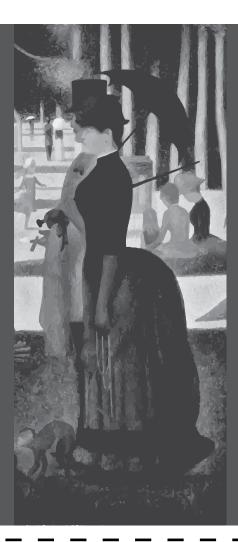
SUNDAY IN THE PARK

SUNDAY **→** JUNE 4 10:00 AM **–** 1:00 PM

SPRING FÜNDRAISER

CHICAGO BOTANIC GARDEN

1000 Lake Cook Road, Glencoe, IL



Experience the picturesque beauty of the Chicago Botanic Garden as Lake County Haven transforms the grounds and whisks you away to Paris for the day.

Join us for an array of Paris-inspired food and drink, unique entertainment, auctions, surprises and much more to give homeless women and children hope, help and a second chance.

Please scan this QR code for more information.





OOH LA LA!	Enjoy Paris for the	e day at the Haven's	2023 Spring Fun	draiser, "Sunday in the Park"
PURCHASE A TICKET				
\$175 Genera	l Admission Tickets,	includes brunch, drinks	, entertainment, par	king
\$250 VIP Adr	VIP Admission Tickets, includes General Admission, 1 free entry into Paris Raffle, VIP Surprise Gift, & mo			
BECOME A BENEFACTOR				
\$3,000 Crème	de la Crème, includes	6 VIP Tickets, event si	gnage, & private tab	le
\$5,000 Pièce d	e Résistance, include	s 10 VIP Tickets, event	signage, & private t	able
WIN A TRIP TO PARIS				
Accommodations for 4 night	s/5 days in downtown i	Paris plus \$1,000 airfare	credit	
Raffle tickets pricing:	\$20 each	3 for \$50	10 for \$150	1 T
Total # of Tickets:	Total \$:	_ Your raffle ticket stub	s will be mailed to ye	ou. The
DONATE				Lake County
I am unable to attend but	ut wish to donate: \$			Haven
PAYMENT DETAILS				
I have enclosed a check	c payable to Lake Cou	nty Haven (P. O. Box 12	7, Libertyville, IL 60	0048)
I'd like to donate via cre	dit card & I authorize I	_ake County Haven to c	harge my credit car	rd as indicated above.
Card #:			Expiration:	CVV#:
Name as it appears on card				
• •	·			
Address:	City, State, Zip:			

Our Heartfelt Thanks

Thanks to all the wonderfully generous individuals, organizations and Corporate Partners who have donated items, dinners, lunches, breakfasts and groceries to our Hope House and Renewal House shelters.



Park Avenue Dental Professionals collected shelter supplies (Kathy Herbst).





Megan, Julie & Lexi Zaehler donated breakfast.



& Sharon Moravec with Gurnee Place Memory Care donated dinner.



Eric Billittier with District 120 **Transition Center** donated dinner.



Laura Brown & family donated groceries delivered by Green Tree Animal Hospital.



Morag &



Erin Lett & Girl Scout Troop #47425 donated children's Halloween gift bags.



Thank You to Our Corporate Partners



We'd like to thank our amazing Corporate Partners who support the Haven, and our residents, all year long. Your commitment to the Haven, and our community, is unmatched. We are so grateful to have your support.

EMPOWER

Amcor
G2 Revolution
Medline
Trustmark
Horizon Therapeutics

IMPACT

AbbVie, Inc.

ACHIEVE

Advocate Condell Medical Center
Libertyville Bank & Trust
Valent Biosciences
BCU
Novelis
Parker Hannifin
State Farm
Sysmex

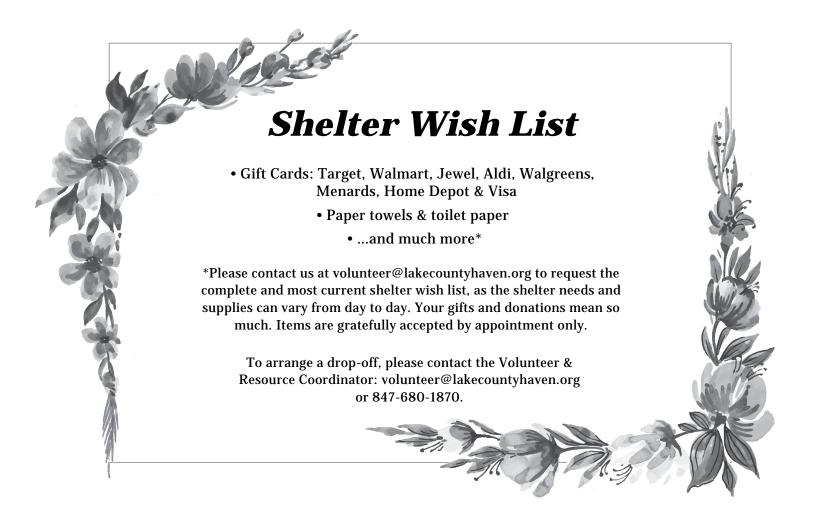
INSPIRE

Aon
American Community Bank & Trust
Clune Construction
Keller Williams North Shore West
Kinzie Real Estate Services
Hollister

BELIEVE

Baird & Warner Lake Zurich
Whole Foods Market-Vernon Hills

If you are interested in learning more about this program, or joining us as a Corporate Partner, please visit our website at www.LakeCountyHaven. org or email us at kalie@ lakecountyhaven.org. ♥





Every night of the year, women and children who have nowhere else to go come to Lake County Haven seeking food, warmth, safety, and guidance. YOU have the power to provide that for them. By adopting one or more of the 365 nights in a year, you will provide sanctuary and sustenance for a local family.

Select a Special Night and Make a Difference

You can adopt as many nights as you like and in any combination you wish. Adopt your favorite holiday, your birthday, or your anniversary. Adopting a loved one's birthday or anniversary is a thoughtful gift to offer them! You can also choose to adopt in honor or in memory of a loved one.

You can adopt any night for only \$250!

A Gift for Others...and for Yourself

The Adopt-a-Night program will highlight your gift so that it will encourage others to give as well. Your name and donation will be:

- Displayed at the shelter as the patron of that night.
- Profiled on our website, including a link to your business, personal or club website.
- Highlighted on our Facebook feed.
- Displayed in an acknowledgement letter suitable for framing.

We sincerely hope that you will Adopt-a-Night, or two, or three! For information, please call Kalie at 847-877-5102 or email kalie@lakecountyhaven.org.

On behalf of the many women and children whose lives will be saved and changed through your generous gift: **Thank You!** ♥



Join the Haven Hearts Giving Circle

Monthly Giving Program

At the Haven, our goal is to ensure that our residents are never homeless again. By becoming a member of the Haven Hearts Giving Circle, your monthly gift will ensure the Haven will be able to help women in need for months and years to come.



Will You Volunteer With Us? Mark Your Calendars!

Resident Brunch

Saturday, April 29, 2023 • 11:00 AM-1:00 PM Location: Shelter (Address to be given to volunteers prior to event.)

To RSVP, please contact our Event Coordinator at 224-595-3921 or events@lakecountyhaven.org. ♥

Non-profit Organization U.S. Postage Paid Permit No. 445 Lake Forest, IL 60045



P.O. Box 127
Libertyville, IL 60048
www.LakeCountyHaven.org
RETURN SERVICE REQUESTED

Join Us Online & Stay Connected!

VISIT us at www.LakeCountyHaven.org and LIKE us on Facebook (LakeCountyHaven)

- Check out client videos
- Find out about upcoming events
- View pictures of yourself and your friends at the latest Haven gathering
- Be informed about homelessness in your community



www.LakeCountyHaven.org