

# THE VOICE OF DOMESTIC VIOLENCE

*fall 2018 edition*

## MARGARET'S CORNER



We are already well into the month of October, which is Domestic Violence Awareness Month and we have many different events you can attend to learn more about Laura's House and the variety of programs and services we offer in our community. Details are included in this newsletter so be sure to find something that is

interesting to you and we look forward to seeing you!

With the holidays just around the corner, we are always thankful to have the support of so many wonderful people in our community like you. Your care and financial support make it possible for us to give our clients a safe, happier holiday season where they can experience how much others care for them and their future wellbeing when they will never know them personally.

Our emergency shelter has been close to maximum capacity for most of this year and many of these clients have been large families with three or more children, each with their own set of challenges and specific needs. Our team has done an excellent job of assisting these families to navigate through their situations and successfully transition to the next chapter of their life with the tools and training to avoid violent relationships in the future.

Man.Kind is our newest project where we have enlisted the support of successful men from our community

who are investing their time, talents and expertise to be positive role models and advocates for boys and young men to help them become respectable, responsible leaders with achievements they can be proud of in their lives. Watch out for news as this group develops as we will be sure to let you know how you can become a part of this exciting new opportunity that we hope will be motivational and provide powerful tools for our youth.

2019 is a very big year for us, as we will be celebrating 25 years of service to our community. We have so much to be proud of and we will be showing you all the different ways you can become involved with us. We also have inspirational stories to share from many of the stakeholders who are part of our team, so watch out for tons of exciting updates and information. With your help, we really are making a difference in the lives of so many who would otherwise have nowhere to turn for help.

A big thank you to our donors, stakeholders, volunteers and community partners. Your support, guidance and financial support throughout the year is what makes Laura's House family so special.

Best regards,

*Margaret*

Margaret R. Bayston  
CEO/Executive Director

[>> DONATE HERE <<](#)

# PROGRAM NEWS

## CYBER SECURITY AWARENESS TIPS



**October is Domestic Abuse Awareness Month AND Cybersecurity Awareness Month, so we collaborated with Tevora, a local cybersecurity company for tips and guidelines to protect from the dangers of cyberstalking.**

1. Passwords alone are not enough sometimes. 2-Factor Authentication is a critical second layer of protection for accounts like email and social media. It means an abusive partner would need a password AND an access code sent straight to the survivor's smartphone to hack their accounts. It is available for iPhone and Android smartphones and social media platforms like Instagram.

2. Still using the same password for all your accounts? If someone close to you knows or can guess your password, it means all your accounts are at risk. Password managers like LastPass create secure passwords for all your accounts, meaning you only have to remember one password.
3. Think your smartphone has been hacked? Is your phone acting strangely, running hot or losing battery power quickly? Look for any apps you do not recognize and check the battery settings to see if an unknown app is drawing extra power. Alternatively, try taking your phone to your local smartphone dealer!
4. Don't click on strange links! If you receive an email or text from a company you do not recognize that asks you to do something, it may be what's called a phishing attack. Clicking on the link may infect your device with malware.

Try being crafty with answers to your security questions! You know those questions you are asked when you forget your password? Well, other people may be able to figure out those answers. Try mixing up answers or giving a wrong answer to make it more difficult for someone to reset your account.

## EDENS GARDEN DONATES TO LAURA'S HOUSE

In honor of Domestic Violence Awareness month, **Edens Garden Essential Oils Company** donated 100% of the proceeds generated during October from their ***Fearless Synergy Blend***. Grace Martin, President of Edens Garden said,

***“Partnering with Laura’s House was an easy choice. For 24 years, they have worked tirelessly to provide shelter to abused women and children, given out endless resources to help domestic violence victims and prevent future cases by speaking to children and young adults about what an abusive relationship looks like. We are honored and humbled by their amazing work and those around the world that inspire change for good.”***



Amanda Thoreson, Clinical Coordinator for Laura's House Domestic Violence and Advocacy Center said, "We cannot thank Eden's Garden enough for their generosity and support for Laura's House. Their staff is so friendly and knowledgeable. They provided a presentation Laura's House staff that was full of incredibly useful information that enhanced our depth of knowledge on the benefits of aromatherapy. Our therapists and advocates have been able to use *many* oils to help bring our clients peace and comfort during some of the most stressful and anxiety provoking times of their lives. Additionally, we have been able to utilize the essential oils and practice self-care among the staff with the help of Eden's Garden!"

# NEW WEBSITE LAUNCH

Laura's House is excited to share our new website that launched on October 17! Our recent logo & rebrand and new tag-line, Inspiring Hope and Empowering Change, has continued to resonate with our current work and what we hope for all of the lives we touch through our various sites and programs and services offerings.

We hope you will find our Website resourceful and useful for many purposes. We are constantly striving to ensure that we are meeting the needs of our communities and serve as a national resource for domestic and family violence information. Please feel free to email with us any questions and any feedback you may have — we would love to hear from you!



## GRANTS

Our partnership with foundations, corporations and public agencies such as these enables Laura's House to provide direct, cost effective solutions to end the cycle of domestic violence and foster self-sufficiency and healthy relationships for the women, men and children of our community. Laura's House received funding recently from the following organizations\*:

- |                                                   |                                |                                             |                                         |
|---------------------------------------------------|--------------------------------|---------------------------------------------|-----------------------------------------|
| Allstate Helping Hands Grant                      | Crean Foundation               | Orange County Community Foundation          | Ueberroth Family Foundation             |
| Arbonne Charitable Foundation                     | Elks Lodge - Mission Viejo     | Orange County Women Lawyers Assoc.          | UCI Philanthropy Lab Mini-Grant Program |
| California Foundation for Stronger Families       | Dhont Family Foundation        | ResCare - CalWORK's Grant - OCSS            | Union Bank Foundation                   |
| California Office of Emergency Services (Cal OES) | Edwards Lifesciences           | San Clemente Junior Women's Club            | United Way Combined Federal Campaign    |
| City of Aliso Viejo                               | Golden State Foods             | Sisters of St. Joseph Healthcare Foundation | UPS Foundation                          |
| City of Laguna Beach                              | Hybrid Apparel Foundation      | Sorenson Charitable Fund                    | Vans Foundation                         |
| City of San Clemente                              | Jerome Foundation              | TJX Foundation                              | Wells Fargo Foundation                  |
| County of Orange - OC Community Resources         | NCL - Capistrano Coast Chapter |                                             | Zonta of Newport Harbor                 |
|                                                   | NCL - Canyon Chapter           |                                             |                                         |
|                                                   | NCL - Laguna Chapter           |                                             |                                         |

\*As of October 15, 2018



# PROGRAM NEWS

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## 2018 SPIRIT OF EMPOWERMENT *Holiday Giving Program*

DONATION DATES: NOVEMBER 1<sup>ST</sup> – DECEMBER 21<sup>ST</sup>



**This year we request your help with Holiday donations for the families of Laura's House!**

This Holiday Season we would appreciate your help with holiday gift donations and gift cards for the families we serve. Families will receive these gifts at our Shelter Alumni Party, Counseling & Resource Center, Emergency Shelter and Transitional Living Center, as well as our Domestic Violence Advocacy Center (DVAC). If you would like more information on donating to our Holiday Giving Program, please visit our website [laurashouse.org](http://laurashouse.org). In the meantime, look at our Holiday Giving Guide for an easy way to make an impact this year!

**Holiday Giving Guide — Gift Cards Empower!** Gift Cards are the easiest way to donate this holiday—they are easy to purchase, easy to deliver, and easy for us to store and distribute. Gift cards ensure the families and children of our programs receive the gifts they really need and want this Holiday Season!

### **GIFT CARD WISH LIST:**

**Superstores:** Target, Wal-Mart, Costco, Sam's Club

**Grocery Stores:** Albertsons, Vons, Pavilions, Ralphs, Stater Bros., Fresh & Easy, Trader Joe's, Sprouts, Whole Foods, Smart & Final, Costco

**Pharmacy:** CVS, Walgreens, Rite Aid

**Clothing:** Old Navy, Forever 21, Claire's, Payless, TJMaxx, Marshalls, Macy's, Sears, Gap, Pac Sun, Tilly's, Dick's Sporting Goods, H&M, Disney Store, Buy Buy Baby

**Gifts:** Barnes & Noble, Sephora, Ulta, Dick's Sporting Goods, iTunes, Best Buy

**Please consider donating gift cards between Nov. 1 and Dec. 1. The bulk of the gift cards will be distributed at our annual Alumni Holiday Party on December 2, 2018.**

**>> Give back this holiday season — CLICK HERE <<**

# RESALE STORE

4TH ANNUAL  
VIP HOLIDAY SHOPPING EVENT

# HOLIDAY *party*

**Laura's House Holiday VIP Shopping Event:  
November 15, 2018 — 5:30pm-8:00pm**

Laura's House Resale Store in San Juan Capistrano invites you to join us for an evening filled with fabulous shopping including new and exclusive holiday merchandise and popular gift items, festive music and tasty refreshments and of course some great raffle prizes and silent auction items! YOU WILL NOT WANT TO MISS THIS!

31878 Del Obispo St. • Suite 104 • San Juan Capistrano

Please RSVP by November 8<sup>th</sup> to reserve your spot today. [>>Click here to RSVP](#)

## UPCOMING EVENTS



*please join*

**gorjana**  
GIVES BACK

25% OF SALE PROCEEDS BENEFIT

**LAURA'S HOUSE**  
Inspiring Hope and Empowering Change to End Domestic Violence

Thursday, November 15th  
6:00 PM – 8:00 PM

gorjana Irvine  
864 Spectrum Center Center Drive,  
Irvine

LIGHT BITES • REFRESHMENTS  
JEWELRY STYLING

CAN'T MAKE IT TO THE PARTY?  
SHOW YOUR SUPPORT, CALL IN AN ORDER!  
949-585-9128

 gorjana

### Volunteer Appreciation Poem

Here's to the everyday heroes,  
The volunteers who do what they can,  
To ease the suffering of others,  
And be of service to their fellow man.

May they know the true satisfaction  
That comes from helping others  
Less fortunate than themselves,  
But no less their sisters and brothers.

May they feel the gratitude in our hearts  
For all of the good that they've done.  
The appreciation that we all feel for them  
Is truly second to none.



On December 1st at 12 p.m. GritCycle Monarch Beach is offering a donation based cycle class where all proceeds will benefit Laura's House programs and services. Reserve your bike today for \$75 for high-energy and endorphin-boosting cycle class!

[>> SIGN UP HERE <<](#)

# PROGRAM NEWS

## WHAT YOUR TEENS DON'T WANT YOU TO KNOW

In partnership with the City of Laguna Niguel, Laura's House hosted a panel exploring the trends in unhealthy adolescent relationships. Laura's House gathered a panel full of experienced individuals including Laura's House's own Veronica Stephens, Community Education Specialist and Jennifer Ponce, CHES, Prevention and Education

Manager. Also sitting on the panel was Dr. Lemuel Day from Chapman University, Jeanette Boyle, Dana Hills High School Teacher and Ashley, Advocate and Survivor of Teen Dating Violence. The panel discussed unhealthy relationships for adolescents and prevalence of teen dating abuse here in Orange County.



## WHAT YOUR TEENS DON'T WANT YOU TO KNOW

EXPLORING THE TRENDS IN UNHEALTHY ADOLESCENT RELATIONSHIPS

### MODERATOR

**Veronica Stephens**

Laura's House  
Community Education Specialist

### PANELISTS

**Jennifer Ponce, CHES**

Laura's House  
Prevention & Education Manager

**Dr. Lemuel Day**

Chapman University  
Associate Professor, Chair,  
Department of Sociology  
Wilkinson College of Arts,  
Humanities, and Social Sciences;  
Department of Sociology

**Jeanette Boyle**

Health Teacher  
Dana Hills High School

**Ashley**

Advocate & Survivor of  
Teen Dating Violence

## Wednesday, October 24 • 7pm – 9pm

Parents, Students, Educators and Community Members Invited



HOSTED BY  
**CITY OF LAGUNA NIGUEL**

Community Room of  
Laguna Niguel City Hall  
30111 Crown Valley Parkway  
Laguna Niguel, CA 92677



Studies have shown that 1 in 3 teenagers in the U.S. experience some form of teen dating violence, however, a recent study by Chapman University indicated that Orange County has twice the national average. This forum is designed to give an in-depth look into teen dating violence, the various forms it can take and the red flags parents can identify while their teens are in a dating relationship and resources available to help protect our youth.



# GET INVOLVED TODAY

Laura's House offers a variety of donor programs and giving opportunities that enable you to become part of the Laura's House family. Our current giving campaigns, events and opportunities are detailed below and ensure your gift is allocated in the manner you intend. For detailed information on any of the options listed below, please visit [laurashouse.org/get-involved](http://laurashouse.org/get-involved).

**Car Donations: We are seeking donations!** Donate your car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer or airplane has never been easier! Simply choose Laura's House to donate to, call 855-500-RIDE, and trained staff will guide you through the donation process. It is as simple as 1-2-3!



**Volunteer:** Laura's House encourages volunteer involvement and the development of community resources to enhance our programs and build closer ties with the community.

In addition to providing support to clients and their families, volunteers help increase the knowledge and understanding of domestic violence our community. We love our Laura's House Volunteers! Find out more about becoming a Laura's House **Volunteer by clicking here**.

**Legacy Program:** We invite you to share in this giving opportunity to ensure that individuals and families affected by domestic violence continue to have access to Laura's House's services and programs for years to come. Laura's House Legacy Society members will receive recognition on the donor wall at Laura's House and our website. Additionally, Legacy Society members are to an annual recognition celebration and other selected events. Members will have the satisfaction of knowing their gift will continue the important and far-reaching work of Laura's House. Please let us know if you have included Laura's House in a bequest, estate plans or other legacy gift so that we can acknowledge your generosity. For further information on becoming a Laura's House Legacy Society member checkout our **website here** or please contact (949) 361-3775 or Andrea McCallister, Director of Development & Communications, [amccallister@laurashouse.org](mailto:amccallister@laurashouse.org).



**Circle of Friends – Annual Giving:** Join Laura's House Circle of Friends campaign and provide unrestricted funds to be used where they are needed most. Every gift counts! **Click here for more info**.



**Donate Wish List Items:** Setting our Laura's House families up for success involves a lot of day to day items that may easily be over looked. Laura's House site managers update our wish list every month to fulfill immediate needs from our Emergency Shelter, Transitional Housing, and Resale Store sites. You can download the **current wish list here** to bring immediate support to our residents.

#### URGENT NEEDS:

- Toilet Paper
- Clorox Wipes
- Body Lotion
- Laundry Detergent
- Bleach Gallons
- Bleach Spray Bottles
- Stainless Steel Cleaner
- Baby Monitors
- Diaper Genies
- Little Boy Socks
- Womens Socks
- Womens Shoes (all sizes)
- Women Underware (all sizes)
- Little Kids Shoes 4 to 8 years ( 12.5, 13, 13.5, 1, 1.5, 2, 2.5, 3)
- Big Kids Shoes 8 to 12 years (3.5, 4, 4.5, 5, 5.5,6, 6.5,7)

**Employee Giving:** Invite a Laura's House speaker to your workplace and through a workplace campaign of through United Way.

**Become a Fundraiser:** With a personalized donation page, you can fundraise for Laura's House! Host an event, run a race, climb a mountain, hold a jeans day at work, whatever you do, we think you are amazing! Call us to create your campaign today, 949.361.3775 x210.

**>> CLICK HERE TO DONATE <<**

# SAVE THE DATES

## 2019 IS LAURA'S HOUSE 25<sup>TH</sup> ANNIVERSARY!

### FESTIVAL OF THE HEARTS

Saturday, March 2, 2019 at 8am

We are excited to host our 2nd Annual Festival of the Hearts conference hosted at Saddleback College. We have collaborated with Tilly's Life Center and our youth leaders to create a one day conference and music festival for teens and their parents. The themes of this conference are empowerment, leadership, and healthy relationships. The event will feature interactive workshops, live entertainment, and hosted lunch. Registration will begin at 8am and the event will be from 9am-3:00pm. Free parking will be available on campus. Sponsorships and Underwriting opportunities are available, Tickets are \$10 each. Raffle tickets will be included with registration. Register today at, [laurashouse.org/lhteen](http://laurashouse.org/lhteen).

### 4<sup>TH</sup> ANNUAL BRIGHTER FUTURES LUNCHEON

Friday, May 10, 2019 from 11-2pm

Join us at our 4th Annual spring luncheon and learn event at Balboa Bay Resort, featuring beautifully decorated tables by our creative table hostesses and sponsors, an impressive raffle and luncheon program. Table Hostesses needed. Table Sponsorships and Tickets available on-line at [laurashouse.org](http://laurashouse.org).

### LAURA'S HOUSE GUILD — LADERA DERBY DAY

Saturday, May 4, 2019 from 1:30pm-4:30pm

Enjoy an afternoon of Live Derby viewing, silent auction and themed lunch hosted by the Laura's House Guild at this outdoor spring event held at the Covenant Hills Club House in Ladera Ranch. Tickets will be available for \$75 at [laurashouse.org](http://laurashouse.org).

### 7<sup>TH</sup> ANNUAL HOPE GOLF TOURNAMENT

June 2019

Come out for a great day of golf and in support of Laura's House, hosted at Aliso Viejo Country Club. Silent Auction and Awards Reception to follow. Sponsorships, Foursomes, Tee Signs and individual player spots available, [laurashouse.org](http://laurashouse.org).

### SUMMER INTERN PROGRAM

June—August 2019

- Interns help with our Resale Stores
- NCL 16 + invited to apply
- Teens interested in the Internship are encouraged to apply and submit a Cover Letter to Hallie Wilson via email: [hwilson@laurashouse.org](mailto:hwilson@laurashouse.org).

### FREEDOM RUN AT THE RANCH

Thursday, July 4, 2019 at 7am

Join Laura's House and the San Clemente Kiwanis for a pancake breakfast served up by our wonderful Volunteers. The Freedom Run, 1k/5k/10k run will take place in Ladera Ranch, Visit [runladera.com](http://runladera.com) to register today. Laura's House will be the primary beneficiary from the event and receive all of the proceeds from the pancake breakfast sales.

### BACK TO SCHOOL DRIVE

July—August

Help us get our Laura's House children ready for Back to School by donating school supplies and backpacks, back to school clothing and shoes. Donation drop-off locations to be announced and posted, [laurashouse.org/events](http://laurashouse.org/events).

### LAURA'S HOUSE 25<sup>TH</sup> ANNIVERSARY GALA

Saturday, September 7, 2019 at 5:30pm

Join us for this special Gala, celebrating 25 years of service in the community. Enjoy a cocktail reception, silent & live auction and dinner reception at the Fashion Island Hotel, Newport Beach. We will be honoring individuals and corporations that have contributed integral support to the programs and services we provide. Sponsorships, tickets and ads will be available, please visit [laurashouse.org/events](http://laurashouse.org/events).

### VOLUNTEER APPRECIATION

November 2019

Laura's House relies on many dedicated volunteers to help make our organization run smoothly and efficiently. Join us for a fun filled event and celebrate our wonderful volunteers who contribute over 16,000 hours a year!

**Laura's House fundraising events are a wonderful way to raise awareness on domestic violence issues and much needed funds to support Laura's House and of course, have a bit of fun in the process!**

For more information on any of these events please visit our website at [laurashouse.org](http://laurashouse.org) or contact the Development Department (949) 361-3775, Andrea McCallister, Director of Development & Communications [amccallister@laurashouse.org](mailto:amccallister@laurashouse.org) and Hallie Wilson, [hwilson@laurashouse.org](mailto:hwilson@laurashouse.org)

**>> DONATE HERE <<**