

# LAURA'S HOUSE

Inspiring Hope and Empowering Change to End Domestic Violence

## THE VOICE OF DOMESTIC VIOLENCE

*spring 2021 edition*

### Margaret's Corner

It's hard to believe that it's already Spring of 2021. Even though the last 12 months have been the hardest times we have ever experienced I am proud of all the things we were able to achieve at Laura's House. I remember too well that we all went into lockdown at home on March 18th and we knew that our clients would need us more than ever.

#### Sharing the Knowledge

We immediately put safety protocols in place and pivoted within days to offer all our services via Telehealth to our clients. Within weeks our amazing teams of staff began offering our community programs and services remotely with the goal to meet our client population where they were using virtual tools, because they couldn't get to us. We increased our communications with our constituents, and we were able to offer more in-depth information to more people than ever before. A positive outcome from the pandemic is that we have become a national resource for other domestic violence agencies by sharing our knowledge via public platforms. We are proud that we have trained domestic violence advocates across 18 States in the US so far with more being added each month.

#### The Power of the Journey

Although the momentum slowed during Covid 19, we have now reached \$5.2 M of the \$10M goal for our Capital Campaign - "The Power of the Journey". It is imperative that we succeed in this endeavor to create the best possible solution for those suffering from domestic violence. The investment required, though significant, will be life changing for those who benefit from the expanded programs and services provided. We need all of our community members to rally around this new facility, located at 33 Journey to provide victims of abuse a central location to receive a multitude of services. If you would like to be involved, please contact us at 949-361-3775 and look for our updates in our new monthly newsletter, 'The Pulse'.



#### 33 Journey: Open House/Ribbon Cutting

Covid may have slowed us down but it hasn't stopped our progress and we are excited to share that we will be hosting an "Open House/Ribbon Cutting" at our new facility at 33 Journey in Aliso Viejo on Sept 30th from 3.00pm to 5.30pm. We will be sending more information nearer the time and we look forward to having our many supporters and friends join us so we can give tours and share our latest information and updates with you.

Wishing you all a wonderful Spring season with many brighter days ahead.

Warmest Regards,



*Margaret*

Margaret R. Bayston  
CEO/Executive Director

# PROGRAM NEWS

## COMMUNITY ENGAGEMENT WORKSHOPS



### Healthy Families



At Laura's House, we recognize that healthy communities begin at home. We have developed a three-part series to help families in our communities create a healthy family dynamic that will work no matter the make-up of the family. The series focuses on identifying generational patterns, assessing areas for growth and building safe communication practices. Each class not only instructs but gives easy to apply principles that can be incorporated into any family dynamic. [Learn more.](#)

*"Great series! All families should take this series! Thank you for what you're doing for our community, especially in a time like this."*

— WORKSHOP ATTENDEE



### How to Help



This **FREE 1.5-hour virtual workshop** is designed to give family members and friends the tools to help a loved one they suspect is in an unhealthy relationship.

**Register for our next seminar on May 10th.**

*"The presenter was very knowledgeable and was able to give very concrete examples of what to expect or do in various situations. The worksheet sent beforehand was helpful in creating an interactive, engaging component to the workshop. Overall, it was an excellent workshop!"*

— WORKSHOP ATTENDEE



## THERAPEUTIC SERVICES FOR CLIENTS

### INDIVIDUAL, CHILD, COUPLES, & FAMILY THERAPY



#### Couples Therapy

When safe to do so, couples therapy assists in creating healthier ways

to relate and improves the quality of relationships. Couples have the opportunity to establish better coping skills, new communication styles, and conflict resolution techniques that are necessary to avoid abusive interactions.

### GROUP THERAPY



#### Specialty Group Dating After Abuse

An 8-week psycho-educational

group with the aim to help participants identify unhealthy patterns of dating and develop new, healthy dating practices. The group will address these questions: How will I know if I'm ready to start dating? How can I avoid getting into another abusive relationship? Why do I seem to attract abusive partners?

### WORKSHOPS



#### Addressing Anxiety

A workshop devoted to education about the effects of

anxiety as well as opportunities to develop tools to combat stress in the mind and body. The experiential portion of this workshop aims to provide complete relaxation for the participants as one learns to cope with worries and fears.

# PREVENTION EDUCATION SPOTLIGHT



**Educators, teachers and leaders...we appreciate you!  
Book H.E.A.R.T. today.**

Whether you are teaching virtually, in person or a hybrid of both, you can count on us to host a H.E.A.R.T. presentation at your school. H.E.A.R.T. is an interactive workshop to prevent adolescent dating abuse and speaks on healthy relationships. Book your presentation with one of our caring educators while dates and times are available!  
**Book a presentation.**



**Become a CERTIFIED DOMESTIC VIOLENCE ADVOCATE**

Spots are filling fast! Join us to learn about the dynamics of domestic violence and become familiar with the resources and procedures. After completing 40 hours of training, graduates receive a Certificate of Completion that will enable them to pursue volunteer and employment opportunities working directly with survivors of domestic violence in California. **Register for our July training.**



**HEALTHY  
EMOTIONS &  
ATTITUDES IN  
RELATIONSHIPS  
TODAY**

**Text HEART to 949-484-8440 to speak to an advocate.**

The Heart Chat connects teens to a domestic violence advocate who provide information, resources and referrals with the goal of encouraging healthy dating relationships and providing support to those in abusive relationships. Connect with our domestic violence advocates by texting HEART to 949-484-8440 between 8AM-5PM or sending an email at [heartchat@laurashouse.org](mailto:heartchat@laurashouse.org).

**SAVE THE DATE  
SEPTEMBER 2021**

**4<sup>TH</sup> ANNUAL**

**FESTIVAL OF THE  
HEARTS**



**Festival of Hearts is back this year with music, activities and more!  
We will announce our September 2021 date soon, see you there!**

# DOMESTIC VIOLENCE AND ADVOCACY CENTER HIGHLIGHT

## LEGAL SERVICES



### MEET OUR PRO BONO IMMIGRATION ATTORNEY, CATHERINE NAVARRO.

Catherine joined Laura's House legal department in October 2020 to support survivors of domestic violence with petitioning for VAWA and U-Visa. She is dedicated to our mission to help families break the cycle of domestic violence.

During her short time with Laura's House, she has successfully submitted three immigration relief petitions and supported many individuals understand their legal rights. With her help, Laura's House legal team can offer additional immigration resources to the community.

- We provided **legal advocacy services** (both in-person and virtually) to **551 clients** (518 women and 33 men) including consultations, assistance with temporary restraining and child custody orders, court accompaniment, safety planning, and referrals to other legal services.
- **4,018 units of legal advocacy services** were provided.
- **840 hours of volunteer service** were donated by Orange County attorneys to assist our clients.
- On a scale of 1 (lowest) to 5 (highest), Legal Advocacy clients **overall satisfaction rate was 4.8.**



## THERAPEUTIC SERVICES

- We provided **therapeutic counseling** (both in-person and virtually) to **558 new and ongoing clients** (491 women, 15 men, and 52 children).
- **3,790 individual and family counseling sessions** were conducted.
- **107 clients** received comprehensive case management services.
- **1,845 Personal Empowerment Program (PEP) group service units** were provided.
- **331 psycho-educational/life skills group service units** were provided.
- **200 alternative therapy activity service units** (including EMDR, Sand Tray, Anxiety Reduction Techniques, Art, and Play) were provided.



**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 <<**

# COMMUNITY SUPPORT

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## TEAM VOLUNTEERING



### OC SHERIFF'S DEPARTMENT

On February 27th, 2021, 30 Officers and Staff from the Orange County Sheriff's Department (OCSD) came together to volunteer and help Laura's House with sorting donations for our Resale Stores. Our stores, located in San Juan Capistrano and Lake Forest, raise necessary funds for our programs and services. Thanks to the dedicated individuals from the OCSD we were able to process hundreds of bags of clothing, a task that would normally take us weeks to complete. We are beyond grateful for OCSD and their continued support.



### HALES AND PARKER DENTISTRY - SMILE FOR LIFE

From **March to June**, hundreds of dental practices throughout the U.S. and Canada professionally whiten teeth to raise money for children in their local communities through the Smiles for Life Foundation. When you pay for your teeth whitening, you'll write your check directly to the Smiles For Life Foundation, not to the dental practice. Fifty percent of the donations are earmarked for each dental practice's local charity partner, and the balance goes to the Smiles For Life Foundation to be distributed to worthy and approved children's charities across the world. Hales and Parker Dentistry has chosen Laura's House to be their local charity partner and receive 50% of the proceeds from every whitening service until the end of June. We are honored to be a part of the Hales and Parker family. Schedule a **Free Virtual Consult** today!



# 2020/2021 GRANTS

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**Thank you to all of the below organizations for their vital grants which help us to inspire hope and empower our clients.**

Allstate Foundation  
American Woodmark Foundation  
Bagne Family Foundation  
Boeing Employees Community Fund  
Cal OES - Domestic Violence Assistance Program (DVAP)  
Cal OES - Family Violence Prevention Program (FX)  
Carl E. Wynn Foundation  
City of Laguna Beach  
City of Mission Viejo  
City of San Clemente  
Community Legal Aid SoCal - Cal OES - Cal OES Legal Support Services (XL)  
Costco  
Decorative Arts Society  
Dhont Family Foundation  
Edwards Lifesciences Foundation  
Equus Workforce Solutions - OCSS  
CalWORKS - DV Services  
Fusenot Charity Foundation

Glen & Dorothy Stillwell Charitable Trust  
Golden State Foods  
Green Foundation  
Hermann Foundation  
In-N-Out Burger Foundation  
Ingram Micro  
Kenneth Lester Family Charitable Fund  
Macy's Corporate Giving Program  
Ms. Molly Foundation  
NCL - Laguna Chapter  
NCL - Monarch Chapter  
Nordstrom  
OC Community Resilience Fund COVID Response  
OCCF - Confidential Funder  
OCCF - Margaret E. Oser Fund - COVID Response  
OCCR - Cal OES Crime Victims Program (XC)  
OCCR - County Domestic Violence Program  
OC United Way Women's Philanthropy Fund

O.L. Halsell Foundation  
Orange County Bar Association  
Pacific Life Foundation  
Rite Aid Foundation KidCents  
Roosters Foundation  
Sidney Stern Memorial Trust  
Sisters of St. Joseph Healthcare Foundation  
Smart & Final Foundation  
Stater Bros. Charities  
Sundt Foundation  
Swayne Family Foundation  
TJX Foundation  
Tustin Community Foundation  
Ueberroth Family Foundation  
Union Bank Foundation  
U.S. Bank Foundation  
Western Digital  
Women's Foundation of CA Relief & Resilience Fund - COVID Response

*\*Grants received between March 7, 2020 - April 21, 2021*

# SHOP AND DONATE

## NEW DONATION CENTER — DONATE YOUR GENTLY USED ITEMS & VOLUNTEER



**At our new location at 33 Journey**, we now have an incredible Donation Warehouse that accepts, sorts, and delivers donations to our two Resale locations. Our donation center is always in need of wonderful volunteers to help us sort through all of our incredible donations.

How to volunteer link. [Schedule sign up link.](#)

In addition to our two Resale Stores, our Donation Center Staff has created a “Pop-Up” at our Donation warehouse. **Now volunteers and donors can shop while donating their items and time!**

### LOCATION:

33 Journey, Ste 150  
Aliso Viejo, CA 92656  
Phone: (949) 472-8800  
Fax: (949) 218-6399

### DONATION CENTER HOURS:

Monday – Friday: 10 am – 4pm  
Saturday: 10 am – 2 pm  
Sunday: Closed  
*\*For large donations, please schedule prior to drop*

## VISIT OUR RESALE STORES

### TWO STORE FRONT LOCATIONS:

23635 El Toro Road, Suite F  
**Lake Forest**, CA 92630  
(Twin Peaks Plaza, upper plaza,  
off El Toro and Arbor Way)  
(949) 472-8800

31878 Del Obispo Street, Suite 104  
**San Juan Capistrano**, CA 92675  
(Plaza Del Obispo Shopping Center,  
next to Marshalls)  
(949) 218-6400

### STORE HOURS:

Monday – Saturday: 10am – 6pm  
Sunday: 12pm – 5pm



## VOLUNTEER SPOTLIGHT

**Myrna Welsh, Mary Bacon, Cindy Stoeckel, and Nina Manning.** This group of fun amazing women came to us through Myrna and her husband Jim Peare. They have been adopting families at the shelter for over a year now, providing them with goodies and presents for every holiday. Myrna wanted to serve further and when we told her about our dire need for volunteers at our donation center, she said she was in, and that she would bring some friends! These dedicated women have been volunteering with us every other week during our most critical time, they come with smiles on and are professional clothing sorters now. Our small but mighty Donation Center staff relies on volunteers like this to be able to get items to our resale stores in order to raise funds for all our programs and services. We are so thankful to Myrna, Mary, Cindy, and Nina for their continued dedication and support.

# GET INVOLVED TODAY

## THERE ARE MANY WAYS TO MAKE A DIFFERENCE THIS SPRING!

### VOLUNTEER

We could not have made it through this pandemic without the assistance from our incredible volunteers. We have virtual and COVID-safe volunteer opportunities available.



- **Special Events** – Become a committee member of one of our special events.
- **Resale Store** – Provide excellent customer service in one of our Resale Stores.
- **Donation Center** – Help our donation center sort through the incredible donations we receive daily.
- **Direct-Client Service Roles** – Due to the COVID-19 pandemic, we currently do not have any open direct-client service volunteer roles. But, as protocols begin to ease, we anticipate more opportunities becoming available. **Fill out the Volunteer Application.**

### SUPPORT OUR CIRCLE OF FRIENDS



Support our Circle of Friends Annual Giving Campaign and provide unrestricted funds to be used where needed most! **Become a member of the circle of friends family.**

### SHELTER WISH LIST

Directly meet the needs of Laura's House and our clients by fulfilling some of the items on our **Wish List.**

### EMPLOYEE GIVING & MATCHING PROGRAMS

Invite a Laura's House speaker to your workplace and donate through your workplace giving/matching campaign, or through United Way, #LAU098.

### CAR DONATIONS

Donate a car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer, or airplane to Laura's House and when the vehicle sells you will get a donation receipt in the amount for which the vehicle sold. For more information or questions please call CARS program at 855-500-RIDE (7433).

**Learn more.**

### GROUP VOLUNTEER OPPORTUNITIES

**Click to download Volunteer With Us Flyer**

- Host a Clothing Drive in your neighborhood
- Host a Wish List Drive in your neighborhood
- Volunteer as a Group in our Donation Center
- Customize a Volunteer project for your group by contacting our Volunteer Coordinator to find out immediate needs of the agency – **apfost@laurashouse.org**

### SOCIAL MEDIA FUNDRAISER



Engage your social community and create an online campaign with **Facebook.**



Use the donation sticker in your **Instagram** stories.

### MONTHLY NEWSLETTER



Sign Up for our Monthly Newsletter "The Pulse".  
**>> Click Here**

**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!**

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**>> DONATE HERE <<**

# 2021 CALENDAR OF EVENTS – JOIN US



**LH BRIGHTER FUTURES LUNCHEON**  
Friday, June 4, 2021  
from 11-2pm

Join us at our 6th Annual spring lunch and learn event at **Balboa Bay Resort**, featuring beautifully decorated tables by our creative table hostesses and sponsors, an impressive raffle and luncheon program. Additional table hostesses needed. Table Sponsorships and tickets available online at [laurashouse.org](http://laurashouse.org).



**FESTIVAL OF THE HEARTS**  
September 2021

We are excited to announce our 4th Annual

Festival of the Hearts conference hosted at **Saddleback College**. We have partnered with Waymakers 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. Tickets are \$10 each. Raffle tickets will be included with registration. Sponsorship and tickets available, [laurashouse.org/lhteen](http://laurashouse.org/lhteen).



**RIBBON CUTTING**  
Thursday, September 30, 2021  
at 3-5:30pm

Celebrating the opening of our new offices, counseling and resource center, plus donation center at 33 Journey, Suite 150, Aliso Viejo.

**LAURA'S HOUSE 26<sup>TH</sup> ANNIVERSARY GALA**  
Saturday, October 2, 2021 at 5pm

Join us for our Annual Gala, celebrating our service to the community at the **Newport Beach Country Club**. Enjoy a cocktail reception, silent & live auction and dinner reception. 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. **Register Today!**

**OUTLETS OF SAN CLEMENTE SHOPPING EXTRAVAGANZA**  
October 9-10, 2021



Join us for the 7th Annual Shopping Extravaganza at the Outlets of San Clemente. Ticket proceeds are given to selected charities. We are looking to have a record-breaking year!

- Become a member of our **Shopping Extravaganza Committee**
- Committee members will assist in promotion of the event and help drive ticket sales for Laura's House as designated 'LH Ticket Team Captains'. Committee members will also need to be available to assist at the event itself in October. Email [apfost@laurashouse.org](mailto:apfost@laurashouse.org) for more information.

**THE HOPE TOURNAMENT**

**9<sup>TH</sup> ANNUAL HOPE GOLF TOURNAMENT**  
Monday, October 25, 2021

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. **Register Today!**

**SPIRIT OF EMPOWERMENT - HOLIDAY GIVING PROGRAM 2021**  
November - December 15, 2021

*Email & Social appeal series*

Designate Laura's House in your year-end giving plans and assist a family in need during this very challenging year.



**YEAR END GIVING APPEAL**  
November - December 31, 2021

*Email & Social appeal series*

Designate Laura's House in your year-end giving plans and assist a family in need during this very challenging year.

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