

LAURA'S HOUSE

Inspiring Hope and Empowering Change to End Domestic Violence

THE VOICE OF DOMESTIC VIOLENCE

spring 2018 edition

MARGARET'S CORNER



We have started this year off at a gallop speed in every aspect of our work at Laura's House. All of our programs and service areas are experiencing an increase in demand and we are working hard to meet the needs of those who want our assistance to make positive changes in their lives and have a future without violence in their relationships. Thankfully we have an awesome group of talented

volunteers who support our staff and we are extremely grateful for all the commitment and hard work that makes it possible for us to do as much as we can. We have engaged in a Strategic Planning process and in planning for our future, we are also currently looking at our existing services and identifying ways in which we can further support our clients, offering a continuum of care that benefits the entire family.

As you might have noticed, we have updated our Laura's House logo and altered our tag-line, Inspiring Hope and Empowering Change to End Domestic Violence. This change was made to reflect the progressive action we have taken to engage in both preventative and educational efforts to end the epidemic of domestic violence.

We are happy to announce that we hosted our first, Celebrate Man.Kind event, hosted at the home of Mike Hayde and Laura Khouri in February. The Man.Kind campaign's aim is to recruit and recognize men who are doing great things to support those affected by domestic violence in our community. More information on how you can get involved in this effort will be shared in the coming months.

As Spring approaches, we hope you will consider shopping and/or donating at one of our Resale stores, located in Lake Forest and San Juan Capistrano. The hard work of the innovative staff and volunteer teams at our stores and our generous community donors is paying off, contributing significantly to the revenue of the organization, and in turn, supporting the programs and services we offer.

We have several exciting and fun special events coming up and you can find details of those in this newsletter. I am always happy to meet many of you at these functions and love to get your feedback on what we are doing. Save the Date for our Annual Gala event, Ports of Call, to be hosted Saturday, September 22, 2018 at the Balboa Bay Resort.

This year marks my 20th year with Laura's House, and I can honestly say that it continues to be a joy for me to come to work every day. I get to work with an amazing team of dedicated, compassionate staff and a very supportive board of directors so I count my blessings every day.

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

Best regards,

Margaret

Margaret R. Bayston
CEO/Executive Director

Consider making a gift to Laura's House this Spring to support this program and our other supportive services, through your on-line donation. Support Us Today! [>>>CLICK HERE<<](#)

PROGRAM NEWS

LAURA'S HOUSE: A FEATURED PRESENTER AT NATIONAL CONFERENCES



We are pleased to share that our very own Prevention Education Manager, Jennifer Ponce, and Legal Director Adam Dodge, recently presented at the 2018 *Shifting the Lens Conference*, hosted by

the California Partnership to End Domestic Violence (CPEDV). We shared our partnership with the Orange County Sheriff's Department and how we have been successful in partnering with law enforcement to provide resources and assistance to victims of domestic violence.

We also had the privilege to speak at the 2018 National Conference on Bullying. Prevention Education Manager, Jennifer Ponce, hosted a break out session providing an overview of our recently copy written H.E.A.R.T workshop. We hope our H.E.A.R.T. workshop will serve as a model to schools across the country in educating teens. The session was attended by 75 teachers, school administrators, and school district officials from across the country.



CUT IT OUT PROGRAM

Laura's House has partnered up with beauty salons to raise awareness of domestic violence through educating professionals in the field.

Beauty professionals are in a unique position as they are often given the opportunity to see the signs of abuse with their clients as people typically build a trusting and lasting relationship with their stylist.

In the State of California, Assembly Bill No. 326 was passed in September of 2017, which requires the State Board of Barbering and Cosmetology to provide physical and sexual abuse awareness training for all licensed cosmetologists. Laura's House offers the training under the CUT IT OUT program; a free educational, one-hour presentation for stylists and employees to be trained to identify and address the wide spread issue of domestic violence. Since the bill has passed, we have partnered up with many salons in Orange County, including a recurring training with Toni & Guy school of graduating classes as well as students of the chain Sports Clips, at their headquarters in Carlsbad, CA. You can learn more about the CUT IT OUT [program here](#).



To book a DV 101 Presentation, [CLICK HERE](#)

1ST ANNUAL FESTIVAL OF THE HEARTS TEEN SUMMIT



workshops, interactive activities such as yoga, self-defense, art therapy, and entertainment from special guests Phil Kaye, Hanna Eyre, The Breeze and Bella Dose. Over 325 teens, parents and educators were in attendance. The day was filled with education, empowerment and so much more!

We greatly appreciate the support of our 2018 Sponsors and hope to see you next year for this fun and inspiring day! To watch a recap of the event, [please click here](#). Save the Date: 2nd Annual Festival of the Hearts – Saturday, March 2, 2019.

On Saturday, February 24th, Laura's House and Tilly's Life Center, partnered on our 1st Annual Festival of the Hearts. The day offered educational

328
total number of
people registered

87
number of healthy
relationship pledges

19
volunteers served
81 hours

INNOVATIVE THERAPY



EMDR THERAPY

Letter from a Client EMDR Therapy



I was a victim of DV many times. When I showed up at Laura's House, I had 3 restraining orders (2 civil, 1 criminal). During the last attack, I lost my two dogs and almost died. I am a good, caring, nice, and educated person with a BA degree. However, I've had many problems in my personal life. I did talk therapy for 4 years and it helped a little but did not solve the main issue.

I was advised by the DA to attend PEP courses. Eager to change my life, I completed the 10 classes and learned about EMDR therapy. After completing PEP, I started to attend EMDR therapy regularly. At first, it was extremely hard and frustrating. I fought through the hardship and continued with therapy. To my surprise, I saw results immediately. The best way to describe this change was that it felt like I was walking through life in the darkness and now, I can see. I see everything. Things, that in the past, I would not have noticed. Now, I notice how I'm affected by other people's behaviors and respond appropriately.

I have peace now; my head is quiet. There was a lot of noise and disturbance before that was influencing me to make bad decisions. I am now able to set boundaries, communicate more effectively, avoid conflictual relationships, and live in peace. When I started EMDR, I had lost one child to the courts. Through working on myself, I have been able to find clarity and get my child back. Now, I have both my girls and live in peace because I took the time to care for myself and work through my trauma. Today I can be a better mother and healthy individual cohabitating safely in our society. It is because of EMDR therapy that my life has changed and I am grateful for that. I have found peace, happiness, and clarity through EMDR therapy.

Thank you Laura's House!

*Love, Olivia**

March 2018

*Names have been changed to protect the confidentiality of these clients.

A.R.T. EXPERIENCE (ANXIETY REDUCTION THERAPY)

Jenna's Story

One of our clients, Jenna, participated in the 2-Hour Restraining Order Clinic where during the first hour she was able to speak to an attorney about her restraining order and during the second hour, she participated in our Anxiety Reduction Therapy (A.R.T.) session with a therapist. She was able to learn different techniques she can use at court to relieve any type of anxiety she may have.

The day of her court hearing, Jenna was extremely nervous and her hands were shaking. Her Legal Advocate was able to take her aside and just sit her with and assist her with applying A.R.T. We started with some breathing techniques and moved on to the headphones. I had her listen to the Headspace app for 3 minutes while holding the lavender cotton ball. Once she was done, she mentioned that she felt more at ease. She felt that the A.R.T. techniques helped calm her down and she felt so supported by having the advocate with her at court. Jenna was successful in getting her permanent restraining order awarded.

Because of this experience of feeling and seeing the positive benefits of A.R.T., Jenna signed up for additional individual therapy to further assist in her healing from the trauma she experienced.



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 was recently awarded funding from the following organizations*:

Allstate Foundation

Annenberg Foundation

Boeing Employees Community Fund

City of Mission Viejo

Green Foundation

In-N-Out Burger Foundation

Macy's Charitable Contributions

Ms. Molly Foundation

Nordstrom Cares Grant

O.L. Halsell Foundation

Orange County Bar Association

Pacific Life Foundation

San Clemente Junior Women's Club

Sidney Stern Memorial Trust

Southern California Edison

Swayne Family Foundation

TJX Foundation

UCI Philanthropy Lab

United Way CFC

Vans Foundation

Wynn Foundation

Zonta Club of Newport Harbor Foundation

*As of March 26, 2018

RESALE STORE

VOLUNTEER HIGHLIGHT

Eleanor Bergendahl Eleanor set foot into (then) Portobello Road in 2009 as a volunteer and has been loyal to Laura's House ever since! She hit it off immediately with the staff & volunteers and most importantly our customers. What was apparent straight away were 2 major assets that Eleanor has been gifting to us for nearly a decade: Style & Grace. Eleanor has a love of many things; art history, bridge, golf, cats, and of course, fashion. There is not a day she is seen without a perfect ensemble from head to toe! From her pageboy haircut, blush & lipstick, choice of jewelry & accessories, and the outfit of clothing put together, you can tell she has a passion and an eye for this!! Most every Thursday at our Lake Forest location, you can catch Eleanor on the sales floor putting together something seasonal and sassy for our displays. It must seem like her work here is never done as the combinations are snatched off the mannequins as quickly as she puts them on and purchased by a happy customer. She is frequently pulled away from her display work to help outfit our customers who notice her fashion sense and are eager for her opinion and assistance with their shopping. There is not a day that anyone you ask can recall witnessing Eleanor in a bad mood. She is such a joy for us to call our own and we are grateful that she has chosen our stores as part of her legacy!



Laura's House Resale Store staff celebrate Eleanor's 94th birthday, January 2017

#SOCIALMEDIA CORNER

Meet our new Resale Store Social Media Intern, Christine Le!

Christine volunteered at the Resale Stores for a year before being hired onto the staff at our Lake Forest location and has worked there for 2 years. Her passion for the cause of Laura's House and the knowledge she has gained working at our Resale Stores, her enthusiastic personality and love of Instagram and Facebook make her a perfect addition to our social media team! Christine is currently a student at Cal State Fullerton pursuing a degree in Business, Entertainment and Hospitality. She is also an intern at the Bowers Museum in the Education Department. A fun fact about Christine is



that she collects vinyl records. Follow the Resale Stores on Instagram and Facebook and take a look at the influence Christine has on our pages. Make sure to like us and share!

Instagram: @laurashoueresalestore
Facebook: @LaurasHouseResaleStore

LAURA'S HOUSE BRIDAL BOUTIQUE



Are you a soon to be Bride? Do you know a Bride to be? Are you looking for NCL Presents or Cotillion Ball gowns? Prom dresses?

Come check out our Bridal/Formal Wear Boutique at our Lake

Forest Store. We have beautiful NEW and like new dresses for Brides, Mother of the Bride, Cotillion, Debutante Balls, Proms, Red Carpet Events and more! Spend a fraction of the cost and walk out with a beautiful dress, shoes and accessories.

RESALE STORE 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

PROGRAM NEWS

MAN.KIND



Laura's House is proud to announce Man.Kind. Man.Kind is an anti-violence movement, highlighting the collective impact and influence that a man's voice can have in this very topical conversation. Man.Kind members are committed to the crusade against domestic violence and share in the responsibility

to create public awareness on the issue of domestic violence and how it affects our community at large. Members of our inaugural Man.Kind advisory group are committed to bringing heightened awareness to the resources available to victims of domestic violence, as well as raise integral funds to support the sustainability of such programs. For more information on how to get involved with Man.Kind, please visit www.laurashouse.org or contact us at 949.361.377

GET INVOLVED TODAY

There are many ways to get involved with Laura's House this Spring!

- **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!



- **DONATE** – In gratitude for your generosity, 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
- **Support our Circle of Friends – Annual Giving** Campaign and provide unrestricted funds to be used where needed most! Every gift counts!
- **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.
- **Donate Wish List Items** – We update our Wish List every month to fulfill immediate needs at our Emergency Shelter, Transitional and Resale Store sites. You may download our [Wish List](#) as a pdf.
- **Employee Giving** – Invite a Laura's House speaker to your workplace and donate through your workplace giving campaign or through United Way.
- **Legacy Program** – Leave a legacy through your will or your estate planning. Join our program today, 949-361-3775.
- **Car Donations** – Donate a vehicle 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, toll-free at 855-500-RIDE (7433) or visit their website at careasy.org.

COMMUNITY PARTNER – BARNEY & BARNEY FOUNDATION

We extend our gratitude to the Barney & Barney Foundation and the Marsh McClellan Team. They have supported Laura's House through multiple avenues and we are grateful for their partnership. In November of 2017, 25 members of Barney & Barney Foundation took on a project at our Transitional Living Center. This one day project transformed the outdoor space of our Transitional Living Center into a beautiful garden where clients who reside at the location can enjoy. This beautification project the volunteers provided to Laura's House's transcends into a sustainable gift to our current and future residents at the Transitional Living Center.

In early December 2017, Barney & Barney Foundation presented Laura's House with a \$25,000 donation, as one of their primary beneficiaries from their annual Golf Tournament. for our programs and services. We are very fortunate to have partners, such as the Barney & Barney Foundation, support our mission and join us as advocates for families who are escaping life threatening family situations and are seeking a safe refuge.



2018 CALENDAR OF EVENTS



3RD ANNUAL BRIGHTER FUTURES LUNCHEON

Friday, May 4, 2018

from 11:00am-2:00pm – Join us at our 3rd 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. Special Guest speaker Clayton Cranford, expert on Cyber Safety. 2018 Brighter Futures Awards to Girl Scouts of Orange County and Youth Leader, Ali Shimabuku. Table Sponsorships and Tickets available online at Laurashouse.org/events.



LADERA DERBY DAY

Saturday, May 5, 2018

1:30-4:30pm – Enjoy an afternoon of the 144th Run for the Roses Kentucky Derby live viewing, silent auction and themed

lunch hosted by the Laura's House Guild at this spring event held at the Covenant Hills Club House in Ladera Ranch.

For more information on this event and to purchase tickets at Laurashouse.org/events.



6TH ANNUAL HOPE GOLF TOURNAMENT

Monday, June 18, 2018 –

Come out for a fun day of golf while supporting Laura's House, hosted at the Aliso Viejo Country Club. Silent Auction and Awards Reception to follow. Sponsorships,

Foursomes, Tee Signs and individual player spots available here at Laurashouse.org/events.



LAURA'S HOUSE ANNUAL GALA

Saturday, September 22, 2018 at 6:00pm –

Join us for our Annual Gala, celebrating 24 years of service to the community. Enjoy a cocktail reception, silent & live auction and dinner reception at the Balboa Bay Resort. 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 at Laurashouse.org/events.



40-HR DOMESTIC VIOLENCE ADVOCATE TRAINING

June 8, 9, 15, 16 and 22 – Interested in volunteering at Laura's House? One must complete a 40-Hour Domestic Violence Advocate Training in order to apply for volunteering positions that work directly with our

clients. Positions for direct client service include: 24-Hour Crisis Hotline, Childcare Program, House Coordinator, Case Management, and Administrative Data Entry at the corporate office. After completing 40-hours of training, graduates shall receive a Certificate of Completion that will enable them to pursue volunteer and employment opportunities working directly with survivors of domestic violence in the state of California. Training dates are: June 8, 9, 15, 16 and 22nd. More information and registration available at laurashouse.org/40hr-training.



CIRCLE OF FRIENDS APPRECIATION NIGHT

Wednesday, May 16th, 2018 @ 6:40pm –

We will be hosting a fun event for all Circle of Friends members! This not-to-be-missed celebratory event will be at the Anaheim Angel's Stadium for a viewing of the **Anaheim Angels vs. Houston Astros** (2017 World Series

Winners). We are excited to celebrate you all for your generosity and for the impact you have made by donating to our programs and services and empowering our families to live violence-free lives. Thank you for your support and we hope to see you at the game!

Terrace Box Seats Section 204

Circle of Friends Members: First ticket is free!

Additional tickets: \$35 each.

Tickets available online at Laurashouse.org/events

To join our Circle of Friends Annual Giving Program, donate here today!

Event tickets, additional information and full event calendar available, click here!