

LAURA'S HOUSE

Inspiring Hope and Empowering Change to End Domestic Violence

THE VOICE OF DOMESTIC VIOLENCE

— *fall 2017 edition* —

DOMESTIC VIOLENCE POLICY NEWS

NEW BILL PASSED TO PROMOTE DOMESTIC VIOLENCE AWARENESS IN SALONS

authored by Assemblymember Rudy Salas

California Governor Jerry Brown signed into law Assembly Bill (AB) 326 on September 27, 2017. This bill authorizes the State Board of Barbering and Cosmetology (BBC) to promote awareness among salon professionals on the issues of domestic violence, sexual assault, human trafficking, and elder abuse.

"I am very pleased that Governor Brown has supported this important step forward in preventing domestic violence and sexual assault," said Assemblymember Salas. "Far too often, cases of abuse go unreported. These professionals serve a unique role in connecting victims with the help and assistance they need to move out of an abusive relationship."

According to the National Domestic Violence Hotline, 1 in 3 women and 1 in 4 men in the United States have experienced rape or physical violence by an intimate partner in their lifetime. That means on average, 24 people per minute are victims of these crimes—totaling 12 million people over the course of one year. Intimate partner violence accounts for 15 percent of all violent crime.

AB 326 directs the BBC's Health and Safety Advisory Committee to adopt courses to promote abuse prevention awareness as part of the salon professional licensing process. The trust that often exists between professional hairstylists and their clients creates an opportunity to connect victims of abuse with local serve agencies and resources. [>> READ MORE](#)

EDUCATION BILL: HELPING YOUTH RECOGNIZE EARLY WARNING SIGNS OF DOMESTIC ABUSE

authored by Assemblymember Jim Frazier

Middle and high school students in California public schools will receive education on how to spot the early warning signs of abusive relationships under a bill authored by Assemblymember Jim Frazier (D-Discovery Bay) that Gov. Jerry Brown signed today.

Frazier's bill, AB 643, adds instruction on how to recognize early warning signs of adolescent relationship abuse and intimate partner violence to sexual health education at California public schools, for grades 7-12.

"Domestic violence invariably leads to tragedy – broken families, long periods of incarceration and far too often homicide," Frazier said. "It leaves untold suffering in its aftermath. It consumes law enforcement and other emergency resources. AB 643 gives our children the knowledge they need to help stop this destructive behavior before it becomes tragic. I thank the governor for recognizing the importance of this early education and its potential to prevent future suffering."

Frazier authored AB 643 after a constituent, Sonia McClellin, came forward to relate the story of her sister's murder at age 24 by an abusive boyfriend. [>> READ MORE](#)



HOW TO GET INVOLVED

SOCIAL MEDIA CHALLENGE

#PaintItPurple – This year we are hosting a Social Media Challenge to bring more awareness to the issue of Domestic Violence, both locally and nationally. To learn more and participate in our Social Media Challenge, follow us on Instagram @laurashouseoc and Facebook @Laura's House and you might end up winning an awesome prize!

DV AWARENESS EMAIL CAMPAIGN

Email Campaign – Join Laura's House in education, prevention and empowerment by raising funds to benefit essential programs and services to end the cycle of domestic abuse in our communities. To donate now, visit laurashouse.org or click the button.



DONATE NOW

— 2017 SPIRIT OF EMPOWERMENT —

Holiday Giving Program

DONATION DATES:
NOVEMBER 1ST – DECEMBER 20TH



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

These gifts will be provided to our families at our Shelter Alumni Party, Counseling & Resource Center, Shelter, Domestic Violence Advocacy Center and Transitional Living Center. If you would like more information on donating to our Holiday Giving Program, please visit our website laurashouse.org. In the meantime, take a 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

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: Toys-R-Us, Barnes & Noble, Sephora, Ulta, Dick's Sporting Goods, iTunes, Best Buy

Please consider donating gift cards between Nov. 1st and Dec. 2nd. The bulk of the gift cards will be distributed at our annual Alumni Holiday Party on December 3rd, 2017.

Contact Arwa Aldakka, aaldakka@laurashouse.org or 949.361.3775 x 210 to schedule your donation drop-off appointment at the corporate office, Mon-Fri 9:30am-4:30pm.

PROGRAM SITE FEATURES



THERAPEUTIC SERVICES AT THE COUNSELING & RESOURCE CENTER (CRC) AND THE DOMESTIC VIOLENCE ADVOCACY CENTER (DVAC)

Domestic violence can have a devastating effect on the entire family. Living with years of abuse can cause severe trauma. With continued hope and assistance from professionals, families can start to heal and rebuild their lives.

The Counseling and Resource Center (Ladera Ranch) provides a variety of opportunities for therapeutic support and healing. These services are available to men, women and children who have been impacted by domestic violence. The services include Individual, Child, Couples and Family Therapy. The Center also includes Group Therapy and various Workshops, such as Dating After Abuse, Personal Empowerment and Boundaries Workshop. **For more information or to schedule an intake appointment at the Counseling and Resource Center, please call (949) 361-3775.**

The Domestic Violence Advocacy Center (Garden Grove) is comprised of legal advocates and therapists ready to provide support services to domestic violence survivors in the court system and across Orange County. The Domestic Violence Advocacy Center's goal is to provide clients with the support, encouragement, empowerment, and education necessary to break the cycle of violence and move forward in their lives. Therapeutic services offered at this location include our Personal Empowerment Program, Anxiety Management, Resource Enhancement Program, Workshops that discuss topics such as parenting during the restraining order and/or divorce process, talking to children about abuse and unhealthy behavior patterns, and children's art therapy, as well as 12-session Individual Counseling, EMDR Therapy and Crisis Counseling. **For more information or to schedule an intake appointment at the Domestic Violence Advocacy Center, please call (714) 450-6131.**

EMDR THERAPY – CUTTING EDGE TECHNOLOGIES

What is EMDR Therapy? Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma (EMDR/IA). We utilize EMDR Therapy with our clients to help process the trauma that they have endured and to help treat post-traumatic stress.

What Laura's House Clients are Saying About EMDR Therapy?

Cindy began coming to Individual Counseling in the Fall of 2016 where she was still married and living with her husband of 12 years, and they had recently agreed to a divorce. Cindy shared that her husband was verbally (i.e. name calling and put-downs), emotionally (i.e. claiming she doesn't love his children) and financially abusive. Her goals for therapy were to work on her anxiety and codependency for having stayed so long to cater to him, hoping he would change for her and for having kept all of his secrets to protect him. Cindy began EMDR reprocessing after a few months of individual counseling to work on codependency and anxiety symptoms. By April 2017, Cindy had moved all of her things into her own apartment and the shared home with her husband had closed escrow. By the beginning of May, Cindy had cleared all of her past traumas and created positive neural networks for her present and future challenging situations. Cindy completed her individual counseling in June of 2017 with a stronger sense of self-confidence and self-worth. She had less codependent patterns and was making the conscious choice of putting her well-being first in every decision she made.

To learn more about EMDR Therapy [CLICK HERE](#).

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*:

Allergan Foundation
Blue Shield Foundation
Cal OES – Governor's Office of Emergency Services
City of Aliso Viejo
City of Laguna Beach
City of San Clemente
Dhont Family Foundation
Edwards Lifesciences

Fluor Foundation
Hermann Foundation
Hoag Family Foundation
National Charity League – Capistrano Coast Chapter
National Charity League – Laguna Chapter
Orange County Community Foundation
Orange County Community Resources

Orange County United Way – Women's Philanthropy Fund
Orange County Women Lawyers Association
Resnick Foundation
Roosters Foundation of Orange County
Safeway Foundation
San Clemente Junior Women's Club
Sister's of St. Joseph Healthcare Foundation

Smart & Final Foundation
Ueberroth Family Foundation
Union Bank Foundation
Verizon Wireless Foundation
Wells Fargo Foundation
Zonta Club of Newport Harbor Foundation

*As of October 15, 2017

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 many years to come. Laura's House Legacy Society members will receive recognition on the donor wall at Laura's House and on the website, and will be invited 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, download our informational brochure here or please contact (949) 361-3775 or Andrea McCallister, Director of Development & Communications, amccallister@laurashouse.org.

RESALE STORE CORNER



Please 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 WON'T WANT TO MISS THIS! Please RSVP by November 3rd to reserve your spot today — resalestore@laurashouse.org

Support the efforts of Laura's House Donate Your Vehicle



Running or not.
Free pick-up.
* Tax deductible.

* Consult your tax advisor

Donating is easy!

Help **Laura's House** continue to provide shelter and supportive services to thousands of individuals by donating your vehicle today. The process is easy and you may qualify for a tax deduction.



ONE:

Call us at 855-500-7433 or visit us online.



TWO:

Schedule your convenient and free pick-up.



THREE:

Receive a tax receipt for your donation.

To learn more call 855-500-7433 or visit laurashouse.org

GIVING PROGRAMS

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.

Join our Corporate Giving Program – Provide vital Program Support in one of the following areas: Emergency Shelter Program, Transitional Housing Program, Therapeutic Counseling & Life Skills Education, Legal Services and Advocacy, Children's Therapeutic Programs, H.E.A.R.T – Youth Violence Prevention & Education

Become a Sponsor at one of our Special Events – Visit our website for a complete list of fundraisers taking place this year at laurashouse.org.

Host A Casual Day at the Office – Employees can enjoy the benefits of a "Casual Friday" or "Jeans Day" for a small donation. \$5/\$10/\$20 to participate in a casual Friday adds up – and employees can be proud to donate to a local non-profit!

Education & Prevention – Lunch & Learn Series – Schedule a speaker for your company to educate your employees about domestic violence and its effects on families' right here in Orange County each day. To schedule a workshop or a series of presentations, please call (949) 361-3775.

Advertise – Sponsor Laura's House in an ad in the Orange County Business Journal, Giving Guide or OC Metro.

VOLUNTEER SPOTLIGHT



Roger Gaitan, started as a legal intern for Laura's House in January of this year. He completed two internship semesters, which ended in June, but decided to stay on as a volunteer until this past September. Roger was a full-time student, working two jobs while completing his internships and volunteer work with us. Let us not forget that on top of that he is a father and has a family to take care of.

Despite how much Roger has on his plate, he came into our agency eager to learn and excel in his role. He was always there when needed, providing the best possible legal services for our clients. He was never afraid to be that support for our clients in and outside of the courtroom, always advocating for them whenever needed and communicating the needs of the clients to all staff. Roger even recently assisted in helping train new interns that were coming into our agency before ending his time with us. **Thank you Roger for all your hard work for our clients! You are an amazing advocate and we hope to see you again in the near future!**

For any non-profit organization, volunteerism is essential! If you are interested in volunteering with Laura's House, please visit laurashouse.org/volunteer-opportunities.



**Wednesday,
November 15, 2017
5:00 – 7:00 PM**

**San Juan Capistrano
Resale Store**
31878 Del Obispo
Street, Suite 104, San
Juan Capistrano, CA

Volunteer Appreciation Game Night – Please join us for an evening of FUN and GAMES to celebrate the incredible work that YOU do! Refreshments and games provided by Laura's House.

This event is open for all Laura's House volunteers!

Please RSVP to aaldakka@laurashouse.org

2018 SAVE THE DATE



Festival of the Hearts – presented by Laura's House and Tilly's Life Center. **Sat, February 24, 2018** at Saddleback College.

Join us as we gather local youth, parents and teachers for our 1st annual "Festival of the Hearts." This event, taking place during Teen Dating Abuse Awareness Month will offer workshops, interactive activity, food and live entertainment. Tickets \$5.00 per person. More information about the event and registration is available at laurashouse.org/events.



40-Hour Domestic Violence Advocate Training –

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 at the Emergency Shelter, Childcare at the Counseling & Resource Center, 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 for March 2018 are: **March 9,10,16,17,23**. For more information and registration available at laurashouse.org/40hr-training.



**3rd Annual Brighter
Future Luncheon:**

May 4, 2018 – This event, held at the beautiful Balboa Bay Resort in The

Grand Ballroom, promises to be a beautiful gathering highlighting the vital work that is being done in our community to assist survivors of domestic violence. The event will feature 2018 Brighter Future Award Honorees, reception, luncheon, keynote speaker, and exclusive opportunity drawing. Tickets, tables/sponsorships will be available by visiting laurashouse.org/events.



6th Annual HOPE Golf

Tournament: Monday, June 4th,

2018 – Come out for a day of golf and enjoy the beautiful course at Aliso Viejo Country Club in support of Laura's House. Silent Auction and Awards Reception to follow. Sponsorships, Foursomes, Tee

Signs and individual player spots available. More information about the event and registration is available at laurashouse.org/events.

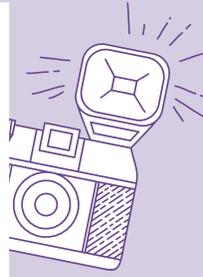
Event tickets, additional information & full event calendar available at laurashouse.org.

2017 IN PICTURES



Laura's House raised over \$544,000 in 2017 with the support of many local philanthropists and advocates who attended our special events throughout the year! Thank you to all of our supporters!

BRIGHTER FUTURE LUNCHEON
APRIL 28, 2017



photo

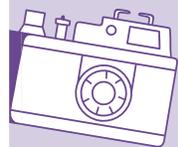
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LADERA DERBY DAY
MAY 6, 2017



OH SNAP!



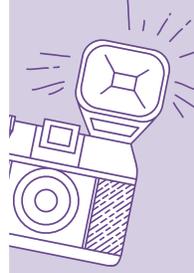
Smile

Rapazzi

HOPE GOLF TOURNAMENT
JUNE 5, 2017



LAURA'S HOUSE ANNUAL GALA
SEPTEMBER 16, 2017

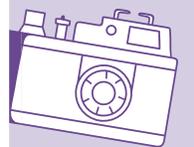


photo

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OH SNAP!



Smile

RaPaRaZzi

LAURA'S HOUSE GUILD – SPOTLIGHT

Thank you to our Women's Guild for hosting this year's Ladera Derby Day, coordinating birthday parties at our Emergency Shelter and providing the children with unforgettable moments and presents, planning and hosting the Halloween activities at our Transitional Living Center and Emergency Shelter, and our annual Alumni Holiday Party. We are grateful for your continued support and could not have done it without each and every single one of you!

If you are interested in joining the Women's Guild, please contact Arwa Aldakka aaldakka@laurashouse.org or 949.361.3775 x 210.



MEGAN'S STORY – TEEN DATING VIOLENCE SURVIVOR

Megan at age 16 was referred to Laura's House in the spring of 2017 by her health teacher in whom she had confided in about her situation with her boyfriend. Megan had been in a relationship with her boyfriend for 10 months. During the relationship her boyfriend's behavior became more controlling, wanting to know where she was and what she was doing at all times. This began to feel uncomfortable to her and she tried to break up with him and he would manipulate her into staying with him and since this was her first dating relationship she was unsure of how to handle it. When the verbal abuse and controlling behavior began to get worse she decided she

needed to end the relationship and broke up with him. What happened next was devastating, as her ex-boyfriend used social media to get back at her and spread rumors of her cheating on him. Although the rumors were false this changed her life as her reputation was questioned by her classmates, she lost friends, she felt very alone and began to feel anxiety as she would have to see him every day at school.

Through individual counseling, Megan was able to learn about dating abuse and the signs of abuse, address the trauma she was experiencing and begin healing. She accomplished goals of recognizing her strengths in rebuilding her self-esteem and

setting healthy boundaries in relationships to ensure no future abuse. Megan shared with her counselor that she was able to attend our Healthy Emotions & Attitudes in Relationships Today (H.E.A.R.T) Workshop at her school and now many of her classmates were educated on dating abuse. She expressed that this helped give her an opportunity to apply what she was learning not only in her own life, but with classmates and other groups that she was a part of. By getting the proper support and help, Megan is feeling empowered to make healthy relationship choices in her life and increase awareness to help others to so they will not go through what she did.

H.E.A.R.T. – Healthy Emotions & Attitudes in Relationships Today is an interactive workshop to prevent adolescent dating abuse. Adolescent dating abuse is disturbingly common in Orange County.

- **57% of adolescents** report knowing a friend or peer who has been hit, punched, kicked, slapped, strangled or physically hurt by their partner.
- **Nearly 80% of girls** who have been physically abused in their intimate relationships continue to date their abuser.

Laura's House is dedicated to the prevention and treatment of dating abuse and offers a free educational program for

students (youth) to address this wide spread issue. Healthy Emotions and Attitudes in Relationships Today, H.E.A.R.T. is a free, fun and interactive one hour workshop that covers the following issues:

- Healthy relationships and healthy boundaries
- Self-esteem
- Red Flags
- How to help a friend

- Resources
- Safety planning

To schedule a H.E.A.R.T. presentation for your school, visit <https://live.vcita.com/site/laurashouse>.



THANK YOU FOR BEING A LAURA'S HOUSE FRIEND AND ADVOCATE!

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