

Wainwright Community Connector

Courtesy of Wainwright & District Family & Community Services



902 5 Ave., Wainwright, AB
www.wdfcs.ca



ISSUE #7 NOVEMBER 1, 2017

THIS MONTHS FEATURES:

- What's Happening
- Family Violence Info Sessions
- PCN Clinic Sessions
- Meals on Wheels
- Escaping Domestic Violence
- 3 Facts you might not know
- Need Help?
- Community Calendar

Check out What's Happening at the Library

November 7th: Build it

4:00-5:00p.m

November 21st: Craftmania

4:00-5:00p.m

November 8th & 22nd: LEGO Club

4:00-5:00p.m

Every Thursday: Homeschool Connection

1:00-3:00p.m

Check out www.wainwrightlibrary.ab.ca

This newsletter is in recognition of Family Violence Prevention Month, Wainwright & District Family & Community Services dedicates this newsletter to those impacted by family violence. You may feel weak but within you is the strength to leave, within you is the strength to overcome and achieve that which you desire.

You are invited to our

Family Violence Prevention Information Sessions

Thursday November 23, 2017
Wainwright Provincial Building

10:00 - 11:30a.m - Elena Esina
Shift: The Project to End Domestic Violence

1:00 - 2:30p.m - Leanne Wildeman
Lloydminster Interval Home

Registration Required

Please Contact:
Joelle Broadhead
Wainwright & District FCS
fcssecretary@silvercrest.ca
(780) 842-2555

Wainwright & District



Proudly sponsored by Wainwright & District Family & Community Services!



Domestic Violence Fact

Children who witness battering are affected just as much as those who were actually physically abused themselves.

Upcoming Sessions at the PCN Clinic

HeartWise: Blood Pressure and Cholesterol
November 2, 5:30 – 8:30p.m.

Healthy Lifestyle: Sleep Well
November 8, 1:30 – 3:00p.m.

Weight Wise: The Top 5 Tips to Reduce Calories
November 28, 6:00 – 8:30 p.m.

For More Information and to register, please call
The Alberta Healthy Living Program at
1-877-314-6997



Meals on Wheels - Fintrition

Weekly Meal Prep
Many Different Plans Available

Certified Red Seal Chef
Brendan Finnigan
Sign up Today
(780) 261-4044



Escaping Domestic Violence

Chicken Soup for the Soul: Tough Times, Tough People

No one was there to respond to my pleas for help. How could this be happening to me? I held my hands over my face to block his blows, but angry fists found their target, leaving bruises on my arms and shoulders, as well as under one of my eyes. My husband straddled my waist, pinning me to the couch as he unleashed his temper in a violent rage.

“I’ll teach you to tell me I’m lazy”, Danny screamed. Suddenly, our two and a half year old son, Adam, cried out as he stood in the adjacent hallway, watching the beating while tears streamed down his cheeks. My husband finally stormed out into the night, and I consoled Adam and put him to bed.

Danny and I were strongly mismatched from the beginning, and my marriage to him at age twenty resulted from my own rebellion against a loving, but controlling father. My rebellion hurt me most of all. My husband benefited from our union because he had a free ride during our brief marriage. Meanwhile, I made sure our son was well cared for in spite of the problems at home.

Long before we married, my husband had abandoned his given name and tagged himself “Babe” in an apparent attempt to bolster his lackluster athletic accomplishments. In the years I knew Danny, his immaturity didn’t allow him to be an athlete of Babe Ruth’s stature. The man I knew consistently quarreled with umpires and referees in team sports. In fact, by the time we’d been married a couple of years, he had quit or been ousted from more games than he’d completed. I once looked forward to Sunday afternoon baseball games where I could take Adam and enjoy being outdoors. But, Danny’s on-field tantrums eventually caused me to plan other activities for Adam.

As a young adult, my husband lost one job after another. I was the family bread winner at age twenty-one, while Danny spent most of his days picking up basketball or baseball games at the local gym. When he absolutely had to do so in order to appease me, he would look for jobs and manage within in a few weeks to lose the ones he could obtain. Sometimes his bosses stated his performance was unacceptable. With other jobs, he faulted management’s stupidity and quit. Meanwhile, I paid a babysitter to care for Adam when I went to my secretarial job each day.

In time, I dreamt of someone coming to rescue my son and me from our dismal circumstances. Fortunately, a kind landlord looked on us with compassion when Danny repeatedly told her we would be late with the rent. My salary didn’t always stretch far enough to pay our rent on time while also buying food and funding my husband’s leisurely lifestyle. As my courage to press him about working grew stronger, he became increasingly angry and threatening to me.

A few weeks later, while we were arguing about Danny’s free ride attitude, he shoved me against the living room wall. My head flew back and hit the wall hard enough to wake our son, who slept in the next room. The noise and my tears upset Adam on this night, and in Danny’s usual style, he flew out of the apartment after yelling at me for questioning his half-heated employment efforts.

No matter what fate had in store for me, I knew my life wasn’t on the right track. Any further evidence I needed came a couple weekends later when Danny and I again argued about his perpetual laziness. The earlier describes the beating that followed. I was hurt physically and emotionally, but most of all, I was ashamed to be living in such conditions.

No one at work knew about what was happening in my personal life, when my boss questioned the bruise on my face the next day, I laughingly explained that my son accidentally hit me with a toy truck. My boss probably knew better because he’d been around Danny and observed his cocky attitude, but I couldn’t acknowledge the physical abuse to professional people in my office. I invented excuses to avoid my parents for a couple weeks because my Father might have gone after my deadbeat husband with his hunting rifle if he’d known what had happened.

A couple of days after the beating, I had to tell my son “no” about something he wanted to do. Toddlers don’t like hearing “no,” but this time, Adam rounded his small hand into a fist and began hitting my arm, mimicking what he saw his father do to me two days earlier.

I knew the time had come for me to rescue my son. I wasn’t sure where Adam and I were going to live, but we both were in danger if we stayed with Danny. I didn’t feel courageous in choosing to be a divorced mother at twenty-three. I knew I could support two people on my salary easier than I was currently supporting three, and I simply had no other choice if I was to regain my dignity and provide a safe environment for Adam in the years ahead.

That night, Danny overheard my confessions to a girlfriend about our situation and my plans to divorce him. After he confronted us, she agreed to stay with Adam and me for a few days, and she refused to leave me alone that evening. Thankfully, our mutual stand was enough to send him packing his clothes.

Danny called me over the next two weeks, even shedding uncharacteristic tears at one point, pleading for our return. I stood firm and refused to stay in the marriage.

Adam and I were lucky, not all angry men go so quietly. But even if a more confrontational ending had ensued, I was finally ready to rise up and protect my son and myself from further violent behavior. Regardless of what the future held, the unknown path before us had to be a better choice. I now watch my son interact with his two boys. I shudder to think how their lives would be if I had stayed in that physically abusive environment, and I’m thankful god gave me the strength to move on.



Domestic Violence Fact

In 2009, police reported over 2400 seniors were victims (65 years older) of violent crime by a family member, representing one third of all violent incidents committed against older adults.



Sometimes the smallest step in the right direction ends up being the biggest step of your life, tip toe if you must but take the step



3 Things you might not know about Domestic Violence

1. *According to police statistics, family violence happens in all Alberta communities – yes, even in our community*

The abuse can cause physical, sexual, emotional and/or financial harm. Being threatened with or experiencing violence creates a pattern of ongoing fear.

2. *Family Violence is a learned behavior, so it can be un-learned and replaced with healthy relationship skills*

There are many adults who have chosen to break free from a violent past and they have developed healthy, loving relationships with their families.

3. *Youth who are dating are at risk of Family Violence*

Youth are particularly vulnerable to dating violence since they don't have as much experience to draw on when making decisions in dating relationships.

Need Help?

24 Hour Crisis & Support Line: (780) 875-0966 (Call Collect)

24 Hour Family Violence Info Line toll-free at 310-1818

Child Abuse Hotline: 1-800-387-KIDS

Children & Youth Services Crisis Unit: 1-800-638-0715

Kids Help Phone: 1-800-551-8000

Lloydminster Interval Home: (780) 808-5282

Family/School Issues: (780) 842-2220

www.familyviolence.alberta.ca

www.intervalhome.ab.ca

Sometimes you may get the feeling something isn't right with a neighbor, co-worker, friends or family member. If you suspect someone is dealing with family violence, reach out by calling the Family Violence Info Line. It's safe & confidential. Call toll-free **310-1818**

IF YOU ARE IN IMMEDIATE DANGER PHONE 911

Domestic Violence is a pattern of behaviors used by one person to gain power and control over another person in an intimate relationship. It occurs in many kinds of intimate relationships, married and unmarried, and among people of all racial, ethnic, economic, educational, and religious backgrounds and sexual orientation. Domestic Violence is present in 30 to 60 percent of the cases of child abuse and neglect nationwide.



Domestic Violence Fact

Close to one in five Canadians said that they had experienced some form of emotional or financial abuse in their current or previous relationship, with put downs and name calling being the most common form of abuse.

Family Violence Prevention Month

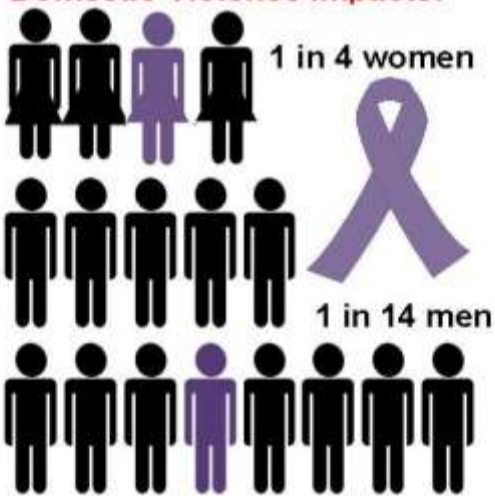
Reach out, Speak out

November 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Show your support & host our red silhouettes at your work/business call (780) 842-2555 to reserve			1 <u>Wear Purple</u> & Show your support	2 Red Silhouette Campaign - FCS Throughout month	3 Community Date Night WOW	4
Proclamation - November 3rd, 11:00a.m- Town Hall Afterwards Ribbon Campaign Main Street						
5	6	7	8	9 Father / Daughter Gala - VSU Rough & Tumble EYC	10	11
12 National Addictions Awareness Week	13 Tip #1 Talking to teens about marijuana	14 Check out www.wdfes.ca for more info on this weeks tips	15 Tip #2 Medication Round-up	16 Check out Wainwright FCS Facebook for more info on this weeks tips	17 Tip #3 Have a game plan	18
19	20 National Child Day #RIGHTTOBESAFE	21	22	23 Info Sessions @ Provincial Building FCS	24	25
Wainwright & District 	26	27	28	29	30	

Domestic Violence Impacts:



Domestic Violence Fact

Twenty-five percent of Aboriginal women and thirteen percent of Aboriginal men reported experiencing violence from a current or previous partner in the last five years.

ASK YOURSELF

- Have you ever been hit, kicked, shoved or had things thrown at you?
- Does your partner criticize the way you talk and dress?
- Does your partner ever threaten you?
- Does your partner demand that you stay at home?
- Does your partner get angry when you disagree with them?
- Does your partner ever call you names?
- Does your partner call/text numerous times a day to check up on you?
- Have you ever been forced by your partner to have sex when you did not want to?
- Does your partner prevent you from having friends?
- Has your partner ever harmed or threatened to harm a pet that belong to you?
- Has your partner ever destroyed any of your personal belongings?
- Does your partner ever accuse you of having affairs?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS YOU ARE IN AN ABUSIVE RELATIONSHIP. PLEASE PHONE THE FAMILY VIOLENCE INFO LINE TOLL-FREE AT 310-1818