



Women's Resource Center of the New River Valley

PeaceWorks

December 2018

News on the work of the
Women's Resource Center of
the New River Valley, Inc.

Holiday Safety Tips

Holidays are a wonderful time to gather with family and friends to celebrate, reconnect, and enjoy family traditions. While we may be wrapped up in all the festivities of the season, it is important to remember that we should pay special attention to keeping our children and ourselves safe.

Things to keep in mind for survivors of intimate partner violence:

Identify an ally – This can be a family member, friend, or neighbor. Identify someone who can support you and intervene when necessary. If you are traveling, provide your ally with travel information as well as emergency phone numbers in the location where you are staying. *Wherever you may go this holiday season, remember our hotline is available 24/7 at 540.639.1123.*

Airport travel tips – Airport security can be stressful for many but for some survivors of sexual assault the screening process can be especially difficult. Survivors can request a private screening and have a traveling companion accompany them. Another option is to complete a TSA Notification Card. By presenting this to TSA, they will accommodate your request for alternate screening procedures. TSA also provides Passenger Support Specialists to accompany you through the screening process. Requests should be made 72 hours prior to travel by calling the TSA Cares hotline at 855.787.2227.

Things to keep in mind for everyone:

Enforce children's boundaries – It is okay to ask your children if they want to hug auntie or uncle. Teaching kids that they are in control of how they show affection empowers them throughout their lives.

Finally, remember, it is okay to say "no" – This may be especially important when holiday celebrations may include spending time in toxic family environments. If being with family is emotionally exhausting for you or your children, do what you can to limit the time you will spend together.

CONTACT US

 **Hotline**
540.639.1123

 **Office**
540.639.9592

 wrcnrv.org

 P.O. Box 477
Radford, VA 24143

 WRCNRV

Save the Dates

**6th Annual Incite Safety
Fundraising Luncheons**

April 23, 2019
Radford Luncheon

May 9, 2019
Blacksburg Luncheon

For more information, contact Laura Beth
Weaver at assistantdirector@wrcnrv.org
or 540.639.9592.



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P.O. Box 477 | Radford, VA 24143

Your December Issue of *PeaceWorks* is here!

If you would prefer to receive WRC newsletters electronically, please send your name and preferred email address to communications@wrcnrv.org.

Give the Gift of Peace



We send you wishes of peace and joy this holiday season and we invite you to join with us in sending these gifts to others.

Simply make a contribution to the Women's Resource Center and provide us with a list of honorees (names and addresses) by December 14th. We will then hand-address holiday cards to all those on your list, announcing that a gift has been made in their honor, for arrival before December 25th. The amount of the gift can be included if you desire.

For more information, please contact our Office Manager, Morgan Sawyer, at officemanager@wrcnrv.org or by calling 540.639.9592.

The Holidays at the WRC

The holiday season is not always seen as the most wonderful time of the year by those who have experienced trauma. It's important to be aware of how this time of the year can trigger memories of trauma and be sensitive of that when interacting with others.

Adding to what can already be a difficult season, is the stress of not being financially able to celebrate the holidays, which is especially stressful for those with children. During this time of year, the Women's Resource Center works with our clients to alleviate the difficulties the holidays can bring and work towards bringing them peace during this season. With our Adopt A Family program, we are able to fulfill both adult and children wish lists for the holidays and bring a little joy to their lives.

We are thankful to our community, volunteers, staff who work work together to spread peace and joy at the Women's Resource Center. Through things like providing holiday meals, wrapping donated gifts, and decorating the shelter; everyone works together to spread the spirit of the holidays.