



THE SAFE BEACON

News from SAFE in Hunterdon



Springing Ahead: SAFE is in Full Bloom!

By Sarah Pawlowski, Prevention Educator

Happy spring from SAFE in Hunterdon!

Almost one year ago, our agency relaunched to better serve survivors in Hunterdon County. In the year since our reopening, we have dedicated ourselves fully to not only supporting those who need our services, but actively connecting with local organizations and building partnerships to create a healthier and safer Hunterdon County!

In this past year, we have brought on a team of dedicated, qualified, and passionate staff across all areas of our agency. Our hotline, counseling department, legal advocacy department, and response teams stand ready to support survivors in their time of need. Our prevention and outreach department has brought awareness of our agency and our services to the county, engaged with our communities at local events and fundraisers, generated a strong social media following, and created bonds with fellow professionals in the field. We have also built up a team of eager and responsive volunteers who graciously support our clients however they can.

We could not have had such a successful year back had it not been for our communities and partners that stood beside us. From the bottom of our hearts, thank you for your support and dedication to creating a Hunterdon County free of domestic and sexual violence. Thank you for fostering a community where we can say "no more" and have the support to back that.

As we move forward towards the years to come, we ask for your continued support and commitment towards our mission. Supporting us can be as simple as sharing our social media posts, making a donation of any amount, telling your friends and family about our organization, and coming to our events. No gesture of support is ever too small!

From the bottoms of our hearts, thank you!

24/7 HOTLINE
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Sexual Assault Awareness Month Recap

by Sarah Pawlowski, Prevention Educator

April was Sexual Assault Awareness Month, and for #SAAM2022, SAFE in Hunterdon encouraged our local communities to get comfortable talking about sexual assault.

Through conversations with supporters and volunteers, demonstrations of support from local business, our vibrant social media pages (check out our [Instagram!](#)), to local awareness and advocacy displays at Hunterdon County Library, and a book discussion at Frenchtown Bookshop, we were able to share information and provide support!

Thank you to our supportive community for engaging with our work and standing up for those who have experienced sexual violence. We could not have had such a successful month had it not been for you!



"What Were You Wearing?" Display at Hunterdon County Library Headquarters.



Flemington Fire Department "getting comfortable" talking about sexual assault.



SAFE staff wearing denim for Denim Day!



SAFE staff joined the Frenchtown Bookshop for a lively discussion of Anita Hill's *Believing*.
Image source: Penguin Random House

Legal Support for Survivors

by Lauren Bivona, DVRT Coordinator



The legal system can be a frustrating and confusing place for survivors of domestic violence to navigate. SAFE in Hunterdon is committed to making sure that our clients have the help they need in both understanding various courtroom procedures and making choices that will fall in line with their healing process.

Support for survivors can start as early as their first phone call to the police. A victim who opts to apply for a restraining order at night or on the weekends will be connected with a judge after speaking with a law enforcement officer. Members of our Domestic Violence Response Team (DVRT) will meet the victim at the police station, assisting in everything from explaining the need for a restraining order to including specific information in the restraining order and making sure that they have a safety plan in place.

Our Legal Advocate will accompany survivors to their final restraining order hearing, even if they appear virtually at the Court's discretion. Survivors can seek information on the cycle of domestic violence, as well as various programs designed to assist them with counseling, financial assistance, and supervised child visitation. We also maintain a list of attorneys who graciously donate their time to assist us with the most complicated of cases.

Employees at SAFE in Hunterdon don't just help survivors once they have engaged with a legal process. Staff has made a point of improving relationships with various community partners and taking a proactive approach to showing support. One way SAFE has committed to working alongside community partners to better serve survivors is by including local law enforcement agencies in our work. Clients benefit when we have successful working relationships with the police. Clear expectations, frequent meetings, and co-training allows us to develop a support system that encourages clients to engage with the safety nets available to them. Our DVRT Coordinator, Lauren Bivona, visits several Domestic Violence Liaison Officers (DVLOs) a month, both to maintain open lines of communication and allow for issues or problems to be promptly addressed.

SAFE in Hunterdon is committed to supporting survivors of domestic violence and sexual assault in several ways and needs the support of the law enforcement community to help our clients fully engage with the systems and remedies available to them.

We look forward to continuing to engage with and learn from our community partners. Our upcoming June training and quarterly DVLO meeting will feature several speakers, including a SAFE house advocate who will be discussing hotline calls and a presentation on how domestic violence can spill over into the workplace.

Self-Care Tips for Mental Health Awareness Month

by Sarah Pawlowski, Prevention Educator

May is Mental Health Awareness Month!

This month has been observed as such in the United States since 1949. Mental Health Awareness Month provides a valuable opportunity to have discussions about mental health, share best practices for positive mental health, and support others who may be struggling.

Below are some of our favorite tips for cultivating strong mental health! Take an opportunity this month to really spend time focused on you and treat yourself with kindness!

1. Use a journal to track gratitude! Every day, try to write down 3 things you were grateful for. This practice can easily develop into a long-term one and have positive effects for years to come!
2. Take time to connect with friends and family! Everyone has a busy schedule, but the more time you make to connect with your support system, the better prepared you are to navigate life's challenges. Even an hour a week with someone special in your life can do wonders!
3. Try to practice meditation or listening to relaxing music. This will help ease any anxiety you may feel, as well as help you refocus on what matters. A wonderful app for this is Insight Timer-- and it is free of charge!
4. Practice good sleep hygiene. Remove distractions from the bedroom, including cell phones, TVs, and computers. Give your body a chance to rest every night for at least 8 hours. Sleep is critical for your body's health and the health of your mind, too.
5. Try something new! Challenge yourself and show yourself some love by stepping out of your comfort zone. This could mean taking on a new hobby, trying a new recipe, or even taking on volunteering. When we challenge our minds, we give ourselves a chance to grow and prosper!
6. Speak up if you need help! Suffering in silence can be incredibly damaging and isolating. If you are experiencing a mental health crisis or just need someone to talk to, reach out to supports in your community. If you don't know where to start, you can call the National Alliance on Mental Illness Helpline at 800-950-6264.



Source: Post University



Source: Fairfield Medical Center

Got Plans? Join Us at Our Upcoming Events!

By Sarah Pawlowski, Prevention Educator

An Evening With SAFE

June 2, 2022 | 5:30 PM-8:30 PM | Prallsville Mills

An Evening With SAFE is an opportunity for our supporters to come together and connect with our organization.

Join us as we share information about current projects, future goals, and ways you can continue to support our work! There will be drinks, hors d'oeuvres, dinner, and dessert.

A silent auction will take place, featuring artwork from artists of Hunterdon and Bucks Counties.

Tickets are \$75, with proceeds going towards SAFE's lifesaving programs for survivors of domestic and sexual violence.

Tickets can be purchased [here](#).

For more information about the event, including sponsorship opportunities, click [here](#).



Paws For a Cause Dog Fashion Show & Adoption Event

June 12, 2022 | 1 PM-4 PM | Lone Eagle Brewing

Calling all pet parents!

Join us for a pawsitively memorable afternoon at our first doggy fashion show! Proceeds from this event will benefit SAFE in Hunterdon and contribute towards the lifesaving programs that we provide for survivors of domestic violence and sexual assault.

This event is graciously hosted by Lone Eagle Brewing and co-hosted by the Flemington Community Partnership, It's A Ruff Life Rescue, Animal Alliance, and Greyhound Friends of New Jersey.

Participants will strut down our red carpet in style, while competing for first, second, and third prizes that will be awarded by a panel of judges. Many thanks to our local businesses who have generously donated prizes for this event!

An adoption event will follow our show, with animals from It's a Ruff Life Rescue, Animal Alliance, and Greyhound Friends of New Jersey attending.

Tickets can be purchased [here](#). The cost is \$10 to attend the show, and \$20 to enter a dog.



More information about the event can be found [here](#).



Calling All Volunteers!

By Rebecca Ramos, Emergency Services Manager

SAFE is currently recruiting volunteers for our Domestic Violence Response (DVRT) and Sexual Assault Response Teams (SART)!

The role of the DVRT/SART volunteer is to provide victims of domestic and sexual violence with immediate support at the moment of crisis and provide all available information regarding the law, safety options, and available resources at a victim's local police department or hospital.

All applicants selected as part of the DVRT/SART teams are required to successfully complete a 60-hour training provided by SAFE in Hunterdon.



Apply here!



Volunteers must be 18 years old or older, have a valid driver's license and reliable transportation, be willing to submit to a background check, and be available to commit to 3-4 volunteer shifts per month. To apply, scan the QR code to the left of this article or click [here](#).

Community Thanks

By Sarah Pawlowski, SAFE Prevention Educator

SAFE would not be able to sustain its programs and mission without the support and generosity of our community partners.

SAFE would like to thank the Friendly Sons of St. Patrick, BWNICE, the Hunterdon County Prosecutor's Office, the staff of the Division of Child Protection and Permanency office in Flemington, Lone Eagle Brewing, the Flemington Community Partnership, and the Hunterdon County Library for their recent support!

From materials and supplies for our clients, to improvements to our safe house, to support of and at our events, your kindness does not go unnoticed!

This work would not be possible without such a strong community standing alongside us.



Communities for Change: Join BW NICE to Support Hunterdon County Survivors

By Sarah Pawlowski, SAFE Prevention Educator

BW NICE (Business Women Networking Involving Charity & Education) is a professional women's empowerment organization that provides women at all stages of business and personal life with support, education, and resources. The organization sees value in the balance of business networking and charitable outreach. Each BW NICE Chapter is dedicated to raising funds and awareness supporting a local organization in the fight against domestic violence and sexual abuse.



Source: bwnice.org

BW NICE of Hunterdon County welcomes new members!

The Hunterdon County Chapter meets on the second Wednesday of the month at the Mountain View Chalet in Asbury, NJ from 8:30 a.m. to 10:30 a.m. and is open to all women in business and women in transition. For those that would prefer to attend virtually, a Zoom meeting option is available.

The Hunterdon County Chapter is proud to support SAFE in Hunterdon. In addition to monthly networking meetings and events, the chapter provides critical support to SAFE in Hunterdon through monthly collections and our annual fundraiser, The Red Shoe™.

Proceeds from The Red Shoe™

go directly to client services to assist women and families in safe and transition housing gain their independence for a new and better life.

Stay tuned for more information regarding the date for our 9th annual Red Shoe event!



Source: bwnice.org

For more information regarding BW NICE and the Hunterdon County Chapter, please visit the chapter's website [here](#).

Help Wanted! Volunteer at The Consignment Shop of Flemington

The Consignment Shop of Flemington is looking for volunteers to join their team! The shop is a nonprofit organization that sells gently used women's and junior's clothing and accessories, with proceeds benefitting Hunterdon County agencies that serve victims of domestic violence.

The shop welcomes all visitors, volunteers, and consignors during their business hours of: Wednesday 11 AM-3 PM, Thursday 11 AM-6 PM, and Friday 11 AM-3 PM. Stop by and shop "clothing for a cause!"

The Consignment Shop of Flemington is located on Main Street of Flemington, next to the post office. Stay informed of shop updates [here](#).