

**In 2015,
The Friendship Center helped:**

Total Number of Adults that
Accessed TFC: 1,630

Direct Service Clients: 791

Male Clients: 7.5%

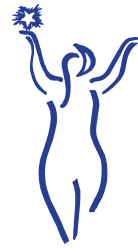
Crisis Line Calls Received: 3,050

Provided In-Person Crisis
Counseling Sessions: 1,221

Provided Nights of Safe Shelter:
5,439

Children's Services: 143

Thank you
for your continued support
of victims of Domestic Violence
& Sexual Assault in our
community!



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Helena, MT 59601

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The Friendship Center



WINTER/SPRING 2016

A Reflection on Empty Bowls

By Matt Dale, Executive Director of The Friendship Center from 1990-2001

Empty Bowls was not always the powerhouse fundraiser it is today. Its humble beginnings go back more than 20 years, when the Friendship Center was much less well known and in a precarious financial situation. The Board of Directors was searching for signature events that would help keep the Center in people's minds year-round. A three-part strategy was decided upon with a Little Red Schoolhouse BBQ in the summer, a Christmas letter appeal and Empty Bowls in the spring. The idea was "borrowed" from a Great Falls Girl Scout troop who came up with the idea of soup + a donated bowl which the diner could keep at the end of the meal. The Friendship Center improved on that idea to include multiple potters [including Capital and Helena High School students], local bakeries and multiple local restaurant soup donors. I don't believe a request for participation was ever turned down.

The basement of the Cathedral of St. Helena was chosen for the venue [plenty of seating, plenty of parking] and that location continued for several years. It was clear almost immediately, however, that we had a hit on our hands. People clamored for the bowls and would line up well before the 5pm start. While adequate initially, the maximum number of seats in the Cathedral basement couldn't keep up with the demand. Within a few years we needed a larger space and the Carroll College dining room was chosen [during the school's Spring Break]. Eventually even that became inadequate and Empty Bowls moved to its current location at the fairgrounds. It appears that the largest such facility in Helena is finally big enough to contain the generosity of our agency's supporters – restaurants, bakeries, potters and community residents. All have worked diligently to make Empty Bowls phenomenally successful for more than two decades.

Stay informed while helping us out financially!
Sign up for our E-newsletter on our website. And remember to Like us on Facebook.

UPCOMING EVENTS

APRIL – SEXUAL ASSAULT AWARENESS MONTH

Follow us on Facebook for more information

APRIL 5 – EMPTY BOWLS 2016

The annual Empty Bowls event will be held
at the Lewis & Clark Fairgrounds from 4:30-7:00 pm

APRIL 16 – SLUT! THE PLAY

A free event put on in collaboration with YWCA of Helena and
organized by MCADSV. Visit mcadsv.com for more information

OCTOBER – DOMESTIC VIOLENCE AWARENESS MONTH

Follow us on Facebook for more information

OCTOBER 3 – BLACKFOOT BREWERY COMMUNITY MONDAY

TFC will receive \$1 from every beer sold

OCTOBER 19 – WINE WITH FRIENDS

An event at Island Liquor Store to benefit TFC

The Friendship Center

Board of Directors

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Kirsten Madsen
Vice President 1

Teresa Lightbody
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Empty Bowls 2016

Empty Bowls 2016 is set to start Tuesday, April 5th at 4:30 pm
in the Lewis & Clark County Fairgrounds Exhibit Hall and run
until 7:00 pm. Event to include: Silent Auction; Soup; Bread and
Cookies; Kids Play area; Local 'Celebrity' Soup Servers; and Live
entertainment by The Wilbur Rehmann Quintet.

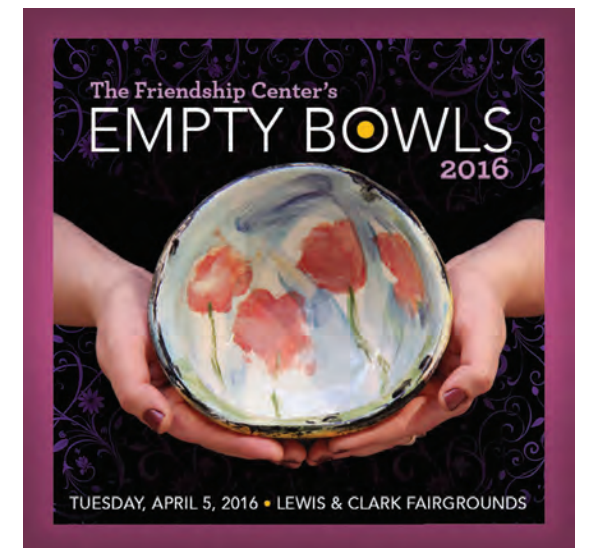
\$25 Tickets (Kids Under 12 Eat Free)

Available at Birds & Beasleys, Leslie's Hallmark, Helena
Community Credit Union, Valley Bank, The Friendship Center,
and at the door on Tuesday, April 5th.

Visit Our Website for More Details: www.thefriendshipcenter.org

Platinum Level Sponsor: Blue Cross Blue Shield

Event Sponsors: St. Peter's Hospital & First Interstate Bank



CONTACT THE FRIENDSHIP CENTER

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AWARENESS MONTHS

February was Teen Dating Violence Awareness Month and April is Sexual Assault Awareness Month. Many of us would think that if their partner hit or raped them, that victim would end the relationship, but that is a myth.

The majority of rapes are perpetrated by someone the victim knows. Many victims will stay with their abuser or continue to contact their rapist after an act of violence.

Dating Violence and Sexual Assault is much more complicated than many of us realize. Here are some interesting statistics and information about teen dating violence and sexual assault.

February: Teen Dating Violence Awareness Month

Dating Violence is a pattern of abusive behavior used to exert power and control over a dating partner. Teens experience the same type of abuse as adults which can include physical, sexual, emotional/verbal, or digital abuse. It is as common for high school and college-aged couples to experience physical abuse as married adults.



- 1.5 million U.S. high school students experience physical abuse from a dating partner in 1 year.
- 1 in 3 teens will experience abuse from a dating partner.
- 54% of high school students have witnessed dating violence among their peers
- 62% of eighth and ninth graders say their friends have been verbally/emotionally abused by a dating partner.
- 72% of eighth and ninth graders are dating.
- Dating violence can put victims at higher risk for substance abuse, eating disorders, and further victimization.
- Teen girls that were physically or sexually assaulted are 6 times more likely to become pregnant and 2 times more likely to get a STI.
- Half of youth who have been victims of both dating violence and rape attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse.

No two relationships are the same. It can be hard to tell when a dating behavior crosses the line from unhealthy to abusive. Here are some warning signs:

- Checking cell phones or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Physically inflicting pain or hurt
- Telling someone what to do
- Repeatedly pressuring someone to have sex

April: Sexual Assault Awareness Month

Sexual Assault is any sexual contact forced upon a person against his or her will, or when a victim is unable to consent due to age, illness, disability, or the influence of alcohol or other drugs. Perpetrators may be strangers, friends, family members or intimate partners. Nothing a victim did or did not do makes them responsible for this crime including: saying yes but later changed mind, were kissing, had sex with this person before, were drinking alcohol, wearing provocative clothing, or not fighting back.



- 1 in 6 women and 1 in 33 men will be the victim of attempted or completed rape
- Every 107 seconds another American is sexually assaulted
- 4/5 assaults are committed by someone the victims knows
- 80% of sexual assault victims are under the age of 30
- 68% of sexual assaults are not reported to police
- 98% of rapists will never serve time

Effects of Sexual Assault Victims of sexual assault are:

- 3 times more likely to suffer from depression
- 6 times more likely to suffer from post-traumatic stress disorder
- 13 times more likely to abuse alcohol
- 26 times more likely to abuse drugs
- 4 times more likely to contemplate suicide

Sexual violence prevention requires many voices and roles. Make a difference:

- Intervene to stop concerning behavior
- Speak Up when you hear rape jokes or harmful comments
- Believe and Support survivors
- Promote and Model healthy attitudes and relationships
- Hold offenders accountable

*Sources: RAINN, NSVRC, loveisrespect, Break the Cycle, Corporate Alliance to End Partner Violence

If you or someone you know needs help, contact The Friendship Center. Our trained advocates are here to help, 24/7.

SPECIAL THANKS



Special thanks to all our **supporters**, our amazing **Adopt-a-Family sponsors**, and **Department of Public Health and Human Services** for your great generosity in supporting our clients and their families during the holidays and all year long!

Special thanks to **Futura Lane** for holding their annual chili feed to benefit The Friendship Center.



Special thanks to Wilbur Rehmann and his Jazz Quintet for making the 18th Annual Jazz & Just Desserts event at the Holter Museum of Art a success! The performances by **Capitol High and Helena High Jazz Bands**, along with the **Wilbur Rehmann Jazz Quintet** were once again outstanding. Thank you to the **Holter Museum** for hosting the event and all the generous bakers, especially the **GFWC Helena Women's Club**, for donating so many scrumptious desserts!

