

# The Friendship Center



Fall 2012

## Thank you to our Community

We are so grateful for the support and donations of this community. Without these donations we would not be able to do what we do! We would like to take time to recognize YOU and thank YOU for your continued support of victims of domestic and sexual violence through The Friendship Center (TFC)!

A very special "Thank You" to the children who have recently stopped by The Friendship Center and donated clothing, toys, and arts & crafts supplies. Our children are putting them to great use!

Thank you also to everyone who attended Empty Bowls this year! We are so grateful to the numerous individuals, businesses, and organizations who donated soup, food,

beverages, Silent Auction items, equipment, services, advertising, sponsorships, entertainment, and of course, Bowls! We had a great turnout, and the largest group of hard working volunteers ever! Your generosity not only helps victims of domestic and sexual violence, it strengthens the fabric of our whole community. Thank you!



Empty Bowls  
2012

## Meet the staff

Deb Bakke

Ask a question, any question, about The Friendship Center and Deb Bakke, Friendship Center employee for 18 years, will probably be able to answer it. Deb Bakke currently serves as The Friendship Center's Client Care Director.

When asked what is her favorite part about working at TFC, she answered, "Empowering women to make positive changes in their lives, the fantastic Friendship Center staff, and the diversity of challenges each new day brings."

Deb is dedicated not only to the cause of ending domestic and sexual violence, but also to having a happy, healthy, well functioning staff. She often takes the "my door is always open" policy to a whole new level, approaching employees

every day with compliments, morale boosts and all around support.

What does Deb enjoy doing when she's not at work? Running! Deb runs several times a week. She also enjoys reading. Her favorite book is I Know This Much Is True by Wally Lamb.

Deb says what she is looking forward to most about the future of TFC is "...building our programs, our new Teen Dating Violence Awareness Campaign, and building relationships with The Friendship Center's partners in outlying counties."

Where to find us



- On Facebook
- On Twitter @TFC\_Helena
- Our Website: [www.thefriendshipcenter.org](http://www.thefriendshipcenter.org)
- Call us! 406-442-6800
- E-mail: [officem@thefriendshipcenter.org](mailto:officem@thefriendshipcenter.org)
- Visit us: 1430 Sanders  
Helena, MT 59601

## Back To school...

### *Teen Dating Violence Awareness*

By now your teen or tween is probably already back into the education groove. School supplies have been purchased, new clothes all lined out and classes nearing full swing. Although your child is learning a lot about numbers and grammar, and maybe even a foreign language or a new sport, what are they learning about healthy relationships?

We at The Friendship Center have noticed a growing need to educate our young adults about healthy

relationships. They need to have these skills at a young age, because before you know it, either they or their friends are dating. Sooner or later our children will be fully exposed to the realities of dating in a world much different than what we may remember. From texting to tweeting, our children are communicating constantly about all aspects of their lives. They can change their Facebook status to "In A Relationship" faster than we can microwave our lunch.

This year you will notice a new Friendship Center campaign aimed at educating young people about dating violence. It is our goal to not only help create awareness in our community regarding this issue, but to also involve teens in all of our awareness and fundraising events and activities. After all, who better understands teen dating and the struggles that come with it than the teens themselves?



**Healthy Relationships**

The Friendship Center  
406-442-6800 Anytime



Unhealthy relationships can start early and last a lifetime...

so can healthy ones.

The Friendship Center is committed to helping people establish healthy relationships. Talking to your children about dating violence can be difficult and uncomfortable. We're here to help. You and your child are welcome to stop by The Friendship Center, send us an email, give us a call, or visit us on Facebook & Twitter. We are happy to direct you to helpful information about getting the conversation started!

## END DATING VIOLENCE

### *Stories from the teens...*

I am 14 and just ended 8<sup>th</sup> grade. I have been friends with this guy since the end of 6<sup>th</sup> grade. We became best friends. I trusted him and we were so close. He started acting weird and sexually towards me. If I went to a football game he would show up with some of his friends and follow me around and sexually harass me. It got worse at school. They would push me against the wall and start touching me and making me do things I didn't want to do. I know it's hard to believe this happened at school, it did. He then started texting me threatening me that if I didn't do this one thing that he would rape me. He started getting really profane and rude. He would be really mean. He told me that I better meet him at some mall. So I went, but I brought my other guy

friend just in case he would try to do anything. But he left me alone with him. It is awful, I don't really want to share what happened there but it wasn't good at all. I've told some of my friends but I don't know if they understand. I feel awful but I don't want to sound so weak and hopeless.ö

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Isaac was my first boyfriend, long distance boyfriend. I have had plenty before, but none like him.

I met him at my dad's wedding and we hit it off. I walked down the beach with him, how terribly cliché. And he would tell me all these wonderful things.

Like, "If I could, I'd write your name in the sky." We kept in touch by phone and computer.

My mother didn't approve right away, but when she saw my change in attitude, she thought he was the best thing to come into my life.

Isaac was very jealous of all of my guy friends. He was jealous that I hung out with them and couldn't go to Idaho to see him.

I thought that it was just natural, so I shrugged it off.

When my 16<sup>th</sup> birthday rolled around and he was 18, he asked me to send him some nude pictures. I told him no and that he didn't respect me if he couldn't listen to my reasoning. That tipped him off.

Pretending like nothing was wrong, he said okay and didn't bring it up until a couple months later. We had been talking about marriage and kids. Then he got into sex. I didn't understand. I wasn't ready. I didn't know why he was talking about it. I told my mom and she told him to quit. He did...for about six months.

When I was talking to him one time, he wanted to do sexting.

I told him no and he called me horrible names. He shot down my reasoning like he was the boss. When my parents secretly read my texts, they told me to break up with him. I didn't want to.

I was in love with him and I didn't understand why. How can you be in love with someone who hurt you over the course of almost two years?

I finally broke it off. I looked up teen dating violence and recognized the feeling of what I was having for him.

Don't get caught up in relationships that will kill your heart.ö

The Friendship Center provides safe shelter and a broad range of support services to victims of domestic and sexual violence for people in 5 Montana counties: Broadwater, Jefferson, Lewis & Clark, Meagher, and Powell. In 2011, The Friendship Center provided help to more than 1,000 victims of these crimes, including 350 children. All of our services are confidential and free.



The Friendship Center  
1430 Sanders  
Helena, MT 59601

Phone: 406-442-6800  
Fax: 406-442-6809  
[www.thefriendshipcenter.org](http://www.thefriendshipcenter.org)

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The Friendship Center's **Community Night To End Dating Violence**

Join us **Thursday, September 6th at 7 pm** at **Kindrick Legion Field** for the  
Helena Brewers' final home game and The Friendship Center's first  
**Community Night to End Dating Violence!**

**TEENS:** Visit our booth before the game for your chance to win a Kindle Fire!

Plus other great giveaways. Everyone's a winner!

Lots of great information on preventing teen dating violence.

Come meet our teens and learn how you can get involved in our

2012/2013 Teen Dating Violence Awareness Campaign.

**END DATING  
VIOLENCE**

