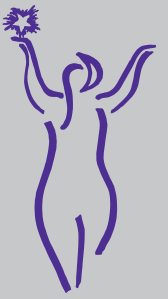
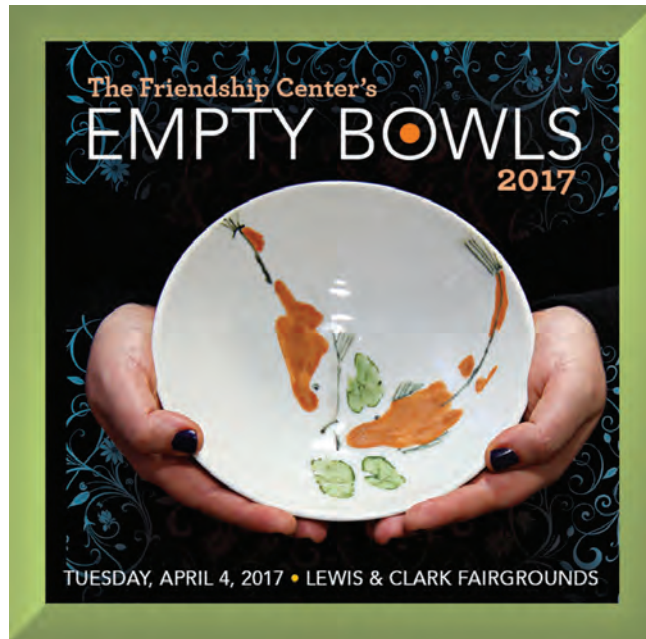


# The Friendship Center



WINTER/SPRING 2017



## Empty Bowls 2017

Empty Bowls 2017 is set to start Tuesday, April 4th at 4:30 pm at 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

Blue Cross Blue Shield of Montana is this year's Platinum sponsor. First Interstate Bank, St. Peter's Hospital, Stockman's Bank and Wipfli are also event sponsors.

Tickets available at Birds & Beasley, 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](http://www.thefriendshipcenter.org)

*In 2016,  
The Friendship Center  
helped:*

**3,008**  
CRISIS LINE CALLS

**833**  
VICTIMS SERVED

**6,868**  
SHELTER NIGHTS

**1,168**  
IN-PERSON CRISIS  
COUNSELING SESSIONS

**856**  
ADULT GROUP SERVICES

**279**  
CHILDREN'S SERVICES

**285**  
INDIVIDUAL THERAPY SESSIONS

**164**  
CHILDREN SERVED

*Thank you*

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

## CONTACT THE FRIENDSHIP CENTER

On Facebook • On Twitter @TFC\_Helena • On YouTube • [www.thefriendshipcenter.org](http://www.thefriendshipcenter.org)  
Phone: (406) 442-6800 • Fax: (406) 442-6809 • E-mail: [officem@thefriendshipcenter.org](mailto:officem@thefriendshipcenter.org)  
1430 Sanders Street • Helena, Montana 59601

## OFFICER OF THE YEAR

Chief Justice Mike McGrath presented the Officer of the Year award to Officer McLean Peterson October 26, 2016. The Helena Domestic Violence and Sexual Assault (DVSA) Working Group chose to honor Officer McLean Peterson of the Helena Police Department for his exemplary work in the field of domestic and sexual violence. Officer Peterson received multiple nominations for going above and beyond in serving victims of abuse.

Officer Peterson has been a member of the Helena Police Department since December 2014. Some of the nominations noted that Officer Peterson puts "forth great effort to serve victims and to make their plights less traumatizing" and he takes the time to recognize the victim's needs and is willing to provide the additional support they need.

Chief Troy McGee of the Helena Police Department stated, "We would like to thank the Domestic Violence and Sexual Assault Working Group and The Friendship Center for recognizing Officer McLean Peterson with the Officer of the Year award. We are proud of McLean's ability to interact with victims professionally and with empathy. McLean's receiving this award reflects positively on all members of



the law enforcement community and their efforts to serve its citizens."

"A good experience with law enforcement can have such a positive impact on a victim's entire experience," says The Friendship Center Executive Director, Melinda Reed.

"Highlighting the work of officers who make victims feel heard and supported is the least we can do as a community to say thanks for their help in addressing domestic and sexual violence."

The DVSA Working Group would like to recognize the other officers nominated this year: Deputy Sheriff Greg Homlund, LCSO; Deputy Sheriff Michael "Andy" Haegele, LCSO; Deputy Sheriff Don McCarthy, LCSO; Corporal Buck Herron,

HPD; Senior Officer John Kaleczyc, HPD; Sergeant Don Skidmore, HPD. The DVSA Working Group is comprised of advocates, therapists, attorneys, law enforcement, educators, health workers and others.

*Read the full press release on our website at [www.thefriendshipcenter.org](http://www.thefriendshipcenter.org)*



## SPECIAL THANKS

***This past year we were touched by the generosity of so many of our community members, businesses, and foundations.***

Futura Lane once again held their annual chili feed to benefit to us.

The generosity of the numerous community groups, supportive families, Adopt-a-Family sponsors and Department of Public Health and Human Services helped make the holidays wonderful for our clients again this year.



We feel so fortunate to have met the wonderful people at Fresh Life Church, Providence Process Solutions, Bed Bath and Beyond, Target and Paradise Nails that support our work ending domestic and sexual violence in our community through their donations and volunteer efforts.



## S.T.A.N.D.

The staff of The Friendship Center is excited to announce the restructuring of what was formerly known as Support Group for survivors of domestic/sexual abuse and stalking. Beginning 3/14/17, every Tuesday from 1-2 pm we will now be offering STAND: Survivors Taking A New Direction. This skills-based educational framework will provide a predictable, structured, trauma-informed venue aimed at offering information, tools, and resources for individuals to take with them on their journey toward healing. While each group will always be unique, a 7 week rotating curriculum will allow members to select which group(s) to attend based on topics they would like more information about. For example, week 1 will always encompass the subject of domestic abuse, week 2 of the rotation will involve awareness and education about sexual assault, and so on. We will conclude each group with 5-10 minutes of mindfulness meditation. As always, childcare will continue to be provided during STAND.

## S. T. A. N. D.

*SURVIVORS TAKING A NEW DIRECTION*

***Survivors Taking A New Direction 7 week rotation is as follows:***

**Week 1:** Domestic Abuse—topics may include: types of abuse, cycle of abuse, red flags, barriers to leaving, etc.

**Week 2:** Sexual Assault—topics may include: consent, sexual violence continuum, gender-based violence, recovering from rape, etc.

**Week 3:** Safety Planning—topics may include stalking awareness, technology and social media safety, danger assessments, formulating safety plans, etc.

**Week 4:** Healthy Relationships—topics may include assertive communication, boundaries, conflict resolution, equality, etc.

**Week 5:** Coping Skills—topics may include mindfulness, emotional regulation, stress reduction, tools to evaluate and correct thinking errors, etc.

**Week 6:** Self-Care—topics may include goal setting, physical and emotional health, rebuilding identity, empowerment, etc.

**Week 7:** Expressive Arts—using creativity to facilitate self-awareness and personal growth through a variety of activities.

## SPECIAL THANKS CONTINUED



We are so grateful to have been a Treacy Foundation grant recipient. That grant allowed us to make some needed updates to the flooring in our shelter and upgrade our aging security system.

An emergency shelter grant from United Way ensures we were able to continue providing fully staffed services after the loss of the OVW Rural Grant. We hope to be awarded that grant again this fall.



**Donate TODAY to support ending Domestic and Sexual Violence in our community:**

- Use the **ENVELOPE** enclosed in this newsletter.
- Visit [thefriendshipcenter.org](http://thefriendshipcenter.org) and click on **DONATE NOW** in the upper right corner.
- Make a **RECURRING GIFT** from your credit or bank account.
- Make a **PLANNED GIFT** to take advantage of the Montana Endowment Tax Credit.
- Give through **SECGC** to #3707 if you're a state employee.

**WISH LIST ITEMS**

- New Bed Pillows
- Full-size Comforters
- *Visit our website for more ideas!*



The Friendship Center  
1430 Sanders  
Helena, MT 59601

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

The Friendship Center

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**UPCOMING EVENTS**

***April is Sexual Assault Awareness Month***

*Follow us on Facebook for more information*

**COME SUPPORT US!**

**April 4 – Empty Bowls 2017**

*The annual Empty Bowls event will be held at the Lewis and Clark Fairgrounds from 4:30 - 7:00 p.m. Tickets are \$25. Kids under 12 eat free.*

***October is Domestic Violence Awareness Month***

*Follow us on Facebook for more information*

**Proud Partner Agency of**

