



Taking A Cue From Cindy Lou Who: Learning To Grow Hearts Through Kindness For Kids

Holiday spirit overwhelmed our community during the 2023 holiday season, including in local schools visited by The Bridge's Community Education Coordinator, Stacey Lichtenberg.

Throughout December, Stacey led our Youth Prevention Programming with a focus on forming relationships that make everyone's hearts grow with happiness. Inspired by the classic story of the Grinch, her lesson plans centered around the power within us to make everyone's heart grow. Cindy Lou Who serves as an excellent example for students when she approaches the Grinch with acceptance and kindness.

TEACHING KINDNESS IN THE CLASSROOM

Every lesson Stacey creates addresses the topics of respect, peer pressure, bullying, the dangers of social media, healthy relationships, and the importance of taking care of yourself. During the holiday season, Stacey began by showing students a short clip from the live-action Grinch movie of when Cindy Lou Who teaches the Grinch the true meaning of Christmas, making his heart to grow three sizes larger.

After the video, younger students participated in activities such as placing heart stickers on a photo of the Grinch to cover him with love and playing a dance version of the telephone game and older students participated in a holiday-themed trivia game.

Behind the games were lessons teaching students foundational skills for healthy relationships with themselves and others. With each lesson, Stacey observed the profound impact of her message that the world can be a better place when we are not afraid of differences and realize that unity is better for everyone.

FORWARD BOUND

Looking ahead to The Bridge's Youth Prevention Programming, Stacey aims to further The Bridge's close working relationship

with local schools and ensure that families know about our resources and feel comfortable reaching out to our advocates for guidance. In February, Stacey will continue supporting our mission by focusing her lesson plans on Teen Dating Violence Awareness Month.

With the start of 2024, Stacey continues to build upon the message left with students before winter break; a message of acceptance, kindness, inclusion, forgiveness, and love creates a better world for everyone.



The students loved the lessons! They love when you can show the impact of being a kind person. They smile more, they try and help people more in the classroom so that I see what they are doing. They will run up to me and tell me the nice things they have done. That shows me they are listening, they feel proud of themselves and want to make sure I know all about it!

A Community Coming Together For A Night Of Hope



On October 26, 2023, the Olson Student Center at Midland University overflowed with members of our community for The Bridge's annual Night of Hope. Attendees joined together for a night honoring and remembering those who lost their lives to domestic violence and celebrating those who survived.

The Bridge welcomed three speakers to raise awareness about the prevalence of domestic violence. One pair of speakers, a mother and daughter, shined with courage and hope as they shared their traumatic experience as survivors of domestic violence. It is through the voices of survivors like these that we truly learn the personal toll domestic violence takes on members of our community.

Alongside our survivor speakers, we welcomed community speaker, Sheriff Chris Lichtenberg and The Bridge staff members Stacey Lichtenberg and Kylie Kampschneider to share their experience assisting survivors and the need for our community to continue empowering survivors.

The Fremont Middle School Choir later joined us as attendees shined glowsticks and lit up the room with hope. Surrounding it all were the silent witness banners and wooden silhouettes.

Each Silent Witness stood strong while sharing their stories and shining a light on the realities of domestic violence and sexual assault. As our community listened and learned from our survivor speakers and Silent Witnesses, we joined one another in committing to the mission to end domestic violence in our communities.



Festival Of Hope Event Shines A Light For Survivors



2023 wrapped up on a high note with the success of the annual Festival of Hope silent auction. From November 22nd to December 3rd, 89 bidders and several sponsors successfully raised nearly \$9,000 for survivors of domestic violence and sexual assault.

From individuals to businesses, community members across our five counties came together to make a profound impact on the lives of survivors within our community. Generous donations of cheerful holiday gift baskets, family outings, and handcrafted items displayed online and at Abe Krasne's Home Furnishings not only served as unique holiday gifts for their bid winners, but also shined a bright light of hope for those in our community who need it most during the holiday season.

Thank you to everyone who participated in the Festival of Hope by donating auction items, bidding on items, or sponsoring the event. Your participation in events like the Festival of Hope enables The Bridge to provide vital resources to survivors as we help them find empowerment on their healing journey.

Thank You

We extend our deepest gratitude to the incredible individuals and organizations who have generously contributed to our cause. Your kindness is a testament to the strength of our community, and we couldn't do it without you.

CIRCLE OF HONOR

Sid & Patricia Dillon	Platte Valley Church	Keith & Lisa Leatherbury	Kimberly Schneider
Emmaus Lutheran Church	Woodcliff Lions Club	Robert Mines	Kristi Storm
Inspiro/MMA	Janet Brabec	Robert Murray	
Methodist Fremont Health	Blake & Tanya Dillon	Ray & Rebecca Oltman	

SUSTAINING SPONSORS

Women of ELCA	First Interstate Bank	Sapp Bros.	Lynn Moeller	Randy Senteney
30 Bowl	NP Mart	Don & Alisa Brunsing	Mervin & Gail Peck	Dr. Fred Waring
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ALLIES WITH IMPACT

St. Timothy Lutheran Church	Lyons-Decatur Volleyball	Franciscan Healthcare	Gregory & Jodean Gesell	Rx Benefits
Patricia Davis	Braun Counseling Service LLC	Hair Designs Unlimited	Alice Nott	Michael & Cindi Brass
Lois Niewohner	Memorial Community Hosp	Sid Dillon Chevrolet - Blair	Tom & Marka Sawyer	Diane Braun
Dani Cooper	St. Paul's Lutheran Church	Sid Dillon Chevrolet - Fremont	Dave & Sarah Tonjes	Runza
Casey Meyer	Brenneis Insurance	Lloyd & Betty Brooks	Suzanne Westerholt	Sinai Lutheran Church
First Baptist Church	First Northeast Bank of NE	Charles & Rebecca Brown	George & Ann Beckenhauer	

BRIDGE BUILDERS

Peace Lutheran Church	Marcia Fouraker	Wahoo Bethlehem Lutheran	Michael Mines	Sherie Ebers
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Sara Logan	Margaret Hough	Alexandra Adams	Merlin & Betty Oswald	Christy & Ryan Fiala
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First Dakota Indemnity	Steve & Julie Navarrette	Richard & Judith Florer	Lynnette & Monty Sellon	Faith Perry
AbbVie Employees	Carolyn & Evan Nordstrom	Scott & Alisa Glienke	Dr. Earl & Laura Underwood	Robert & Rita Peterson
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PB75	Katherine Rhea	Ron & Diane Horner	Renee Wagner	Marvin & Peggy Iverson
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Washington County Bank	Shirley Stara	Misti Johnson	Pamela Draemel	Dr. & Mrs. Steven Jacobsen
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Duane & Elaine Brand	Jennifer Watzke	Bonnie Maschka	Linda & Randall Wagner	
Karen Burns	Altrusa International	David & Leatta Millie	WELCA - St. John Ridgeley	

IN-KIND DONORS

Katelyn Bartholomew	Bruce Hamel	Abbey Muller	Chris Sullivan	First Baptist Church
Karen Bartsch	Megan Heike	Gwen Oltmanns	Jane Vyhldal	First Lutheran Church
Nikki Beatty	Barb Hevlin	Laura & Gemma Peters	JP & Rachel Wachter	Fremont Beef
Audra Benke	Mary Heywood	Dalynne & Tina Peters	Judi Wegner	Fremont Family YMCA
Herta Bouvia	Carol Horsen	Jamie Polick & Family	Annette Welauder	Girl Scout Troop #58069
Cindi & Michael Brass	Joe Lager	Beth Pribil	Kristen Widman	Glory Girls Bible Study
Kate Braun	Kristin Johnson	Margore Pullen	Kevin Willis	Mom's Coffee Group
Dale Bricken	Luann Knobbe	Sandy Roemer	Tom & Misti Wolf	Prairie Peacemakers Quilt
Rochelle Clausen	Kare Krupka	Carol Ruwe	Malisa Yearin	Presbyterian Women
Kiley Cordes & Family	Jeff Lackey	Nye Health Services	ABW - First Baptist Church	Redeemer Lutheran Church
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Laura England-Biggs	Jennifer Mallett	Carol Smith	Bluffs Trinity Lutheran	St. Timothy Lutheran
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Barb Gaskin	Randy & Darcy Mendlick	Saryna Solmen	DHHS - Fremont	Latter Day Saints - Fremont
Connie Giese	Sheila Monke	Lyndsey Stuchlik	Emmaus Lutheran Church	Trinity Lutheran - Fremont

From The Director's Desk

The Bridge's Mission Is More Vital Than Ever

It's hard to believe it's already 2024 and we are already closing the door on the past year. As we look ahead, I am reminded of our mission to end domestic violence and sexual assault, and to provide the resources, education and community needed for healing and prevention.

This is no small task when you consider the sobering statistics of domestic violence and sexual assault both locally and nationally. Unfortunately, for many of us, we don't need numbers to recognize the importance of The Bridge and their services. This is because we've witnessed the impact in our communities and for some, we've experienced it within our family or our circle of friends.

For these reasons, and many others, I am filled with gratitude for the team at The Bridge, the services they provide, the lives they've touched, their prevention efforts, and all that they've accomplished in 2023. I am also grateful for everyone who supports The Bridge through volunteer efforts, donations, participation in our annual events and for raising your voice against violence. Your contributions are invaluable.

With your continued support, we aim to eliminate violence from the lives of women, children and men. Empowerment, education and social change are the pillars of our mission, and together, we can make a lasting impact.

Here's to another year of progress, awareness and collective action against domestic violence and sexual assault.



Cathi Sampson
President, The Bridge
Board of Directors

Our Mission

The mission of The Bridge is the prevention and elimination of domestic violence and sexual assault. We work to enhance safety and to promote equality in relationships. We are opposed of the use of violence to control the lives of others. The Bridge is committed to eliminating violence in the lives of women, children and men through empowerment, education and social change.

Our Staff

Suzanne Smith
Executive Director

Jody Bykerk
Shelter Program Manager

Stacey Lichtenberg
Community Education Coordinator

Jody Koziol
Washington County Outreach
Coordinator

Jennifer Thomason
Advocacy Program Manager

Kylie Kampschneider
Sexual Assault Services Coordinator

Luisa Soto
Crisis Intervention & Bilingual Advocate

Madison Laake
Marketing Coordinator

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1 in 3

young people will
experience dating abuse

FEBRUARY IS TEEN DATING
VIOLENCE AWARENESS MONTH



Contact

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