



MARCH 2022

24 Hr Crisis Line · 1-888-721-4340 · 402-727-7777
Email: info@bridgefromviolence.com

FREMONT · 141 South Union · 402-721-4340
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Effects of Domestic Violence on Children

A child's home should be a place of safety and security.

1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence. Children who experience childhood trauma, including witnessing incidents of domestic violence, are at a greater risk of having serious adult health problems including tobacco use, substance abuse, obesity, cancer, heart disease, depression, anxiety, and a higher risk for unintended pregnancy.

For children living in homes where violence occurs, it can be a terrifying and confusing experience.

“...you could never really predict when the violence would erupt, but it was a sure thing. It always came. We were sent to our rooms, but we could hear everything. There was no escaping it and I really didn't want to escape it. I felt trapped because I had to know that when it was over my mom was ok. I truly feared for her life numerous times.”

A child's safety is linked to the safety of their Mom or the non-offending parent. ***Last year The Bridge worked with 581 families with 617 children.*** We see the kids scared and conflicted. Not knowing what to do, being told not to tell, angry at the parent hurting them and angry at the one not leaving. It is a lot. Some disconnect to protect themselves.

It is hard to concentrate at school worrying about what is going on at home, what happened last night...what is going to happen when they go home or what if they don't go home. The most important safety factor for a child is to have a loving, supportive relationship with a caring adult. That can be any of us. Children need a safe and predictable environment. They need to know what is happening is not their fault.

The Bridge staff provides support to both the victim and their children. We can discuss safety planning, how can they get out or stay and be safe. We support the parent/victim in supporting her kids. We can talk with the children about the abuse, and can help prepare them for moving forward.

Some of the hardest work is the first time talking about what is happening to yourself and your children. Once you have done that, you and children are no longer alone. **The Bridge is here to help.**

The Bridge also offers to speak to community and church groups about the work we are doing and what you can do as an organization, community member and individual.

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Women's History Month

During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women's History Month. Every woman has a story to tell and gifts to share with the world. This year the theme is **“Providing Healing, Promoting Hope”** which pays tribute to women on the frontlines of the fight against COVID-19 and reflects on women's long-standing role as healers in society.

“This month, let us carry forth the legacy of our mothers

and grandmothers. As we honor the women who have shaped our Nation, we must remember that we are tasked with writing the next chapter of women's history. Only if we teach our daughters that no obstacle is too great for them, that no ceiling can block their ascent, will we inspire them to reach for their highest aspirations and achieve true equality.”

-Barack Obama

"Fight for things that you care about, but do it in a way that leads others to join you"

- Ruth Bader Ginsburg

"Every women's success should be an inspiration to another.

We are the strongest when we cheer each other on."

-Serena Williams

"I raise up my voice-not so that I can shout, but so that those without a voice can be heard. We cannot all succeed when half of us are held back." - Malala Yousafzai

The Bridge Staff

Suzanne Smith, Executive Director

Jody Bykerk, Shelter Program Manger

Stacey Lichtenberg, Community Education Coordinator

Jody Koziol, Washington Outreach Coordinator

Jennifer Thomason, Criminal Justice Advocate

Kylie Kampschneider, Sexual Assault/Criminal Justice Advocate

Maffiah Keenan, Office Outreach Coordinator

Desi Acosta, Spanish Speaking Services Coordinator

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CAN'T MAKE IT TO THE STORE?

We have a digital wish list where you can shop straight from your phone or computer. It will ship straight to our office when you order.

Shop our digital wish list at:

https://smile.amazon.com/hz/charitylist/ls/28TCUE15T91I9/ref=smi_ext_inlk_lcl_cl

Wear Orange Day

On Tuesday, February 8th The Bridge staff participated in Wear Orange Day.

Even though Teen Dating Violence Awareness Month has ended we still encourage you to keep spreading raising awareness, and remember everyone is deserving of healthy relationships.



Incredible Donations

The following names are of those who donated to The Bridge between the dates of January 22– February 28.

We regret the accidental omission of any donor. Thank you for your donation and continued support; we could not do it without you!

First Baptist Church

Mary Saggau

NE Torehbearer Delta

Charlotte Young

Kristine Lindgren

Robyn Vance

Redeemer Lutheran Church

Lincoln Federal Savings Bank

Grace Thayer

Sherry Leriger

Nancy Morris

Becki Brown–Spitser

The Key Club

Samantha Vanicek

Dawn Tasset

Brett & Casey Meyer

Dani Cooper

Larry Housman

Cindi & Mike Brass

Needs List

Tracfones & Minutes

Security Cameras (ring doorbells, hunting cameras, etc.)

Copy Paper

Stamps

Cleaning Buckets

Toilet Brushes

Old Cellphones

Bottled Water

Toilet Paper

Microwaveable Meals

Smarties



Follow us on Facebook, Twitter, and Instagram to see what else we're up to!



Find us online @

www.BridgeFromViolence.com

The Bridge Services

24-Hr Crisis Line: 1-888-721-4340 or 1-402-727-7777, Crisis Intervention, Emergency/Temporary Shelter, Support Groups for Women and Children, Medical and Legal Referrals, Criminal Justice Advocacy, Public Education and Awareness.

Victim services are free, confidential, and available in Spanish.

Women's Support Group

Fremont - Women's Support Group in English, and in Spanish, and Children's Rainbow Days Group are still currently not active.

Volunteer at The Bridge

The volunteer rate remained steady as over 77 million Americans volunteered hours last year. Those who volunteer enrich our community and keep our nation strong. Volunteering goes beyond helping other people. Studies have shown that the volunteers themselves benefit, whether through increased job prospects, better health, or even better overall well-being. Nebraska rates 7th highest in volunteer rate, with 34.6% of Nebraskans volunteering their time.

We respond to nearly 4,000 crisis calls each year. If you or someone you know would like to get more involved with The Bridge, please encourage them to contact us (402-721-4340 or email: info@bridgefromviolence.com) to learn more about volunteer opportunities.

LEAVING A LEGACY

A thoughtful planned gift can become a beautiful legacy you leave to The Bridge and to the victims of abuse who come through our doors for years to come. Bequests, Charitable Gift Annuities, Charitable Remainder Trusts and Charitable Lead Trusts are a few of the many avenues you may consider for continual support. An attorney can help you decide which option best fits your personal needs and financial circumstances.

Funded in part by:

**United
Way**



Fremont Area United Way