

June Newsletter

June 2022



Mission Statement: The mission of My Healing Within is to advocate for and empower domestic violence survivors by providing free, safe, confidential shelter and support services. This program is for women and their children.

Executive Director's Message: As well as preparing to close out the first half of the year, we step back and reflect on how fortunate our non-profit organization has been thus far. Through the love, generosity, and support of the community our organization has been able to help five (5) women/children by providing lifesaving services to strong, courageous individuals who have taken the first step in living free of violence. Some were about to relocate to new safe, affordable homes where they along with their families can begin their journey to heal from the inside out, and others were connected to necessary resources to assist them in becoming self-sufficient in surrounding areas in the last 3 months. Thank you to the many donors who continuously connect and give daily, to the agencies who reach out to us for referrals and the community who graciously gives us so much love and support. ~Thremene Murphy

LGBTQ Pride Month: Domestic Violence knows, no gender, race, age, or sexual orientation. As everyone celebrating LGBTQ Pride Month it is important that we understand that this community also faces domestic violence. The LGBTQ community experience not only specific intimate partner abuse but can be victims of heinous hate crimes as experienced recently in Jacksonville, North Carolina with a transgender individual who was viciously attacked resulting in their death.

Similar to heterosexual and elder abuse, LGBTQ individuals experience verbal, mental, and physical abuse but it goes much deeper than this. LGBTQ abusers can threaten to out a survivor if they leave the relationship taking advantage of a survivor being isolated because they were rejected by family, friends, or

employers when they came out. Gay or lesbian abusers may exhibit abuse against survivors if they are bisexual, as biphobia is rampant in the LGBTQ community and pressure them into sexual acts to prove they are queer enough. There are just a few examples of situations LGBTQ domestic violence survivors can succumb to.

If you or anyone you know is in the LGBTQ community and needs help, please know that there is help for them with the My Healing Within and know that we understand. Anyone in any abusive situation can call us at the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 252-227-0527 to speak with our staff confidently.

Source: North Carolina Coalition Against Domestic Violence

My Healing Within Inc~ The Value of Your Monetary Donation:

My Healing Within goal is to be accepted for government grants or foundations; but we are seeing much of that support has not come through yet!

Therefore, we desperately need your help to serve our clients in seeking safety. They often need help with finding a safe place when deciding to leave their abuser, since we don't have our facility yet we help domestic violence survivors and their children with hotel stays when or if nearby shelters can't help; help with gas cards, with medical bills; and with legal bills.

Survivors of domestic violence could be your neighbor, your co-worker, your cousin, or the person you pass on the street. Domestic violence lives in secrecy. Every person who can leave an abuser deserves the best chance possible to create a successful life.

Your monthly donation of:

- \$25.00 per month for 3 months will help provide bedding and towels for future facility.

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- \$50.00 per month for 3 months will help provide appliances and furniture for future facilities.
 - \$100.00 per month for 3 months will help provide New Mattresses for future facilities.
 - \$140 per month will pay for storage unit each month.
 - \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and brighter future.

There is a minimum contribution and you can change the amount or cancel the contribution at any time.

My Healing Within is a 501 © (3) tax-exempt, non-profit organization that serves survivors in Pitt County and surrounding areas.

Please call us at 252-227-0527 for more information. Make your check out My Healing Within and mail it to:

My Healing Within

P. O. Box 560

Farmville, NC 27828

or, go to www.myhealingwithininc.org to make an online donation.

Upcoming Events:

July 9th from 11am to 2pm at Lakeforest Elementary School: We will have Phylcia Bridgers to speak on Mental Health. The cost will be \$20 and includes lunch and hand-outs. Pay through cash app: \$Myhealingwithininc (Mental Health Luncheon in for section) or pay on our website www.myhealingwithininc.org (under events). You can pay at the door which will be \$25.00.



Juneteenth Celebration:

Freedom finally came on June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state were free by executive decree. This day came to be known as "Juneteenth," by the newly freed people in Texas.



June is PTSD Month:

Post-Traumatic Stress Disorder (PTSD) is a mental condition triggered by either experiencing or witnessing a traumatizing event.

Nearly 6 out of every 100 people (or 6% of the population) will have PTSD at some point in their lives. About 8 in 100 women (8%) and about 4 in 100 men (4%) will experience PTSD.

Approximately 12 million adults in the U.S. have PTSD during a given year. However, this is only a small portion of those who have gone through a trauma.

PTSD symptoms usually start within 3 months of the traumatic event lasting for at least 1 month and can include:

- Flashbacks
- Avoiding places or thoughts
- Anger
- Startling easily
- * Bad dreams
- * Difficulty sleeping
- * Loss of interest in activities
- * Difficulty remembering the event

Sources:

- <https://www.nimh.nih.gov/health/topics/depression/index.shtml>
- www.universityhealthsystem.com

Ways you can Help:

You can help us by donating funds, clothing items, toiletry items, supporting our workshops/events, sharing our posts, following us on Facebook, Instagram, and Tik Tok and definitely praying for us! Keep the QR code and learn more about us!

