

# May Newsletter

May 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 for women and their children.

**Vision Statement:** Our vision is a world where women and children will not experience physical, verbal, emotional, and/or sexual of abuse from an imitate partner or anyone.

## Core Values:

- Confidentiality: We understand and the laws governing privileged communications made by domestic violence survivors is essential to effective advocacy.
- Safety: We actively work with individuals and communities to protect against psychological, economic, and sexual abuse.
- Uplifting Others: We inspire hope through listening, believing survivors, encouraging creative expression, and providing resources to plan for the future.
- Compassion: We practice wisdom and patience to imagine each individual's experiences without judgment.
- Integrity: We will act with high moral principles. Adhere to the highest professional standards. Maintain the trust and confidence of all with whom I engage.

---

## 2022/2023 Goals for MHW:

- Completion of Grant Writing Class and Awarded Grants for Program.
- Have Workshops: Mind, Body, and Soul.
- Purchase a Domestic Violence Survivors Facility.
- Hire qualified workers for Domestic Violence facilities.

## 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.

## May is Mental Health Month:

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the support they need. May is Mental Health Awareness Month and we want to use this time to focus on the healing value of connecting in safe ways, prioritizing mental health, and acknowledge and validate that it's okay to not be okay.

[Read more on our website](#)

## 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!**

