



Gillette Abuse Refuge Foundation, Inc.

The G.A.R.F. Gazette



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Total Clients Served

Clients Served in 2024

- 520 Total Clients
- 370 New Clients
- 72 Children
- 700 Crisis Calls
- 1,272 Shelter Bed Nights

A word from our Executive Director...



I would like to wish all our amazing supporters a Happy Spring! It is a wonderful time of the year to look forward to new exciting opportunities and review our accomplishments. In 2024, G.A.R.F. served 520 clients and responded to 700 helpline calls. We would not be able to do that without our committed on-call volunteers and S.T.A.R.R. COMMUNICATION. G.A.R.F.'s Jerry Boles Chuckles for Charity annual fundraiser brought a record-high number of donations. We are so grateful to our sponsors and supporters! G.A.R.F. contracted with 2 mental health professionals to start offering counseling in-house. We are remodeling our shelter and are excited about how beautiful it is becoming! A very talented local artist, Joan Sowada, is donating her artwork to our shelter. G.A.R.F. is looking forward to new opportunities serving our clients and the community! It will be an amazing spring and journey!
~Tatyana Walker

How YOU Can Help

Monetary donations are ALWAYS needed and greatly appreciated :)

Volunteer at an event or provide personal support to survivors!

Contact Alicia if you are interested in volunteering!
volunteers@garfwy.com

And one of the best ways to help G.A.R.F. is to spread the word about our services!

Share our Facebook and Instagram posts, or refer people in need!



**Thank you
for your
support!**



Survivor's Corner

Providing Hope for Others



To the person who is struggling at this moment and thinks that there are no options but to stay in an abusive relationship, physical or mental, know that there is a place here in our town called GARF.

Next year on March 23, 2025, will mark 10 years since I found peace for myself and my kid. Back then, I did not realize that we had GARF as a source where you can find shelter; you can find someone who can listen to you, and not judge you; who can guide you through the process of being a successful person; and not depend on an abusive partner. The most important thing to me was that they were by my side during the court hearings for my protection order. I was living with a mentally abusive spouse, who decided in the end to put hands on me. This was the last point that opened my eyes that I had to find help, run away, and hide with our child. It took me several times to realize that going back and forth would not change the person I was married to. It was an incredibly stressful situation for me and my child.

With the guidance of GARF and friends by my side, I was able to find strength within myself and move on. The first several years were spent on non-stop work, so I could provide for me and my child. However, with each year passing by I was able to achieve my goals, find a full-time job with medical insurance, obtain a driver's license, buy my first car, and move into a house that I was able to buy. Finding my dream job, and now attending college, I will be always thankful for the help that GARF gave me. Never lose hope for a better life, make sure to be consistent in what you do and confident in yourself. Sometimes you might not like or enjoy the work you do; however, do not lose hope that something better is coming. Be dedicated, work hard for what you want, believe, and one day it will happen. Things in the beginning will not be all rainbows; however, one day you will be proud of yourself. If I was able to do it, I believe that anyone can do it.

~M.S.



Upcoming Events



Stronger Together Women's Support Group



Our walk-in Thursday group is active! Join us at 10 AM at the G.A.R.F. office every Thursday. Topics change week to week, but we cover DV, SA, self-esteem, codependency, red flags, green flags, and more!

Save the Date

Teal Tuesdays

Every Tuesday in April

A.C.E.S. Training

Monday, April 28th
2pm-5pm

Email Alicia at
garfvolunteers@garfwy.com
to reserve your seat!

Denim Day

Wednesday, April 30th

Take Back the Night Walk/Speak Out

Wednesday, April 30th



Awareness

April

National Sexual Assault
Awareness and Prevention
Month **and** National Child
Abuse Prevention Month

May

National Mental Health
Awareness Month

June

National PTSD Awareness
Month and National Pride
Month



Take Back the Night

**WEDNESDAY
APRIL 30
5:30-7:30PM**

**GILLETTE COLLEGE
TECH CENTER**

**AWARENESS WALK * FREE PIZZA CARRELLO DINNER
INSPIRATIONAL SPEAKERS**



DR. BARRY SPRIGGS
ON RESILIENCE OF SURVIVORS



BOB VINES
**ON TAKING BACK YOUR POWER AND THE
SECRET TO A LONG AND HAPPY LIFE**



**A SEXUAL ASSAULT AWARENESS
EVENT SPONSORED BY:**

**active
minds**
...•••••

Gillette College



G.A.R.F.
Gillette Abuse Refuge Foundation, Inc.

Operations Updates

29th Annual Jerry Boles Chuckles for Charity Fundraiser Update

Thank you to everyone who attended and a special thank you to those who sponsored the event and/or donated their time, talents, and/or products to the event!

Because of YOU, we raised over \$140,000 for survivors!

Chamber Mixer Update



Our first ever Chamber Mixer was a HUGE SUCCESS! Thank you to all who attended, we look forward to seeing you all again at next years mixer!



Staff Development

Welcome New Staff:

Marie Palkki
Part-time Victim Advocate

Upcoming Staff Trainings:

Motivational Interviewing
Marketing Made Easy

2025 Strategic Planning:

G.A.R.F. Board, Directors & Coordinators



Thank you for reading!