



THE HAVEN

# A New Beginning

A QUARTERLY PUBLICATION

2020

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Make the Season Bright!

# A Safe Haven for the Holidays

Dear Friends,

This is a year we will hold in our collective memory for its unrelenting turbulence. Together, we endure the unease as we await the next shocking news report, the next jarring communication. Constantly asking ourselves, **Will my life every be the same?**

At The Haven, survivors of abuse contemplate this question every day. Despite exhaustive danger, unpredictability, and isolation, women dig deep into their inner reserves to imagine a future beyond the next dreadful event. Their courage to act and trust in the possibility of safety and well-being is an inspiration to us all.

Your support turns the possibility of safety into reality.

Together with you our donors and supporters we have done some powerful work in our community this year. Your financial gifts made it possible to continue to offer a safe haven for hundreds of women fleeing domestic violence and sexual assault.

Sometimes it is hard to remember that each of the numbers counted is a person in our community, one of us, in need of support, resources or understanding as she taps into her own resilience, strength, and creativity. Recently a woman with whom we worked with invited us to share with you what your donation meant to her:

"Margaret's Home, The Haven's shelter, is, to me, like being on "home base." It provides me with a sense of safety that I have never experienced before. Not to mention, the good healthy meals, warm showers and baths, personal hygiene items and clothing which assists every survivor in rebuilding their lives. I was not one to receive praise, love and acceptance throughout my life, but the unconditional support and empowerment I received from advocates, counselors, and administration was just icing on the cake! Today, I smile, I laugh, I'm happy, and I feel healthy. I feel as if I am regaining my self-worth, self-esteem, self-control, and independence that was all taken from me over the past years."

We are asking you to consider making a gift this year. Join us to help make our community one in which violence is not tolerated. Allow your money to become a revolutionary force for change that says you believe everyone is entitled to a safe, secure peaceful home.

Your support is needed now more than ever. Your gift will contribute to our vital work in the coming year including:

- Answering thousands of crisis hotline call, 24 hours a day, 7 days a week
- Financing the operating expense of our shelter and other safe housing
- Providing advocates to support survivors of sexual or physical violence in emergency rooms, courtrooms, and as they navigate social services and other community resources
- Purchasing food, clothing, transportation and basic necessities for survivors and children
- Youth outreach through partnerships with K-12 schools and community groups
- Community education in the form of workshops, presentation, and professional training.

Together, we are stronger.

Wishing you a healthy and peaceful Christmas and New Year,

*Julie M. Pellegrin*



*Happy  
Holidays  
2020*





# A Special Thank You!



We would like to send a special thanks to the **Bayou Community Foundation** (BCF). Their recent COVID-19 grants have provided significant impact to keeping our services going during these turbulent and uncertain times. Their COVID-19 grant awards assisted us with:

- Technology centers and upgrades
- Therapy resources and supplies
- Rental, utility, and food assistance to survivors and
- Transportation

Donors like the BCF help to ensure that even in a pandemic and shut down victims of violence have safe, healthy options to escape the horrid abuse that characterizes their daily lives. We could not provide for the needs of so many without their support.

Again, thank you! We love and appreciate your support.



We would like to express our heartfelt gratitude to the members of **The Catholic Foundation of South Louisiana's Mother Teresa Women's Giving Circle**. Their beyond generous gift is providing for so many families plagued by violence . We are eternally grateful for the trust and faith bestowed upon us to use their gift to empower families to find safety, establish violence free homes, and nurture children to recover from trauma.



*Wish Lists Items*

Hand soap \* Disposable gloves \* Lysol disinfectant spray \* Dishwasher detergent \* Garbage bags -- 4-30-gallon sizes \* All-purpose cleaner \* Ziploc freezer bags -- quart & gallon sizes \* Ziploc storage bags -- quart & gallon sizes \* Air freshener \* Dishwashing liquid \* Laundry detergent \* Bleach \* Dryer sheets \* Children's underwear -- assorted sizes \* Women's underwear -- assorted sizes \*

**Amazon Wish List Link**  
[https://www.amazon.com/hz/wishlist/lz/6QV2oLMJB9CS?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/lz/6QV2oLMJB9CS?ref_=wl_share)

**Wal-Mart Wish List Link**  
<http://www.walmart.com/lists/view-events-registry-items?id=9b372445-1d95-476f-a1f9-2e310e661f76>



## A Second Chance at Life

For Rayne\*, the last Christmas wasn't about peace and joy, but about pain and fear. In her own words, she said, "The years of abuse have affected my life and has left me feeling confused and hurt. I feel hopeless and helpless that anything would change."

The 36-year-old woman was nearly killed by a man she has known for 3 years. Her partner inflicted emotional, physical, verbal, and psychological pain towards her and the children. He continually increased his control over her life, and she could only work when he wanted her to. He even pawned her laptop for his own needs and to thwart her educational advancements. Moreover, it was not until they got married in March of this year that his violence quickly escalated toward Rayne, and his threats to kill her drew closer and closer to reality. After months of escalating threats and physical abuse, Rayne decided the relationship was over and made her wishes known to her husband. He made it clear to her that he was not going back to jail, and that she was not going to leave the relationship alive. With his decision firmly in his mind, he recklessly drove the car with the intent to kill them both. Panicked, terrified, yet resolved, Rayne escaped the wreckage and found safety. "After the crash, I felt like he could still get me and finish what he started, but the only thing that helped me that day was knowing that he could not get me in the helicopter. That is when I felt peace for the first time."

Days after the incident, Rayne lived under a cloud of fear, as she recovered in the hospital. "I would wake up three or four times a night terrified that he was in my room and check my surroundings. I would try to go back to sleep, but just toss and turn," she said. Once she was released from the hospital, she called The Haven's crisis line. That's when her second chance at life began. Within hours, the shelter devised a safety plan with her. She was given food, clothing, legal advocacy, and counseling.

The staff at The Haven began to work with her and her children to regain a sense of safety and stability by attending to their basic needs and helping them to safely address their reactions to the trauma. Rayne and her children attended group and individual sessions that taught them how to regulate their emotions and taught them how to feel safe once again in their surroundings. Rayne also worked closely with the advocate to file a restraining order, arrange doctors' appointments, and assist with writing her impact statement.

"I am always questioning myself and wondering, will my life ever be the same? Now, I have hope that things can be different. I still feel scared at times, but I have people who are supporting me, and I feel less afraid of what is coming next." She knows she would still be living in fear if not for the help of The Haven and donors who keep Margaret's Home open.

\*At The Haven we respect all survivors who comes to us for help – and many are working toward a fresh start in life. As we share their stories of success with you, the names and details have been changed to protect their privacy. Thank you for understanding.



Annual Spring Fundraiser

Save the Date: **March 27, 2021**

Details and sponsorship information coming soon!



# Supporters & Volunteers

Central Lafourche High School students \* Paige Huen \* Beth Folse \* Montegut Middle School & Lacache Middle School - GT students \* Christian Assembly \* Lafourche Parish Sheriff's Office - Captain Karla Beck \* Aimee Gaudet \* Jamie Dufrene \* Erica Orgeron \* Kiamie Reed \* Elaine Boudwin \* Junior Auxiliary of Houma \* Karen Bourgeois \* United Way \* Kim Duthu \* Tony, Angeline, & Laxi Callais \* Nancy Leblanc \* Jordyn Lapeyrouse \* Entergy - Roman Burnside \* Cathy Picou \* Katie Prestonbach \* Debby Nezat \* Shelisa Cargo \* Anna Kreamer \* Kayla Lyons \* Terrebonne High School \* Kathy Degado \* Ricky Felio \* Angie Pitre Pellegrin \* Finella Campanino \* David & Terri Konur \* Nanette McElroy \* Brittany Neyland \* Cathy Porche \* Renee Coakley \* Wanda Hunter \* Katie McClanahan \* Krewe of Aphrodite - Paula Pitre \* Amy Lane \* Rhonda & Teddy Neal \* Laura Charpentier \* Barbara Leblanc \* Randa Smith \* Lucy Watkins \* Melanie Caigle \* Helen Norman \* Lisa Chapman \* Brittany Blanchard \* Robert Ross \* Judy Haydel \* Michelle Ritchie \* Kirsten Use \* Valerie Verdin \* Richard & Emma Grabert \* Melissa Tandiff \* Elise Gregory \* Fern Gautreaux \* Karen Rodriguez \* Liz Pellegrin \* Pizza Hut - Nathan Bruce \* Jr's Closet \* Deborah Finch \* Darlene Flynn \* Narie Prosperie \* William & Joyce Thibodaux \* Karey & Jennifer Scott \* Timothy & Jan Brunet \* C & L Scott \* Barry & Anna Vice \* Jenna Boudreaux \* Frontstream \* Peyton Eschette \* Christina Tucker \* Charles Rodrigue \* Jodie Arceneaux \* Joanne Ferriot \* SACO Energy Services \* Benevolent Protective Order of Elks Houma Lodge 1193 \* St. Charles Borromeo Church \* Catholic Foundation of South Louisiana \* Nathan and Christine Aucoin \* Alpha Delta Kappa Chi \* Joe & Janice Beard \* Brooke Becho \* Lindsey Kronforst \* Louisiana Lions Camp Camper Alumni \* Theresa Toups \* Evergreen Lions Club, Inc. \* Judith Legett \* Shelita Granger-Smith \* Alpha Delta Kappa \* Darrell & Lois Solet \* Jessica Rebstock \* Jason & Kayla Lyons \* The Gray Foundation \* M.S. Breaud \* Ricky & Jean Boudreaux \* Jessica Positerry \* Beta Eta Chapter \* Kirk & Julie Trussell \* United Community Bank \* Guy & Mary Beth Vicari \* Karen Price \* Cheryl Falgout \* Tammy Brouillette \* April Blanton \* Dillard's \* Friends of The Haven \* Brandy Turner \* Angella Holland \* Attorney General Jeff Landry's Office \*

"For it is in giving  
that we receive."

— Francis of  
Assisi

## Holiday Projects



### Give Thanks for Your Safe Home

**Give Thanks for Your Safe Home** is the annual supply drive conducted by The Haven. The drive seeks to collect the supplies that the agency uses throughout the year. Supplies like toiletries, paper products, cleaning products, and kitchen items are collected by groups, businesses, and individuals. Anyone can participate. The drive starts in November and goes through the end of the year. Participants may collect anytime during that time. The Haven provides a supply list to each participant and the participant may select the item or items they wish to collect. **Amazon Give Thanks Wish List link:** [https://www.amazon.com/hz/wishlist/ls/30BDYoRHEZ2D6?ref=-wl\\_share](https://www.amazon.com/hz/wishlist/ls/30BDYoRHEZ2D6?ref=-wl_share)



### Adopt-A-Family Program

This program provides Christmas presents to families that are currently receiving services through The Haven. All families live below the poverty level and have no other means to provide Christmas gifts to their children. We cannot express how grateful the families are to receive such generosity from our community. Persons wishing to participate are provided with a Christmas wish list of each family member. The wish list is an idea of what each family member would love to see under the tree this year.



### Holiday Meals

Cook or sponsor one of the holiday meals including Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, or New Year's Day. Meals can be prepared by you, catered or a donation to cover the meal that is prepared by the families in shelter are all ways to help this holiday season. You can also contribute baked goods or special treats to our annual Santa Party where Santa visits the children in shelter.

Want to get involved in our special holiday programs? Contact Julie Pellegrin at 985.872.0757 or email her at [Julie@havenhelps.org](mailto:Julie@havenhelps.org), if you would like to participate.

# Give Today!

Ending violence in our community is possible but it requires a commitment from each and every one of us. We are asking you to support battered women and their children, victims of sexual assault, and our community education and awareness activities with your financial contribution. Your contributions support the upkeep and maintenance of our 24-hour safe, emergency shelter, as well as allowing The Haven to provide trauma-informed counseling to women and children healing from trauma.



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_



\$2500 +



\$1000



\$500



\$250



\$100



Other \$\_\_\_\_\_



Supply Angel \$500

**Cut and return to:** The Haven, Inc. P.O. Box 4279 Houma, LA 70361



THE HAVEN

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