

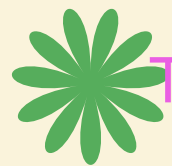


2023

YEAR END
REVIEW

BIGGEST ACCOMPLISHMENTS . BEST MOMENTS .
HIGHLIGHTS

DIRECT SERVICES



THERAPEUTIC SERVICES



200+

PRE-SCREENED INTAKE
ASSESSMENTS

12

WEEK
EMOTIONAL
LITERACY
PROGRAM

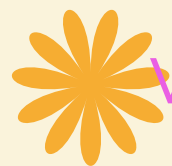
In June we began offering free in-house therapy to our program participants. Both individual and group therapy sessions were offered. Our clinician, Nicole Cervantes led the TSP team, and they processed over 200 pre-screen intake assessments, 77 in-person intake assessments before enrolling participants in Emotional Literacy class.

After completion of the 12-week program, and with Nicole's unique methods in psychology, participants were able to understand emotional triggers and ways emotions develop. They were given tips and strategies to process and regulate emotions for a more productive response. Additionally, they were empowered with solutions for challenging perceptions when anger begins to intensify. Focusing on communication, they learned to use non-confrontational "I" statements to address people and issues. We have received wonderful feedback and are excited to continue the journey assisting individuals receive the care they need.

In December, we celebrated our first ever Thriver's Graduation! We honored the 15 thrivers who completed the 12-week program with a special ceremony acknowledging their strength, courage and support that helped them accomplish this large goal!

Thank you to the AV Black Chamber of Commerce for providing the safe, clean, and quality space to conduct the in-person sessions each week.

DIRECT SERVICES



VICTIM ADVOCACY



Our certified Victim Advocates provided direct support to over 30 thrivers in the following service areas:

- Court escort • Victim of Crime application
- Case management • Shelter application • Shelter placement • Community resources • Many other coordinated efforts

We work to assist survivors in identifying and obtaining available benefits and social and community victim services; this includes emotional, psychological, or physical needs of intimate partner violence and domestic violence survivors.

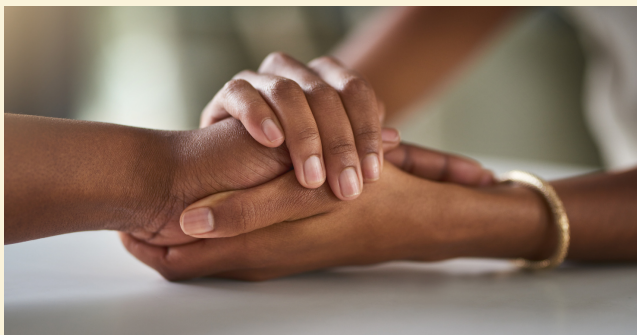
We value confidentiality and strive to be with our clients every step of the way on the journey to a new violence-free life.

2000+

HOURS OF SERVICE

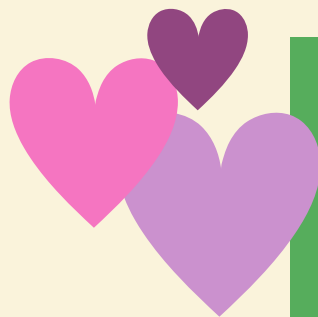
30+

THRIVERS
SUPPORTED



PROGRAMS

AFFIRMATION KITS



Our goal is to uplift our participants with programs they can truly benefit from. This year we re-branded our kits for essential items to be renamed *Affirmation Kits*. We wish to affirm each thriver in strength, resiliency and light!

Each hygiene kit contains items for essential care. Our kits are assembled by our staff and made possible by our donors. We distributed 24 female affirmation kits and 3 male affirmation kits, over the year. From the 27 kits, a total of 5 included a cell phone. This was important milestone for us to be able to distribute phones so that survivors who are evading have access to call emergency services and are not tracked by their abuser.

Thank you to LA County District 5 BOS Kathryn Barger's office for making this possible through your generous sponsorship!



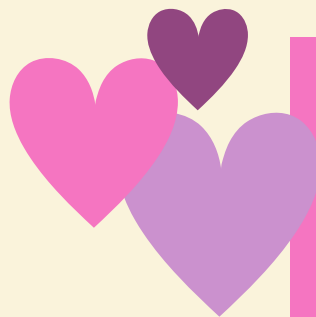
27

KITS DISTRIBUTED

\$600+

FUNDS
RAISED AND
ALLOCATED

PROGRAMS



165

APPLICATIONS
PROCESSED

\$412,500

FUNDS ISSUED
DIRECTLY TO
PARTICIPANTS

Early June we went into contract with FORWARD in partnership with Los Angeles County for the Empower_U Program. The LA County Department of Consumer and Business Affairs (DCBA) Empower_U Fund awarded 1000 grants for \$2500 each to domestic violence survivors to cover relocation, medical and other necessary costs to strengthen their financial independence. Survivors were required to seek case management through one of the five partnered community-based organizations (CBO).

Three Hart Connection is proud to have represented the Antelope Valley as the only local CBO participating in this program.

From June - December, \$412,500 was awarded to 165 Three Hart Connection program participants. Through FORWARD's collection of data, they were able to detail the highest application was in Lancaster, Palmdale and West Athens based on the zip codes of applicants.

This program gave us an opportunity to interface with more than 250 thrivers and provide them with the services they needed!

EDUCATION & COLLABORATION



HEALTHY RELATIONSHIPS: PROJECT CJ



Project: CJ

A project dedicated to
ending teen dating violence
In honor of Caleb James



32

HOURS OF
INSTRUCTION

40+

STUDENTS
ENGAGED

We conducted two different iterations of our Project CJ Workshop: one 10-week program and a single 1-day workshop (alternating between 2 & 3 instructors)

We successfully provided our 10-week program to the students at AV YouthBuild. Each week for 1 hour, we provided instruction from our custom curriculum, highlighting 9 important principles:

- Equity • Power & Control • Cycle of Violence • Boundaries
- Effective Communication • Conflict Resolution
- Bystander Intervention
- Resources and Self Care (Mental and Physical health)

We used guided conversation; role play and group activities to lead the teens to successfully define healthy and unhealthy traits in a relationship that could lead to Teen Dating or Domestic Violence.

We provided our 1-day workshop to the participants of the ELA VIDA program (East LA Vital Intervention and Directional Alternatives).

Thank you to the students, staff and parents from AVYouth Build, East LA County Sheriff's Dept & Project Peacemakers for the opportunities to impact our communities.

EDUCATION & COLLABORATION



MILITARY SEXUAL TRAUMA (MST) & DOMESTIC ABUSE IN THE ARMED FORCES

8

HOURS OF
INSTRUCTION

40+

ADVOCATES
TRAINED



Many services providers, agencies, case managers and advocates are faced with the difficulty of not knowing how or even if they can provide care for members or veterans from the Armed Forces.

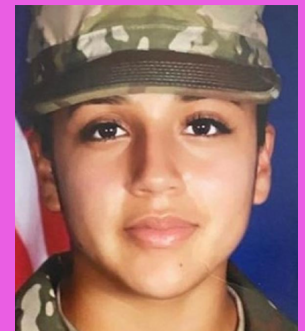
Our entire board and many of our staff are veterans of the US Armed Forces. Our goal is to connect the gap between the non-military and military environment, by ensuring individuals in position of care and resources are informed with knowledge and resources giving them options to assist military and veterans.

This year we provided our 2-hour workshops during the Spring and Fall sessions of Project Peacemakers Inc.'s DV/IPV 40-hour Victim's Advocate training [2 instructors each time]

Thank you PPMI, for the platform to educate others!



LAVENA JOHNSON
MST VICTIM
US ARMY



VANESSA GUILLEN
MST VICTIM
US ARMY



EVENTS

3RD ANNUAL HEALTHY HART 5K WALK/RUN

EVERY YEAR IN APRIL, WE CELEBRATE SAAM (SEXUAL ASSAULT AWARENESS MONTH) BY HONORING AND MEMORIALIZING VICTIMS AND SURVIVORS, TO INCLUDE OUR MILITARY SERVICE MEMBERS AND VETS. SITUATIONS OF MILITARY SEXUAL TRAUMA (MST) AND DV ARE SELDOMLY SPOKEN TO, BUT WE HIGHLIGHT SURVIVORS LIKE PAULA COUGHLIN AND VICTIMS LIKE VANESSA GUILLEN AND LAVENA JOHNSON IN ADDITION TO THE MANY OTHER NON-MILITARY VICTIMS AND SURVIVORS.

PHYSICAL FITNESS IS AN IMPORTANT METHOD FOR HEALING, COPING, STRENGTH, AND COMMUNITY.

THANK YOU TO THE VENDORS & 75 COMMUNITY PARTICIPANTS WHO SHOWED UP AT THE AVC MARAUDER STADIUM TO WALK OR RUN ON THE TRACK, RECOGNIZING OUR MEMORIALS, AND BRINGING YOUR FAMILIES TO SUPPORT! A BIG THANK YOU TO ALL THOSE WHO SUPPORTED VIRTUALLY. YOUR SUPPORT MEANS SO MUCH TO US!

WE WOULD NOT HAVE BEEN ABLE TO PUT ON SUCH A MEANINGFUL EVENT WITHOUT SPONSORSHIP FROM SOCAL GAS AND THE AVBCOC!



EVENTS

2ND ANNUAL ANTELOPE VALLEY THRIVERS GALA

WE HOST OUR ANNUAL ANTELOPE VALLEY THRIVER'S GALA ON THE LAST SATURDAY OF OCTOBER EACH YEAR, IN COORDINATION WITH DV AWARENESS MONTH. THIS IS OUR LARGEST EFFORT AND FUNDRAISER IN THE YEAR. PROCEEDS FROM THE THRIVER'S GALA PROVIDE DIRECT SUPPORT FOR ALL OUR PROGRAMS ASSISTING SURVIVORS OF DOMESTIC VIOLENCE. ADDITIONALLY, THE GALA FUNDS EDUCATION EFFORTS TO PREVENT AND INTERVENE DOMESTIC VIOLENCE, TEEN DATING VIOLENCE AND MILITARY SEXUAL TRAUMA.

IN 2023, WE INTRODUCED THE THRIVING YOUTH SCHOLARSHIP IN HONOR OF CALEB JAMES. WE HELD AN ESSAY CONTEST FOR TRANSITIONAL AGED YOUTH TO PARTICIPATE. THE ESSAY WINNER RECEIVED \$500 AND FRE TICKET TO THE GALA!
(CONGRATULATIONS YOSELIN NUNEZ!)

We sold over 160 tickets and over 130 attended!

THANK YOU TO OUR PANEL: SUMMER HUNTER, BRIAN JOHNSON, KATE WEDELL, SHARI FARMER & CEDRIC WHITE FOR ALL YOUR HARD WORK IN THE COMMUNITY AND FOR LETTING US PUBLICLY GIVE YOU YOUR FLOWERS!

THANK YOU TO THE FOLLOWING SPONSORS:

- Arthur Calloway • George & Loretta Whitesides • LA County Board of Supervisors
- Sigma Gamma Rho Sorority Inc. • Garcia Barra West Lancaster • City of Palmdale • SALVA
- Thompson VonTungeln Trust & Estate Lawyers • New York Life



EVENTS

4TH ANNUAL HOLIDAY DONATION DRIVE

THE HOLIDAY SEASON CAN BE ROUGH FOR EVERYONE, ESPECIALLY THOSE EXPERIENCING HARDSHIP FROM DOMESTIC VIOLENCE. IN 2023, OUR GOAL WAS TO EASE THE STRESS OF THE HOLIDAY SEASON FOR THE GRADUATES FROM OUR FIRST EVER THERAPY SERVICES THRIVER GRADUATION (CLASS OF DEC 2023)!

WITH MAJOR SPONSORSHIP FROM

TRUE LIFE COMMUNITY CHURCH & THE NEHEMIAH PROJECT
ALONG WITH REDTAILS LOGISTICS, AMAZON, CODE BLACK PHOTOGRAPHY, HOUSE OF MOVES, AND OTHER SILENT DONORS

WE WERE ABLE TO **EXCEED** OUR GOAL BY PROVIDING MANY GIFTS PER FAMILY!

SPONSORED 13 families and 44 children

HIGHLIGHTS

IN NUMBERS

3

NEW ADVOCATES
CERTIFIED

3

COLLEGIATE
INTERNS
ONBOARDED

3

NEW PARTNERSHIPS
(BELOW)

FORWARD

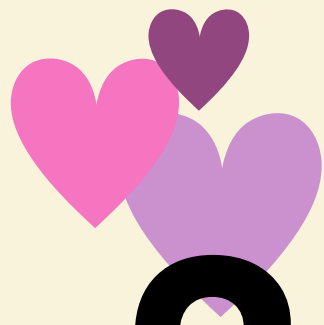
Accelerating **Equity** and
Access in Communities



betterhelp



Igniting Neurodiversity Through Camp



HERE'S TO

2024



WE SOAR IN 2024. WE SOAR IN 2024. WE SOAR IN 2024.

4TH ANNUAL



April 27th, 2024 • 7am-12pm
Marauder Stadium - Antelope Valley College

3rd Annual Antelope Valley

THE THRIVERS GALA

2024

26th Oct. 5^{p.m.} until 9p.m.



WE SOAR IN 2024. WE SOAR IN 2024. WE SOAR IN 2024.



SUPPORT IN

2024



SUPPORT THROUGH DONATION

Zelle



CashApp



PayPal



ZELLE: THREEHARTCONNECTION@GMAIL.COM & 661-344-1324

CASHAPP: \$THREEHARTCONNECTION

PAYPAL: PAYPAL.ME/3HCTHRIVE



SUPPORT THROUGH SERVICE//CALLING ALL VOLUNTEERS!

BREAKING
THE CYCLE
OF VIOLENCE
ONE HART
AT A TIME.



OUR MISSION

Our mission is to provide domestic violence victims and survivors with three heart filled pillars of support focused on mental well-being, physical fitness, and advocacy.

CALL US TODAY!
(661) 344-1324

@threehartconnection
Three Hart Connection
Threehartconnection@gmail.com

Threehartconnection.org

**CALLING ALL PRE-
LICENSED
CLINICIANS!!!**

**WE ARE OFFERING
SUPERVISION HOURS TO
ACSW'S AND AMFT'S!!
APPLY WITHIN!**

**FOR MORE INFORMATION:
NICOLE@THREEHARTCONNECTION.ORG**

CALLING ALL INTERNS & STUDENTS!!