

HOPE'S DOOR

*Embracing Life Free
From Domestic Abuse*



HOPE'S DOOR PLANS A BUSY FALL

HOPE'S DOOR ANNUAL FALL LUNCHEON TO SHINE A LIGHT ON DOMESTIC VIOLENCE

To coincide with National Domestic Violence Awareness month, Hope's Door will be hosting our 2013 Annual Fall Luncheon on Friday, October 11, 2013 at the newly renovated Renaissance Westchester Hotel—The Mansion in White Plains. This year's luncheon theme is "Broadway Matinee"—shining a spotlight on domestic violence while bringing together the glitz and glamour of a Broadway matinee.

"This year's event will be both fun and informative", said Jean Marie Connolly, Co-Chair of the luncheon committee and a Hope's Door Board of Directors member. "We have Tony-nominated and Emmy Award winning actress Liz Calloway accompanied by Susan Anderson for our Broadway entertainment and family attorney and advocate Alayne Katz who will speak on the issue of domestic violence from both a personal and professional view point."

Hope's Door Advisory Board member and Co-Chair of the luncheon Anne Ring added, "While our luncheon will be full of glitz and glamour with great entertainment, wonderful prizes in not one, but, two auctions, "Buckets of Hope" and "Great White



Way," our awesome luncheon committee never loses sight of why we work so hard to put the "fun" in fundraising. The monies raised from this luncheon fund the vital programs that start the healing process for the women and children we serve and help them rebuild their lives."

Table sponsorships, underwriting opportunities, and support of our auctions with a donation are still available. For more information call Jennifer Ryan Safsel at 914.747.0828 x1005 or log onto www.HopesDoorNY.org for ticket information, and on-line reservations.

HOPE'S DOOR'S 15TH ANNUAL TEEN SYMPOSIUM

The Hope's Door 15th Annual Teen Symposium is being held on Friday, October 18, 2013 from 8:30 am-1:30 pm at Pace University in Pleasantville.

Our teen symposium is an interactive experience where high school students can hear and be heard about relationships! The symposium will include: a presentation by a sergeant from the White Plains Police Department's Domestic Violence Unit; the sister of a teen who was tragically murdered by her boyfriend; and a compelling, one-woman play by Deana's Educational Theater and their rendition of *The Yellow Dress*, a play based on the stories of young women who were victims of dating violence.

For more information on how to have your students and/or their schools attend, contact Dianne DeFilippis, Assistant Director for Community Services, at DDeFilippis@HopesDoorNY.org or 914.747.0828 x1004.

Photo Top: (left to right) Denise DeZao, with her daughter, Danielle DeZao, the 2012 symposium keynote speaker. Over 300 teens participated.



OSSINING CELEBRATES ITS WOMEN'S HISPANIC GROUP

Before the start of the Hope's Door Women's Hispanic Group in our Ossining location, our women were afraid to open up and discuss why they came to Hope's Door. Each one had a story worse than the other one. Not one had ever been in group therapy, never mind discussing their abuse with others. Each one experienced different types of abuse, but they had one thing in common—they *felt alone and afraid*. We started in March 2013 and just finished on August 20, 2013. They learned to trust themselves again, to not be afraid, and know that they are never really

alone. As one of the clients said after sharing food with me that she brought for the closing of the group for the summer, "I know that Hope's Door is here for me and my family. I am never going to be alone again." The Women's Hispanic Group program will continue in September.

For information on programs in Ossining, please contact Elsa Arce, Coordinator of Bilingual Services (pictured) at EARce@HopesDoorNY.org or call 914.747.0828 x1010.



COUNSELOR'S JOURNEY ENHANCES HOPE'S DOOR'S CHILDREN'S PROGRAM

In May, our children's counselor Amanda Ready was awarded a scholarship to volunteer in Costa Rica for three months. Given this extraordinary opportunity, Hope's Door supported her on this important life experience.



While there, she worked at two local orphanages; taught two English classes to a group of adolescents; and led a women's group at a local community center. The women's group consisted of weekly counseling sessions and educational workshops on topics that were related to the group's needs.

Throughout her journey, Amanda advanced her Spanish-speaking skills; increased her level of cultural sensitivity; learned new techniques to better support and advocate for victims of domestic violence; and developed new play therapy techniques for children while working side by side with a psychologist. Given that 49% of Hope's Door's clients are Hispanic, Amanda will be enhancing our children's program with her new skills.

ANNE RING JOINS ADVISORY BOARD

Long-time Hope's Door volunteer and well-known Westchester consultant Anne Ring has joined the Hope's Door Advisory Board. Ring, President of Heritage Communications, will be serving as a co-chair with Sheryl Dale.



ANNE RING

Dear Hope,

I've been married to the same man for 5 years. Recently, I just couldn't take his swearing at me anymore and called my sister in tears. I told her how he constantly puts me down, calls me stupid, as well as other harsh words, and tells me I'm a bad mother in front of the kids. He tells me what to do all the time and makes me feel bad for wanting to spend time with my sister. In fact, sometimes he yells so loudly at me, I think the neighbors hear, and I feel humiliated when I get the mail and catch them looking at me funny. No matter how hard I try to please him, he is never satisfied. When I told him if he kept on yelling at me, I would leave, he told me he would keep the kids and I wouldn't get a penny. My sister says he is abusing me and I should go get help. Is this true? Would this be considered abuse? I thought wife abuse was only physical.

Sincerely,
Tired of Trying



Dear Tired of Trying,

Your sister may be right. What you describe sounds like classic emotional abuse with a serious threat to scare you. The effect on you over the years is to shut you down so you have no power to speak for your needs and your children's needs.

Abuse is any behavior that seeks to deprive the victim of the independence and respect that the abuser demands for himself/herself in the relationship. Your husband would not expect you to treat him in the same way he treats you, right? Call us at Hope's Door to set up an appointment to get more clarity about what's going on and how you want to handle it. Our counseling services are free and confidential. For more information about the warning signs of abuse, go to www.HopesDoorNY.org.

Warmly,
Hope

E-MAIL DEAR HOPE AT:
DEARHOPE@HOPESDOORNY.ORG



HOPE'S DOOR

www.HopesDoorNY.org

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CARLLA HORTON

FROM THE EXECUTIVE DIRECTOR

As fall approaches, children are getting back to school; families are getting into their routines; and here at Hope's Door we are working to shine a light on domestic violence in October for National Domestic Violence Awareness month.

In this issue of the newsletter, we highlight our work with multi-cultural survivors of abuse. Last year, Hope's Door provided culturally adept services in Spanish, Creole, Urdu, Hindi and Punjabi to 303 immigrant victims of abuse from more than 40 countries, including Albania, Argentina, Brazil, Cambodia, Chile, China, Colombia, Cuba, Czech Republic, Dominican Republic, Ecuador, Egypt, El Salvador, England, Germany, Ghana, Guatemala, Guyana, Honduras, India, Iran, Italy, Ivory Coast, Jamaica, Japan, Jordan, Kenya, Malawi, Mexico, Morocco, Pakistan, Panama, Peru, Philippines, Poland, Portugal, Romania, South Africa, Sri Lanka, Trinidad, Uruguay, and Venezuela.

Children's Counselor Amanda Ready recently spent three months in Costa Rica where she worked with children, enhanced her multi-cultural skills, and returned with a wealth of experience to inform her work at Hope's Door.

In this newsletter, we launch a new feature called "Dear Hope," a "Dear Abby"-like column. Please send us your domestic violence related questions, and we will respond in our newsletters and on our website.

As always, we gratefully acknowledge the many volunteers, foundations, corporations and donors that partner with us to end domestic violence and to help victims achieve safety, independence and healing. Most recently, the MBIA Foundation and the Sexauer Foundation provided renewed grant support for our Safe Moms Make Safe Kids program, a key element in our work to break the intergenerational cycle of abuse.

Hope's Door Ossining is thriving and we invite you to join us for our one-year anniversary celebration on October 22nd. We also hope you will join us at our Fall Luncheon, at our Teen Symposium, and at the local community events that will shine a light on domestic violence.



Hope's Door Executive Director Carlla Horton with Maria and her baby.

MARIA'S STORY

"If it wasn't for Hope's Door and everything I learned from group, I wouldn't be here getting married to a great man."

I lived with an abuser for 10 years who beat me every day while he came home drunk. During group, I met some great women who went through what I did, and they gave me hope to survive and thrive. I am so grateful for all I learned about me and how domestic violence kept me frozen in my tracks. Now I know that it wasn't my fault and I deserve to be happy.

Maria has been living free from abuse for many years. She is now in a good relationship and recently visited Hope's Door to show everyone her new baby.

HOPE'S DOOR SEEKS TO END DOMESTIC VIOLENCE AND TO EMPOWER VICTIMS TO ACHIEVE SAFETY, INDEPENDENCE, AND HEALING FROM THE TRAUMA OF ABUSE.



HOPE'S DOOR

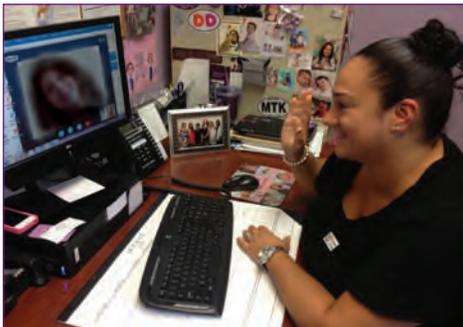
Embracing Life Free From Domestic Abuse

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Call our free and confidential 24-hour hotline 888.438.8700 —se habla español.
www.HopesDoorNY.org Hope's Door Offices: 914.747.0828

Home. It's where you should feel safe and protected. Hope's Door. It's who you call if you're not.
El Hogar. Es donde debes sentirse seguro y protegido. Hope's Door. Somos a quien llamar si no lo estas.



Dianne DeFilippis Skyping



STAR SKYPE: REACHING TEENS REMOTELY

STAR (Students Terminating Abusive Relationships), the Hope's Door peer leadership program, now has its own skype account! Teens can chat with a teen counselor about relationships; advice on how to help a friend or family member in crisis; or how to become involved with STAR without having to come into the office! Our username for skype is STARatHD1999. For more information on the STAR program, contact us at STAR@HopesDoorNY.org.

SAVE THE DATE

Annual Fall Luncheon · Friday, October 11, 2013
Renaissance Westchester Hotel · For reservations, call Jennifer Ryan Safsel at 914.747.0828 x1005 or email her at JRyanSafsel@HopesDoorNY.org

15th Annual Teen Symposium · Friday, October 18, 2013
For information contact Dianne DeFilippis at 914.747.0828 x1004 or email her at DDeFilippis@HopesDoorNY.org

Ossining Anniversary Celebration · Tuesday, October 22, 2013
5:30 p.m. – 7:30 p.m., 100 South Highland Avenue, Ossining, NY
For more information, call Jennifer Ryan Safsel at 914.747.0828 x1005

Annual Spring Gala · Friday, April 25, 2014
Tappan Hill Mansion · For reservations, call Jennifer Ryan Safsel at 914.747.0828 x1005 or email her at JRyanSafsel@HopesDoorNY.org



Hope's Door staff participated in National Night Out, an effort to promote police-community partnerships. Peekskill event: (left to right) Dianne DeFilippis, Amy Grogan, & Giselle Fernandez. White Plains event: (left to right) Ivonne Scaglione, Natalie Etienne, Gina Curcuru & Stephanie Avila.

VISIT OUR FACEBOOK PAGE, WWW.FACEBOOK.COM/HOPESDOORNYINC – AND “LIKE” US TOO!

