

MAY 5TH, 2021



SAFE-T Newsletter



Abuse Does Not Have to be Physical

It is hard to recognize a toxic pattern when you are in the midst of it. In my case, I was swept up so high that I felt as though he had all the power. I was hooked, addicted to his attention, his touch, and his words of affection. The flattery and grand gestures somehow made it easier to sweep the uncomfortable moments under the rug. There were many red flags that I should never have let slide by, but I did, and I learned the hard way to avoid and recognize early in relationships.

He waltzed into my life and gave me attention from the start. He wanted me to himself, all the time, and for a while, that was everything to me. He was charming, attentive, and confident. It was nice to feel wanted and I got swept up in it, deep down I had a gut feeling that he was not right for me, but I chose to ignore it because I did not want to be alone. The fear of being alone can lead us into the darkest places. It can be natural to want to spend all your time with someone you are falling for, but a problem arises when it becomes a controlling situation. He became clingy and possessive, I did not realize it for months. He questioned me if I made plans with anyone else, where I would be, and how long I would be gone, then he would make it sound as though he was asking out of concern and caring about my safety. I let it go because he was there for me, and I felt like I needed him. (Cont. Pg. 2)

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(Cont. from Pg. 1) In relationships in life, everyone makes mistakes, we learn, correct our faults as needed, and continue, hopefully improving our status and making us better than before. It is a huge red flag when your partner cannot admit their wrongdoings, and it is a bigger issue when you become the blame for all of their problems. I was constantly told that I was overreacting, told that he had no choice but to act the way he did, it was never his fault. He was in a constant victim mental state of mind.

(Cont. Pg. 6)



RESCHEDULED TO 5/11!

Online Safety: What are our youth at risk for?
Content. Contact. Conduct.



SAFE-T Webinar Live on Zoom

May 11, 2021

Free to attend.

Tues | 1pm - 2pm

No registration required

To join in browser:

[https://us02web.zoom.us/j/87145547940?
pwd=eIRDOExzYmh1K1lzaXZOT3hBR2l3Zz09](https://us02web.zoom.us/j/87145547940?pwd=eIRDOExzYmh1K1lzaXZOT3hBR2l3Zz09)

To Join in app:

Meeting ID: 871 4554 7940

Passcode: 935019

HOOVES & HALOS

Friday, May 21st, Hooves & Halos will have an end-of-year playday to celebrate making it through this difficult year for our kiddos, and us adults too. If you would like to attend this special event with your class, group or family, please register on their website.

<https://hoovesandhalos.org/register/guests/>

<https://hoovesandhalos.org/register/volunteer-group/>

<https://hoovesandhalos.org/register/individual-volunteers/>

Hooves & Halos is a 501c3 Recreational and Equine Program public charity that serves children and adults who have experienced/are experiencing challenges of all kinds. Their Playdays are very special events. If you are not familiar with Hooves & Halos please be sure to visit their website

<https://hoovesandhalos.org/>

and Facebook page

<https://www.facebook.com/HoovesandHalos>.

Due to COVID events are smaller, so this will be first come first serve. Please register or send Johnette Johnette@hoovesandhalos.org or Kasie kasie@hoovesandhalos.org a message so that they can get your name on the list. Once they reach total capacity, they will start a list for the fall events. They will send your confirmation of registration, complete with a map to their location, soon after they receive your registration. They are still close to Winnsboro, about 15 minutes east.





Domestic Violence & Sexual Assault Volunteers needed at all SAFE-T locations:
Mount Pleasant, Paris, Clarksville, & Sulphur Springs.

If you are interested in becoming an Advocate for Domestic Violence and Sexual Assault Survivors, a Face-to-Face Technology Training will be held May 13th, 2021 from 2:00 PM-4:00 PM.

If you are interested or have questions, please contact Program Director Mary Ferguson at 903-572-0973 or Email: mferguson@safe-tagency.com to register.



(Cont. from Pg. 2) Throughout our relationship I became someone I did not even recognize, I had lost myself and my identity. I had somehow become lost in his version of reality, and it was really hard to come back, but I did. Unfortunately, there are always going to be people in the world who want to manipulate you, control you, or turn you into someone that you are not. Learn to understand the signs of a toxic or abusive relationship. You deserve someone who will love, trust, and respect you for you, not the version of you that they want to create for themselves. If they do not respect you, they do not deserve you.

903-572-0973 Office

903-575-9999 Hotline



Shelter Donations Needed!

Please drop off
all donations at our
Main Office at 204
Patrick St. Mount
Pleasant, TX or the
Thrift Store at 1014
West 1st St in Mt.
Pleasant, TX



- pillows, comforters & throws
- cleaning supplies
- underwear (men & women, all sizes)
- clothes detergent powder
- towels
- twin size sheets
- soap
- hand sanitizer
- socks (men, women, & children)
- baby wipes

Call 903-572-0973 for
more information.





SAFE-T Thrift Store

1014 W 1st St Mount Pleasant, TX 75455

Store: (903) 577-9035 9am - 6pm

We gratefully accept the following donated items:

Gently used clothing
Gently used shoes
Gently used furniture
Household items
Appliances
Pet items

Books
Toys
Curtains and Drapes
Electronics
Lighting
Home hardware

On every Wednesday, we have a storewide
20% discount for everyone over 55.
May 6th- 75% Off Yellow Clothing Tags
May 7th- Spin the Wheel
May 8th- 10% Off Storewide
May 10th- 75% Off Purple Clothing Tags
May 11th- 50% Off Furniture



The Homeless Network (THN) Join As An Advocate Today!!

“

THN's advocacy is important to me as a Victim Service Provider because it helps ensure victims have a haven and access to safe, affordable housing.

As a survivor, I understand the importance housing makes in the decision to leave an abusive relationship. Housing is a fundamental human right that everyone deserves.

— **VINETA BYRD**
THN Advocate



JOIN AS AN ADVOCATE TODAY

WWW.THN.ORG/BECOME-AN-ADVOCATE

COMMUNITY SUPPORT GROUP

Where survivors of abuse or persons with an abusive partner can come together for support, understanding and fellowship.

SAFE-T Crisis Center

When: Every Thursday of Every Month

Time: 5:00pm to 6:00pm

Where: Zoom

Meeting ID: 865 4875 3453

Passcode: 653690



903.572.0973

You can also click [here](#) to join from a web browser

<https://us02web.zoom.us/j/86548753453?pwd=VVExN3BPNjg1VTJBNDdBsSU9zdmFQUT09>

