

JUNE 21ST, 2021



SAFE-T Newsletter



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Rebuilding your Life

I still remember the smell of my high school history class. It was the seventh period and the room seemed to be filled with those all-day “smells” from gym class to home economics. My teacher was a sports coach whose belly shook every time he cracked one of his not-so-funny jokes. I could not help but enjoy listening to the history lessons of how America was built, how we came together with other countries to trade and import goods, and how we fought and lost loved ones in battles over property and trade wars.

One thing that always stood out to me was how after such war, famine, and destruction, America was always able to rebuild its foundation and start over again. With as much vitality as it took to fight the good fight, it took, even more, to rebuild and start over by re-strengthening our economy and re-populating. With a solid plan and citizens dedicated to making America great, we were always able to regain strength after being attacked. The lessons I learned in History class reminded me that even when you have been broken or defeated, there is hope for you!

Victims of domestic violence or sexual assault often feel that there is no hope for a new life after going through such traumatic experiences. “Where do I begin?” some victims will say. What I remind victims of, is that with a solid plan and dedication to the plan, you can achieve your goal, to rebuild your life. Ask yourself some questions before jumping into a plan. Where do you see yourself living? (Cont. Pg. 2)



(Cont. from Pg. 1) Where do you want your children to attend school? What type of work are you interested in doing? These are some examples of questions to ask yourself so that you can come up with a plan, and start rebuilding for your future.

Having a plan is just the beginning of the rebuilding process. Many victims do not have the resources to put their plans into full action right away. Remember, Rome was not built in a day! With all good things comes a time, and with time, comes patience. Setting reasonable goals for yourself is one way to help you not become overwhelmed with “starting over”. I like to tell victims that they are not alone in starting over, to think of this transition as a new chapter in their life, where they are the ones writing the story! (Cont. Pg. 6)



JUNE

22

1PM CDT

Live On Zoom

SAFE-T Awareness and Prevention Webinar

TOGETHER WE CAN PREVENT ELDER ABUSE

- ✓ **Who is at risk?**
- ✓ **What are the signs?**
- ✓ **What can I do if I suspect abuse?**
- ✓ **How can I prevent abuse to aging adults?**

Join Zoom Meeting

**[https://us02web.zoom.us/j/85397392510?
pwd=cWRaTXoxU3lrbS8rdmdMTjVHMVNWZz09](https://us02web.zoom.us/j/85397392510?pwd=cWRaTXoxU3lrbS8rdmdMTjVHMVNWZz09)**

Meeting ID: 853 9739 2510

Passcode: 279125

**Admission: Free
Registration: Not required**



Crisis Response Team Training

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, training will be held on Zoom Wednesday, June 23rd, 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.

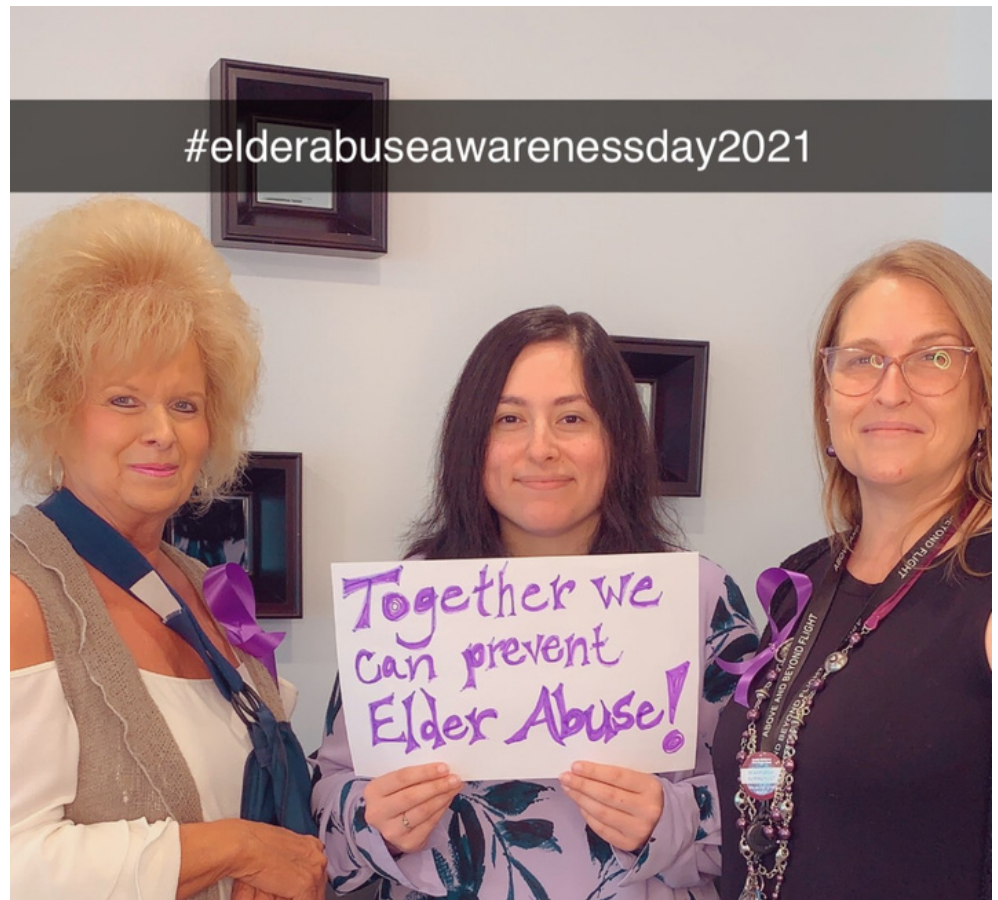


ADVOCACY

June is Elder Abuse Awareness Month



WORLD ELDER ABUSE AWARENESS



TOGETHER, WE CAN PREVENT AND ADDRESS ELDER ABUSE.

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.



(Cont. from Pg. 2) You are in control of your destiny; your abuser can no longer take away your happiness, once you start regaining internal strength. Creating a plan and staying dedicated to your plan will help you along your journey to rebuilding your life!

“Never Be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along.” – Rae Smith.

If you or someone you know needs help with domestic violence, please call us at **SAFE-T Crisis Center 903-572-0973** or call/text our **HOTLINE 903-575-9999**.

DON'T MISS ENROLLMENT!

Child Development Center

WE ARE ACCEPTING
APPLICATIONS FOR 2021-2022

TO APPLY

<https://www.mpisd.net/online-enrollment/>
903-575-2092





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.

June 21st- 10% Off Store Wide

June 22nd- Shoes are buy one pair get a second pair half off

June 24th- 50% Off Home Improvement

June 25th- Spin The Wheel

June 26th- 15% Off Storewide

June 28th- 50% Off Furniture

June 29th-50% Off Home Improvement

SHOPS



Find the Bear Glory and receive a \$10 gift certificate from June 19 to July 4