



SAFE-T
NEWSLETTER
January 27, 2021



WELCOME

Founded in 1995 by Carol Gresham, SAFE-T serves victims of family violence, sexual assault, child abuse, dating violence, and stalking in the communities of Titus, Camp, Delta, Franklin, Hopkins, Lamar, Morris, Red River, and Wood counties.

We are committed to providing shelter, educational prevention services and crisis intervention services to victims of family violence, sexual assault, and child abuse.

Emotional Manipulation

A healthy relationship is based on trust, understanding, and respect. Sometimes, people seek to exploit the fundamentals of a relationship for personal gain. Emotional...

FINISH READING ON PG. 2



SAFE-T SHELTER

provides shelter to men, women and children when they are fleeing their abuser.

FINISH READING ON PG. 5



VOLUNTEERS NEEDED!

FINISH READING ON PG 3.



February is Teen Dating Violence Awareness and Prevention Month

SAFE-T WEBINAR: TEEN DATING VIOLENCE AWARENESS AND PREVENTION: AN ISSUE THAT IMPACTS EVERYONE



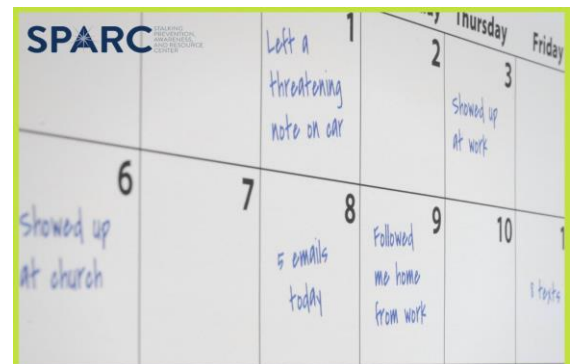
On Zoom February 2nd, 2021 @ 1PM

Meeting ID 896 6348 6694 | Passcode 066709

(Emotional Manip. from Pg.1) manipulators use mind games to increase power in a relationship to control the other person. Signs of emotional manipulation are subtle and hard to recognize, especially when they are happening to you. It may take time to comprehend someone is emotionally manipulating you. Always trust your instincts.

Manipulators claim possession of space to create an imbalance of power, which leaves you at a disadvantage, such as, always insisting on meeting in their realm. Emotional manipulators may move rapidly, sharing their secrets and vulnerabilities to make you feel special. Once you disclose your secrets, they use these sensitivities against you later. They may exaggerate events to make themselves seem more vulnerable and gain sympathy.

Imposing their knowledge on you can make you feel inferior, like overwhelming you with statistics, jargon, or facts when you ask a question. They may weigh you down with anything that can get in your way, then express concern that you cannot finish the job, especially if you express scrutiny, or draw their flaws or weaknesses into question. An emotional manipulator will respond aggressively or try to draw you into an argument. They try to make you feel guilty for expressing your concerns, accuse you of being unreasonable or not being adequately invested.



2/3 of stalkers pursue their victims at least once a week. Many pursue daily.

Stalking incidents add up - but only if we do the math.



STALKING INCIDENT LOG						
StalkingAwareness.org						
Date	Time	Description of Incident	Location of Incident	Witness Name(s) (Street Address and Phone #)	Police Called (Officer #)	Officer Name (Badge #)

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; DEFINE YOURSELF!”

-Domestic Violence Survivor



COME VOLUNTEER FOR SAFE-T!

**Domestic Violence & Sexual Assault
Volunteers needed at all SAFE-T
locations: Mount Pleasant, Paris, &
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 February 17th, 2021 from
2:00 PM-4:00 PM.**

**Please call 903-572-0973 or
Email: mferguson@safe-tagency.com to
register.**

(Emotional Manip. from Pg.2) Manipulators will invalidate what you are experiencing and take the opportunity to bring up their issues so that you are required to focus on them and exert your emotional energy on their problems. When you are elated, they find a reason to take the spotlight away from you and may try to make their problems seem worse or belittle your victory. Manipulative individuals often have a response opposite of the person they are manipulating. This is especially true in emotionally charged situations. They can use your reaction to make you feel too sensitive, you then measure your reaction based on theirs, and decide you were out of line.

A manipulator will make dramatic speeches to put you in a difficult spot, targeting emotional weaknesses with confrontational statements, to provoke an apology. A passive-aggressive person may sidestep confrontation. They use people around you, to communicate with you instead. They find a way to make you feel guilty. You may end up apologizing, even if they are at fault. They can use your weaknesses to wound you, by making comments, and leaving you feeling vulnerable and upset. Critical remarks may be disguised as humor or sarcasm. They pretend they are saying something in

This is a student project of the Future Business Leaders of America – Middle Level students at Wallace Middle School and Mount Pleasant Junior High. We are so proud and honored that they choose to serve their community and survivors of Domestic Violence and Sexual Assault in this way.

Your donations of gently used or new luggage and duffle bags will be given to persons and families fleeing violence because victims of abuse should not have to carry their belongings in a trash bag. Their possessions are not trash.

Drop off locations include Thurman's Pro-Med Pharmacy, Wallace Middle School, Mount Pleasant Junior High, MP Pack-N-Mail, and Divine Divas.

For more information, please email Dana Armstrong, darmstrong@mpisd.net, or Macy Russell, mrussell@mpisd.net, or call them at 903-575-2040.

Suitcases for SAFE-T

**We are collecting new and gently used luggage/duffle bags of any size
Jan 25th through Feb 19th**

Your donations will be given to persons and families fleeing violence because victims of abuse should not have to carry their belongings in a trash bag.



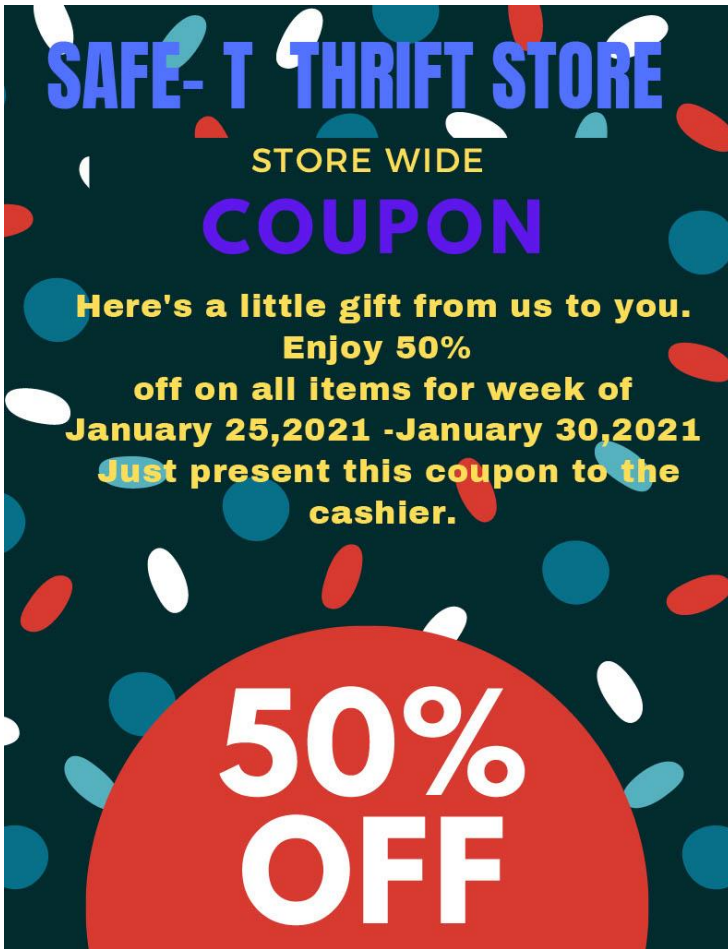
(Emotional Manip. from Pg 3) jest, but, they are really trying to plant a seed of doubt and chip away at your self-esteem, by ridiculing and marginalizing you. Often, the manipulator is projecting their own insecurities and will never accept responsibility for their errors.

Learn to recognize these strategies, so that you can properly prepare your responses. When a manipulative person realizes they are losing control, their tactics may grow more desperate. This is the time for you to make difficult decisions. Emotional manipulation may not leave physical scars, but it still can have an enduring effect. If you recognize manipulative patterns, you can learn ways to confront the behavior and hopefully stop it.



Current funding for family violence centers does not begin to address the dangerously growing capacity crisis. Last year, approximately 1 out of 2 survivors were turned away due to lack of space. Although shelters and programs like SAFE-T maximize scarce resources to save lives, we're still unable to support a significant number of survivors' needs. You can help by completing the virtual postcard below and letting your state representatives and senators know that fully funding these life-saving services should be a top priority this legislative session. Please share this message and link far and wide to agency supporters, partners, friends, and family to complete as well.

<https://tcfv.org/purple-postcard>



SAFE-T Shelter Cont....

SAFE-T provides shelter to men, women and children when they are fleeing their abuser. The current shelter capacity is 16 bodies, this is including children. SAFE-T is asking for community assistance in the form of donations so we can expand our shelter to provide services and a safe place for families in need. Without the community, we wouldn't be able to do what we do! Thank you for continuing to support us and the community.

At the moment the shelter is in need of cleaning supplies, women and men underwear (all sizes), washing powder, towels, twin size sheets, soap, hand sanitizer, socks, and baby wipes.

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

Mount Pleasant SAFE-T Thrift Store
Monday-Saturday 9am-6pm
Wednesday is 20% OFF
We will have the love bear hidden in the store starting 1/14/21 until 2/14/21.
Anyone who finds him will win \$10 gift certificate.

