

JULY 14TH, 2021



SAFE-T Newsletter



Meditation

Meditation has the power to calm and center survivors and victim advocates. Survivors of domestic violence often experience Post-traumatic Stress Disorder (PTSD), or face similar symptoms that cause significant distress and interfere with day-to-day functioning. Symptoms can manifest both physically and emotionally, and may look like insomnia, nightmares, depression, anxiety, high blood pressure, etc. Fortunately, meditation has been proven to help survivors of domestic violence calm their minds, heal their bodies, and let go of past trauma. In addition, meditation can also be beneficial for advocates who experience vicarious trauma and compassion fatigue. Advocates are constantly exposed to traumatic stories and images, stress, exhaustion, and can often feel overwhelmed in their profession. It is important for survivors and advocates alike, to find a restorative outlet for these troubling symptoms.

Benefits of Meditation:

- Promotes inner calm
- Reduces symptoms of worry, panic, anxiety, stress, and depression
- Leads to physical relaxation and improved sleep
- Encourages self-awareness and acceptance
- Improves resiliency
- Increases ability to concentrate
- Boosts immune system (Cont. to pg.2)

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(Cont. from Pg. 1) Please note that meditation and mindfulness practice can trigger flashbacks. As you start your journey, it is recommended to work with an experienced teacher or counselor, so you may learn to be aware of your triggers and practice appropriate responses to them.

Types of Meditation:

Mindfulness meditation- The idea behind this flow-like type of meditation is to be aware of what's happening around you—the sounds, smells, feelings, and activities—and let your mind move from one thought to the next.

Focused meditation- As opposed to mindfulness meditation, in this type, you focus on a single thing throughout the practice. It could be a mantra, thought, your breath, or a physical object. The goal is to focus your attention and minimize distraction.

Guided meditation- Useful for healing and relaxation, in this type of practice, a teacher will guide you—in a class or through a podcast, CD, or video—to use your visualization powers to imagine a scene, journey, or feeling that makes you feel calmer. Transcendental meditation is a type of guided meditation

Spiritual meditation- For some, contemplative prayer or silent meditations during which they communicate with God or another spiritual entity can help focus on a single question and lead to an answer. For others, it just brings a feeling of peace. (Cont. to pg. 7)



Now available to watch on
YouTube



A SAFE-T AWARENESS AND PREVENTION WEBINAR



What is Financial Abuse?



Tuesday's webinar took an important look at Financial Abuse, one of the common tactics used in relationships to gain and maintain power and control. Financial Abuse may be present throughout the relationship or begin when a survivor is trying to leave or has left the relationship. Financial Abuse is often used with other forms of abuse, Emotional, Physical, Sexual, Verbal, Digital, Stalking, and Psychological Abuse, to manipulate, threaten, control and endanger victims. Between 94-99% of domestic violence cases include Financial Abuse, yet it's considered a "hidden" or "silent" form of abuse because it's not always identified for what it is - a powerful tool in an abusers toolbox.

The following questions were provided by WomensLaw, a project of the National Network to End Domestic Violence. To figure out if your partner is financially abusing you, think about how you are being treated by answering the following questions.

Does your partner:

- Steal money from you or your family?
- Force you to give him/her access to your bank accounts to make transactions without your input?
- Make you feel as though you don't have a right to know any details about money or household resources?
- Put you on an "allowance" even if you object to this?
- Force you to account for all money you spend by, for example, asking for receipts?
- Overuse your credit cards or refuse to pay the bills (thus ruining your credit)?
- Prevent you from working or attending school or skill-training sessions?
- Withhold physical resources from you including food, clothes, necessary medications, or shelter?
- Force you to turn over your paychecks or public benefit payments?
- Force you to cash in, sell or sign over any financial assets you own (e.g., bonds, stock, or property)?
- Force you to agree to power-of-attorney so she/he can sign legal documents?
- Force you to work in a family business for little or no pay?
- Prevent you from obtaining or using credit cards or bank cards?
- Refuse to work to help support the family?
- Interfere with your performance at work, by calling you non-stop, visiting your workplace unannounced, etc.?
- Threaten to falsely report you for "cheating" on your public benefits so they will be cut off?
- Force you to cash in, sell or sign over any financial assets or inheritance you own?
- Force you to agree to a power-of-attorney that would enable your partner to legally sign documents without your knowledge or consent?

If you have answered "yes" to more than one of these questions, your partner may be financially abusing you. SAFE-T is your dual domestic violence and sexual violence crisis center serving Titus, Morris, Camp, Red River, Lamar, Delta, Hopkins, Franklin, and Wood counties. If you are outside of these counties, we can help you find a local crisis center to help you.

You are not alone. When you are ready, we are here. Our hotline is answered 24/7. Please call or text us at 903-575-9999.



Press Release

We at SAFE-T Crisis Center want to THANK Superior HealthPlan for your very generous donation of the Queendom Boxes and other hygiene products for our clients that are victims of Domestic Violence and/or Sexual Assault. These boxes will help empower our clients to help them during their new start with their lives. These boxes contains sugar scrubs, skin care bar, lip scrub, facemask, and other beauty supplies. These boxes are a great donation to our survivors.





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, August 18, 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

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 page2) **Movement meditations**- If you're not the type to sit still or if silent meditation isn't working for you, you can get many of the same benefits from active mindfulness practices such as tai chi, qigong, yoga, or walking a labyrinth. The point of these methodical movements is to help you focus your breathing, center yourself, and increase awareness of your thoughts.

If you would like more guidance, the UCLA Mindful Awareness Research Center offers free guided meditations in English and Spanish. There is also a step-by-step guide here to try focused meditation at home. For those who are more tech-savvy, there are several free meditation apps available, and Headspace is a great app to start with.

References

<https://www.domesticshelters.org/articles/taking-care-of-you/5-meditations-to-try>

https://www.headspace.com/register?utm_source=google-

[b&utm_medium=cpc&utm_campaign=US&utm_content=headspace_app&origintoken=google-b&gclid=CM6Xtqft1tICFQtofgodlfALUw](https://www.headspace.com/register?utm_source=google-b&utm_medium=cpc&utm_campaign=US&utm_content=headspace_app&origintoken=google-b&gclid=CM6Xtqft1tICFQtofgodlfALUw)

https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1

<https://www.verywellmind.com/practice-focused-meditation-3144785>

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.

July 15th- Shoes Are Buy One Pair Get A Second 50% Off

July 16th- Spin The Wheel

July 17th- 20% off Storewide

July 19th- 50% off Furniture

July 20th- 10% off Storewide



SHOES

SAFE-T

POKER RUN

JULY 31, 2021

HOSTED BY:

BC CYCLES

**6709 US Highway 67 W, Omaha,
TX 75571**

FIRST BIKE OUT AT 10:00 a.m.

LAST BIKE IN AT 4:00 p.m.

\$20.00 PER PERSON \$30.00 WITH RIDER

50/50 DRAWING

Contact: Christie Burnett @

903-572-0973 or

cburnett@safe-tagency.com

United Way of Lamar County

Annual Stuff the Bus Campaign School Supply Drive

**STUFF
THE BUS**
WITH SCHOOL SUPPLIES



LIVE UNITED

**Drop off school supplies at the United Way Office,
2340 Lamar Avenue or
at SAFE-T Paris, 1249 Lamar Avenue.**

Call 903-784-6642 for more information



HOPKINS COUNTY **Back to School** 2021 FAIR

FRIDAY, JULY 30TH, 3PM – 6PM AT HOPKINS CO. CIVIC CENTER

REGISTRATION FOR BACKPACKS AND SCHOOL SUPPLIES GOING ON NOW UNTIL JULY 26TH.

REGISTRACION PARA LAS MOCHILAS Y ÚTILES ESCOLARES SUCEDIENDO HASTA EL 26 DE JULIO.

**MORE FAIR DETAILS
COMING SOON!
YOU DON'T
WANT TO MISS IT!**

**REGISTRATION IS FOR
STUDENTS ATTENDING
ANY HOPKINS COUNTY SCHOOL
OR YANTIS ISD.**

**REGISTER ONLINE THIS YEAR AT
WWW.CANHELPONLINE.ORG**

***YOU CAN ALSO VISIT CANHELP AT
613 GILMER ST, SULPHUR SPRINGS
MON-FRI FROM 8:30AM-4:30PM
TO USE OUR COMPUTER TO REGISTER**



SAFE-T services could not be provided without the support of our fantastic sponsors.

Thank you!

