

MARCH 17TH, 2021



SAFE-T Newsletter



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## **A Positive Mindset Can Produce a Positive Life**

How you start the morning can set the tone for the rest of the day. While there is no perfect day, we can make the best of every day by setting the tone and having a positive mindset as the sun rises, our morning begins and we venture into our day. A positive mindset can help even the gloomiest situations seem more tolerable and less stressful. The simple task of making your bed each morning will allow you to start your day with an accomplishment because it makes you feel good. Listening to music, as you get ready for work, can help set the mood for relaxing thoughts and help clear your mind. It is great to start your day with positive affirmations knowing you are ready to accept the challenges the day may hold.

When obstacles appear, and they will find ways to focus on favor in not so favorable conditions. If you are stuck in traffic, think of the situation, as longer music time on your favorite station, or use this time to make a needed call. If the store is currently out of your favorite food, think of this situation as an opportunity to try something new. Focus on the good regardless of how small. (Cont. Pg. 6)





**SAVE THE DATE!**



## **Shared Parenting After Leaving An Abusive Relationship**

**March 23, 2021 | Tues | 1pm - 2pm**

Free to attend - No registration required

**SAFE-T Webinar  
Live on Zoom**

Meeting ID: 864 2793 3746

Passcode: 557139

### To Join Zoom Meeting

[https://us02web.zoom.us/j/86427933746?  
pwd=THI4d2s2QTA1M1crNmV5TzBwcks3Zz09](https://us02web.zoom.us/j/86427933746?pwd=THI4d2s2QTA1M1crNmV5TzBwcks3Zz09)

Meeting ID: 864 2793 3746

Passcode: 557139

Shared parenting after leaving an abusive relationship often means the abuse, manipulation, and control continue and the nightmare doesn't end. In this webinar, we will be discussing parenting strategies and tools that survivors of Domestic Violence have found to help overcome the often extreme difficulties of shared parenting with an abusive ex.



PLEASE JOIN US FOR AN

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# OPEN HOUSE

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celebrating the move into our new outreach office

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**W E D**  
**MAR 24**

SAFE-T  
1716 Posey Lane  
Sulphur Springs, TX

**12-2PM**  
refreshments will  
be served

RSVP Mary Ferguson at 903.572.0973  
or [mferguson@safe-tagency.com](mailto:mferguson@safe-tagency.com) by March 22nd.

SHOP FOR A GREAT CAUSE!

# SAFE-T's Spring Yard Sale

A yard sale for the benefit of survivors  
of Domestic Violence and Sexual  
Assault.

**APR. 15, 2021 | 8 AM TO 5 PM**  
**1249 LAMAR AVE., PARIS, TX**

*We're inviting everyone to come and shop at our  
yard sale! Bring items to donate to the sale and  
shop great finds, all for a good cause!*

If questions: Call 903-572-0973  
and speak with Gabby or Pepper

# EAST TEXAS GIVING DAY



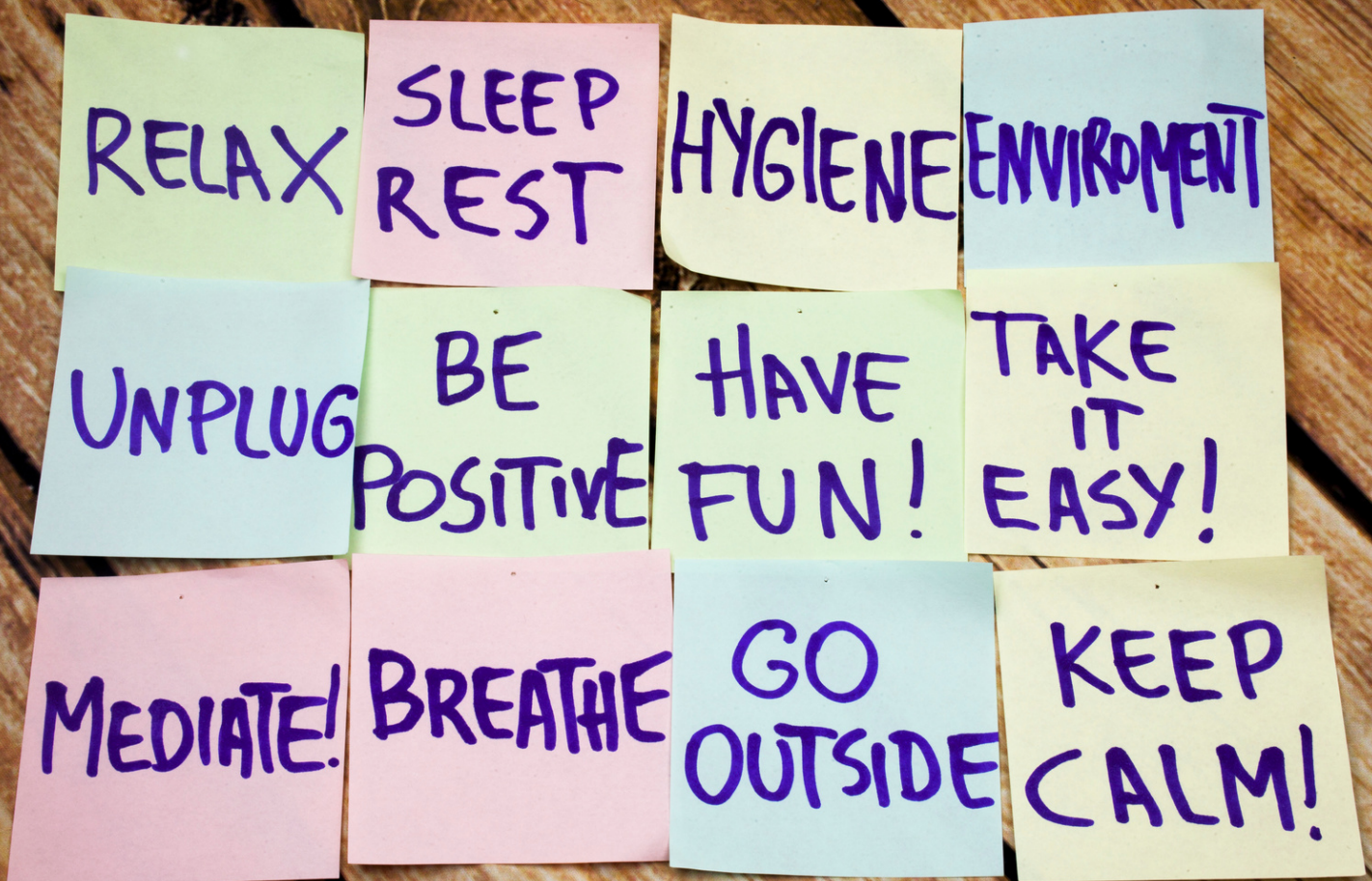
SAVE THE DATE – EAST TEXAS GIVING DAY is April 27! Visit  
<http://www.easttexasgivingday.org/>

On April 27th to make gifts to area nonprofits between  
6:00am and 11:59pm.  
Make History. Give Local

(Cont. Pg. 1) Laughter can be great medicine. In times of trouble, when we feel like we are falling apart at times, we can release that sadness, by understanding we could be in much worse situations. We could laugh at how bad the situation could be or understand we could not make it up if we tried, because it seems unbelievable. It is perfectly fine to find humor in bad situations. It can make us feel better about the circumstances and ourselves.

When things go wrong, remember you are not perfect. Do not think of this time as a failure, but as an experience and a lesson. It is the way we learn, grow and get better. Instead of saying "I cannot do that" say, "That will take more time" or "I will have to try harder." Talk to yourself like you would talk to your best friend and be encouraging.

(Cont. Pg. 9)



Strands of Hope was organized by local stylists, Kim White and Callie Howard, with the hope of partnering with area stylists with the same passion and desire to give back to our community and help give a life chance to those in need.

Our mission is to provide professional services for survivors of domestic violence and sexual assault, to help them feel confident, and remind them how beautiful they are when they need it most.

SAFE-T Crisis Center and **Strands of Hope** would like to say "THANK YOU" to the following stylist!

### Studio 315-

Kim White  
Karen Traylor  
Callie Howard

### The Look-

Lea Campbell  
Lahonda Robertson  
Veronica Castaneda  
Corri Alvarenga  
Cyrena Weatherly  
Emily Patton  
Jan Neal  
Jessica Steifer  
Margaret Thompson

### Clip Zone-

Virginia Goodwin

### Operator-

Amanda Cooper



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 April 14th, 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](mailto:mferguson@safe-tagency.com) to register.





(Cont. from pg. 6) Many times, you have heard “Birds of a feather flock together.” This is also true for people that are positive thinkers, who try to avoid negativity in friendships and relationships. When you surround yourself with positive people, you will hear positive outlooks, positive stories, and positive affirmations. Anyone can focus on positive thoughts, but, sometimes it can be hard to find friends, that do not bring unwanted negativity into our lives. As you might imagine, positive thinking offers compound returns, so the more often you practice it, the greater benefits you will realize.



## 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.



# GATSBY GALA NIGHT

a one night only charity event for the benefit  
of SAFE-T Crisis Center

APRIL

23

6:30PM

Lucy's Hacienda Event Hall  
742 SE I-30 Access Road, Mt. Vernon Texas. 75457

ROARING 20'S OR FORMAL COCKTAIL ATTIRE  
FOUR COURSE GOURMET DINNER  
LIVE MUSIC, CASINO GAMES, OPEN BAR WITH SIGNATURE  
COCKTAILS.  
TICKETS ARE \$250.00

SAFE-T Crisis Center 2nd Annual Gala

April 23, 2021

## Corporate Sponsors

<i>American National Bank</i>	<i>Brookshire's</i>
<i>Stanley Landscaping</i>	<i>Wood County Electric</i>
<i>Newly Weds Foods</i>	<i>Grocery Supply Company</i>
<i>Ergon Asphalt</i>	<i>Cypress Bank</i>
<i>Vera Bank</i>	<i>Hamilton's Jewelry</i>
<i>Merrill Lynch</i>	<i>Wal Mart</i>
<i>Diamond C Trailers</i>	<i>Big Tex Trailers</i>

R.S.V.P.

ON OR BEFORE 4/1/21

To pay online go to:

<https://www.betterunite.com/SAFE-T>

## Sponsorships Available

### \$5,000 - PATRON

- Eight tickets to the event
- Presenter Recognition in event advertising, print material (logo), Facebook, website, and during the event
- Two Free Bottles of Champagne
- Private Butler Service for Table
- Free Valet Parking

### \$2,500 - CONTRIBUTOR

- Six tickets to event
- Contributor Recognition in event advertising and print material (logo), and on website
- Free bottle of champagne
- Free Valet Parking

### \$1,000 - PARTNER

- 2 tickets to event
- Partner Recognition in event advertising and print material (non-logo), website
- Free bottle of wine
- Free Valet Parking

Contact Christie Burnett

[cburnett@safe-agency.com](mailto:cburnett@safe-agency.com)

or call 903-572-0973



## SAFE-T CRISIS CENTER RAFFLE

2 Great Gatsby Gala tickets includes a 3 Course Gourmet Meal  
One Night in Luxury Suite with turndown service and private butler  
2 bottles of Wine with wine glasses  
Starbucks Coffee with his and her coffee mugs  
\$25.00 HeBrews Coffee Gift Card,  
\$50.00 Jo's Downtown Coffee Card  
Gourmet Chocolates

**TICKETS \$25.00 EACH**



**TO PURCHASE TICKETS:**

<https://betterunite.com/SAFE-T-safe-traffle>

**Basket picture on the next  
page.**





## 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.

March 18th- 30% Off Home improvement

March 19th- Draw your discount

March 20th- 15% Off

March 22nd- 25% Off Kitchen items

March 23rd- Yellow Clothing Tags 75% Off

The Easter bunny will be from March 18 to April 4  
and the Facebook Easter basket giveaway will be  
from March 29 to April 3rd Like, Share, and Tag 3  
Friends in the picture that will be loaded on  
Facebook on March 29. The winners for the basket  
will be picked on April 3rd.



## ALL SURVIVORS DESERVE JUSTICE.

THE REAUTHORIZATION OF THE VIOLENCE AGAINST WOMEN ACT IS SCHEDULED FOR A VOTE THIS WEEK IN THE HOUSE OF REPRESENTATIVES.

SAFE-T NEEDS YOUR HELP! MEMBERS OF CONGRESS NEED TO HEAR FROM YOU THAT YOU WANT THEM TO SUPPORT VAWA.

THE NEW UPDATED VERSION OF VAWA MAINTAINS MANY OF ITS KEY COMPONENTS BUT ALSO EXPANDS IN IMPORTANT AREAS. H.R. 1620, THE VIOLENCE AGAINST WOMEN REAUTHORIZATION ACT OF 2021, WOULD:

- INCREASE PREVENTION;
- INVEST IN COMMUNITIES OF COLOR
- END IMPUNITY FOR VIOLENCE AGAINST NATIVE WOMEN BY NON-NATIVE PERPETRATORS ON TRIBAL LANDS;
- IMPROVE ACCESS TO HOUSING FOR VICTIMS AND SURVIVORS;
- PROTECT VICTIMS OF DATING VIOLENCE FROM FIREARM HOMICIDE;
- HELP SURVIVORS GAIN AND MAINTAIN ECONOMIC INDEPENDENCE;
- IMPROVE THE HEALTHCARE SYSTEM'S RESPONSE TO DOMESTIC VIOLENCE AND SEXUAL ASSAULT, DATING VIOLENCE, AND STALKING.

IF YOU ARE LOOKING FOR #1THING YOU CAN DO RIGHT NOW TO SUPPORT SURVIVORS - CONTACT YOUR STATE REPRESENTATIVE [HERE](#) AND ASK THEM TO SUPPORT THE REAUTHORIZATION OF THE VIOLENCE AGAINST WOMEN ACT. LET THEM KNOW THAT YOU SUPPORT IT AND BELIEVE ALL SURVIVORS DESERVE JUSTICE.

# 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*



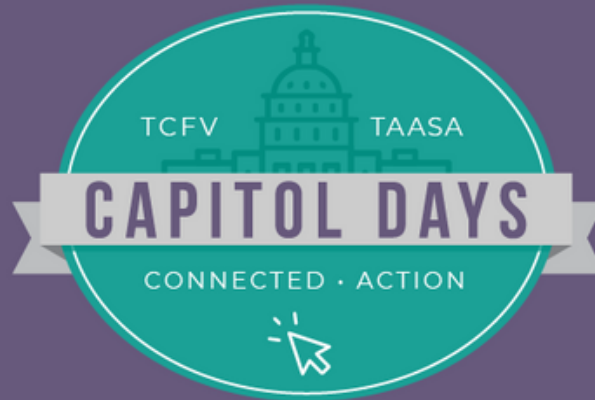
903.572.0973

You can also click here to join from a web browser

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



MAR. 29 - APR. 1



#TXLEGE

Dear Texas Advocates,

Mark your calendars for March 29th to April 1st for rescheduled Capitol Days! Thank you all for your patience and flexibility around the storm; we are so excited to lift our voices together at this new event.

We anticipate sending out updated booklets within the next week or so—keep an eye out for those—but now is the time to schedule lawmaker visits if you have not yet done so.

The lineup of events is largely the same. We are so pleased that Loretta Ross is still able to speak. One small change: office hours with the TCFV and TAASA policy teams will be by appointment. If you'd like to prepare for legislative visits with policy folks, please reach out to our policy teams!

#### Schedule of Events:

Mon 3/29

1:00-1:30: Opening Remarks for Survivors and Leadership  
1:30-3:00: TCFV/TAASA agenda presentation

Tues 3/30

Office Hours as Requested  
9:00-3:30: Capitol Visits  
3:30-4:15: Loretta Ross

Wed 3/31

Office Hours as Requested  
9:00-4:00: Capitol Visits

Thurs 4/1

Office Hours as Requested  
9:00-4:00: Capitol Visits  
4:00: Happy Hour