

MARCH 10TH, 2021



SAFE-T Newsletter



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Spring Cleaning and Paying it Forward

I never knew there was an official day for spring cleaning until I recently came across an article while browsing the internet. The article described how a solid spring cleaning improves the air quality of your home and can make you feel healthier. A clean house can improve your mood and allow you to be more open to visitors. Clutter in your life wears you down and has tendencies to increase stress. Removing the clutter, organizing, and removing unwanted items can decrease stress and improve relaxation. While the article was meant to motivate the reader to organize, declutter and deep clean the living space around them, it inspired me to think about the space we have inside us as well. Our minds. A clean-living space will be irrelevant if we cannot relax and enjoy it.

Our minds can often become toxic and contaminated with traumatic events, stress, anxiety, and the hardships, we face in the world daily. The pandemic, media hype, and negativity seem to spread like raging wildfires caught in fierce winds because our minds absorb like sponges and cling to the daily dust and dirt. They need to be cleared of the debris we have collected throughout the day.



Self-care is a vital part of being able to clean, organize and rinse the clutter from the space within. Just as the article on Spring Cleaning described how a good house cleaning can improve the quality of health and moods, the same holds for a good cleaning and clearing of the mind. However, self-care needs to be maintained regularly, not seasonally. A brisk walk, time alone with nature, turning off all media devices, and taking a hot relaxing bath before bedtime can often help you unwind and get a good night's sleep. Starting each day well-rested can be beneficial to helping you maintain focus and be productive throughout the day.

Remember, Spring Cleaning Day, March 28th, 2021, when you are sorting through unused items, and boxing clothes that you have not worn in months, there are many people in need of items at the local shelter. (Cont. pg. 6)



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-tagency.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

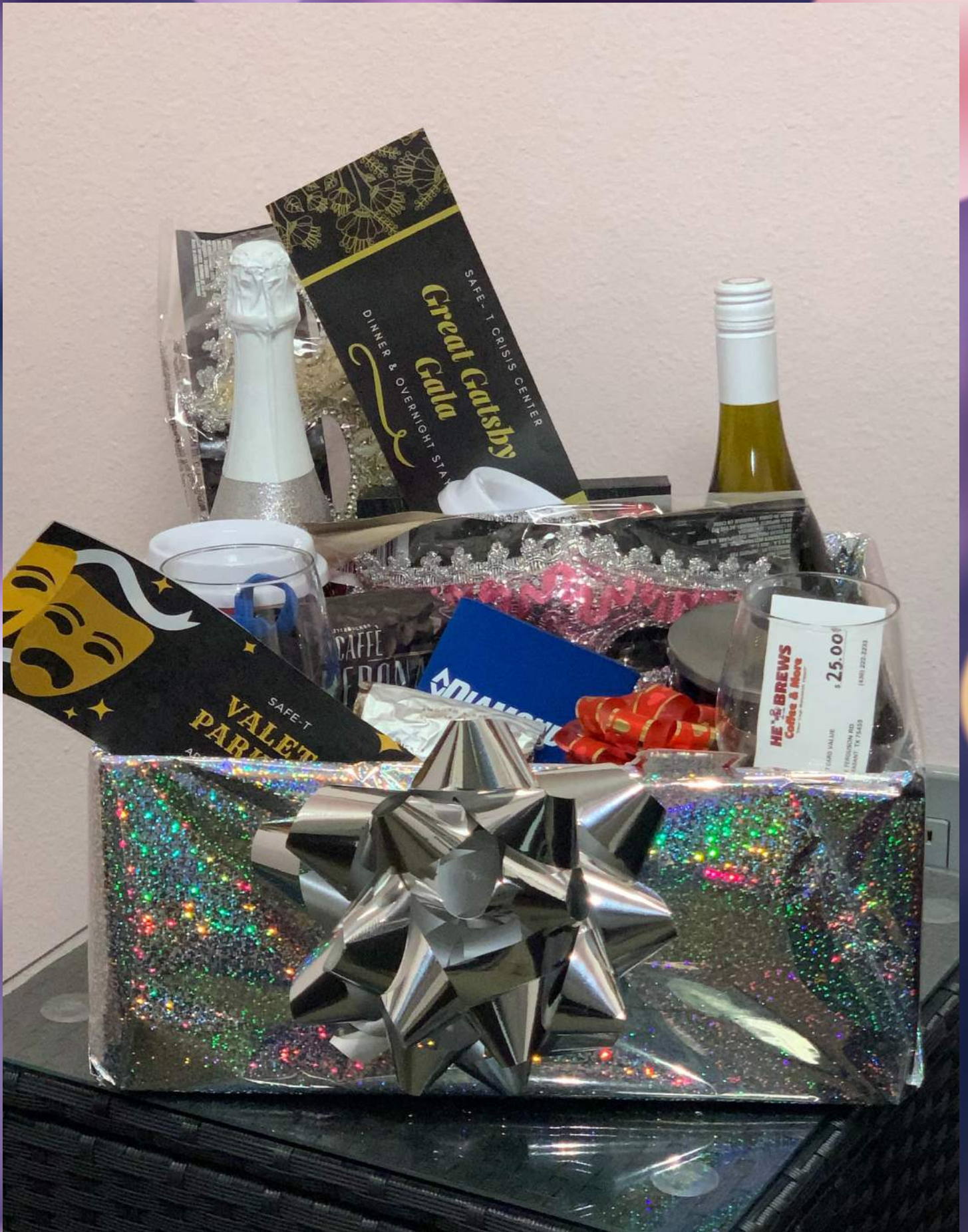
TICKETS \$25.00 EACH



TO PURCHASE TICKETS:

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

**Basket picture on the next
page.**



(Cont. from pg. 2) Many times, a person is forced to leave an abuser in a hurry, with only what they are wearing, and must leave everything they own behind, to leave safely. Shelters are a great place to donate and you will help others in the process of your decluttering. Blankets, throw pillows, furniture, and housing items are always welcome donations for those trying to start over and establish a new life for themselves. Shelters also accept canned and dry food contributions, as well as monetary donations to assist those in need. Giving, like cleaning, is good self-care. Happy Spring Cleaning Day!



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.



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



SAVE THE DATE!

**SAFE-T Webinar
Live on Zoom**

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

Free to attend - No registration required

Meeting ID: 864 2793 3746

Passcode: 557139



**Shared Parenting After
Leaving An
Abusive Relationship**

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.



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 March 17th, 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.





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 11th- 30% Off Kitchen Items
March 12th-10% Off storewide
March 13th- Spin The Wheel for a Discount



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=VVEyN3BPNjg1VTJBNDdBsSU9zdmFQUT09>



YOUR CAREER STARTS HERE

GATE 4 • 2630 SOUTH JEFFERSON • MT PLEASANT, TX

JOB FAIR

10AM-2PM SATURDAY, MARCH 13, 2021

I M M E D I A T E • H I R E



**Production Welder
Machine Operator
Roll Form Crew
Tube Mill Crew
Material Handler
Forklift Operator**

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