



# CRA INSIGHTS

Information to grow with



## Welcome

### CRASHELTER.ORG

With the launch of our new website, we are also gathering insightful information to share in this blog/newsletter. We hope that you will gain perspective and knowledge about what Community Referral Agency strives to accomplish. Community Referral Agency is a 501(c)3, 24 hour emergency shelter for survivors of domestic abuse, sexual assault and their families. Within the upcoming issues of this forum we hope to share with you valuable information regarding these topics, as well as other educational and informative material. We will also highlight our upcoming fundraising events and would love to see everyone in attendance. We are creating some fun events to help in our fundraising efforts, while also helping our communities understand and become more educated on what CRA is all about.

So welcome to our first edition of **CRA Insights**. We encourage you to share this information with others to help us to spread information, education and some seriously fun events!

## UPCOMING EVENTS

### july 28th

mystery in  
margaritaland  
paradise landing-  
balsam Lake

### august 17th

meat raffle at  
rendesvous-  
grantsburg

### august 18th

cynthia wahlen  
memorial golf tourney  
grantsburg golf  
course

# Are you a victim?

**CRASHELTER.ORG**

Does your partner:

**V**erbally insult, demean or threaten you?

**I**solate you from friends, family or other people? Do they become excessively jealous, possessive and/or angry in attempt to control you?

**O**rganize schedules to follow or harass you?

**L**imit your mobility or access to money and/or other resources?

**E**xplode into a rage and abusive behaviors after using drugs and/or alcohol?

**N**egate your words, abilities, ideas and actions?

**C**hoke (strangulation), punch, slap, kick, pull hair, bite, throw things, abuse or damage your personal belongings or force you to have sex?

**E**xcuse each attack and promise to stop

If you answered "yes" to some of these questions, you may be in an abusive relationship.

However, you are not alone. If you need a safe place to stay, information or support, Community Referral Agencies trained advocates can help.

**Call our 24/7 Crisis Line, 800-261-7233 for help.**



*"I am not what happened to me, I am what I choose to become"*

*- CG Jung*

## Stigma

Why do they stay?

Probably the most asked question in regards to domestic violence or sexual abuse. While it seems like it should be an easy decision for those looking in, that may not be the case for the survivor. Often a survivor will stay in the relationship, rather than risk the humiliation of reporting the abuse and becoming an item of judgement and scrutiny by their family, peers and community. At times, it is just as hard for a survivor to re-live the event(s) as when they actually happened. Sometimes it is a matter of safety. Although, it isn't just limited to physical safety, but often emotional or financial security as well.

If a survivor has a child or children, they may fear that they will be labeled a "bad parent" by splitting up their family. In some cases, staying in a abusive relationship will sometimes put those children in danger, especially if the abuse is happening in front of the children.

If someone you know is ready to break the cycle of abuse and report the cases in which they were abused, there are things that you can do to help.

**Listen to their story**

**Encourage them to seek help**

**Express concern**

**Support their decision, they know their abuser best**

**DON'T CHANGE HOW YOU VIEW THEM**

Community Referral Agency offers 24 hour emergency shelter to survivors of sexual assault, domestic violence and their children.

For more information about CRA, visit our website at **CRASHELTER.ORG**



# Donations needed in shelter

## CRASHELTER.ORG

Sometimes a survivor will only be able to leave their home safely with the clothes on their back. While in shelter they will need basic items to restore their quality of life for themselves and their children. You can view a larger *"WISH LIST"* of needed donations on our web page. The items listed here each month are things we are in immediate need of.

If you are able to help out and drop off a donation, you can do that right at the shelter. If you would rather make a monetary donation, you can mail the donation check to:

CRA  
PO Box 365  
Milltown, WI 54858

## July Donation requests

- XL fitted twin sheets
- Shampoo & Conditioner
- Drawstring FLEX garbage bags
- Batteries
- Toilet Bowl Cleaner
- Non Latex gloves

**Donations are greatly appreciated and help us to carry out our commitment to survivors and their children.**

**Call our 24/7 Crisis Line, 800-261-7233 for help.**

# Community Education

CRA works to increase the communities awareness about domestic and sexual violence through community outreach. Part of CRA's mission is to help eliminate violence in our communities, and with that in mind, we offer presentations regarding our services and education on a variety of topics related to domestic and sexual violence awareness to schools, community organizations, church groups and other service providers. If you are interested in learning more about the cycle of violence and how to help stop domestic violence and sexual assault in your community, Call us at **715-825-4414** to find out more.

## Support Groups

All groups are held every week unless noted.

**Please call to sign up 715-825-4414**

### POLK COUNTY GROUPS:

#### MONDAY'S:

Amery S.T.A.R.S. Group: From 4-5 pm (Surviving Trama Advocacy Resource Support)

#### TUESDAY'S:

Osceola S.T.A.R.S. Group: From 6-7 pm (Surviving Trama Advocacy Resource Support)

#### WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm

Milltown S.T.A.R.S. Group: from 2-3 pm (Surviving Trama Advocacy Resource Support)

Domestic Violence Education Class: from 10-noon every other Wednesday

#### THURSDAY'S:

Milltown Family Group: Dinner from 5-5:30pm

F.U.N. Family Group Milltown: from 5-6pm

Milltown S.T.A.R.S.: from 6-7 pm (Surviving Trama Advocacy Resource Support)

**Burnett County** – 715-349-7272

**Burnett County Group:** from 4-5 pm on Tuesday

**Barron County** – 714-651-4969

**Barron County Group:** from 5:30-6:30 on Thursday