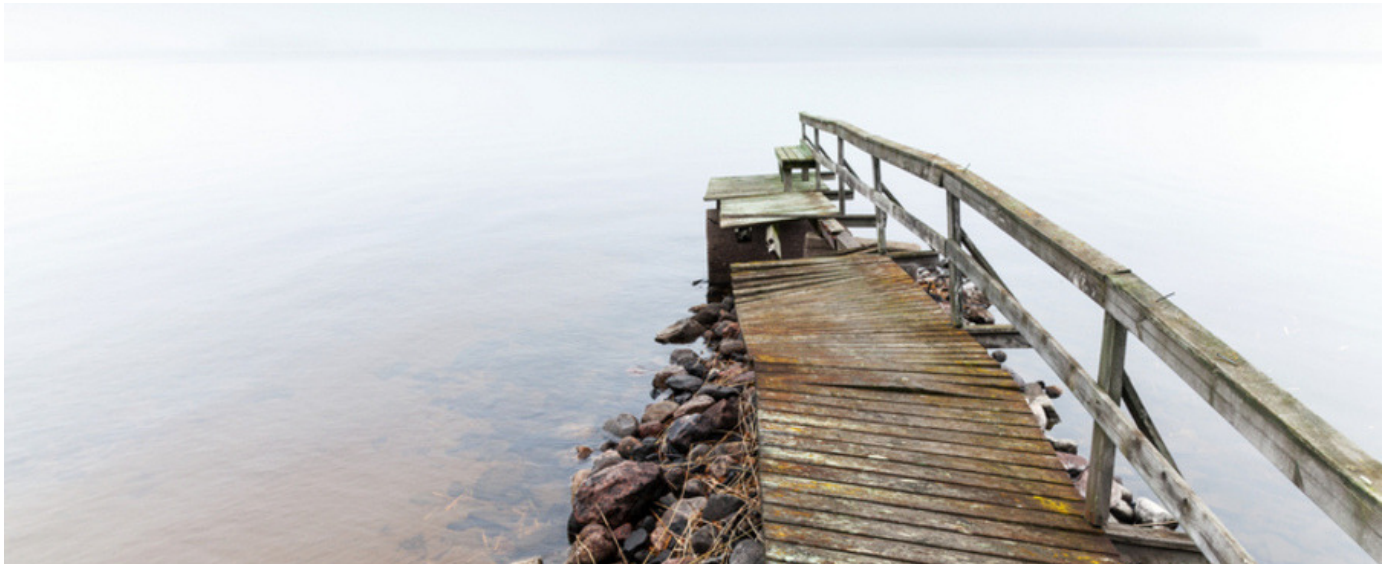




# CRA INSIGHTS

Information to grow with



## Fundraising

We have hosted with the help of some very dedicated volunteers, some successful fundraisers. Check out the pics on the back page! Our **MYSTERY IN MARGARITALAND** was a fun and entertaining event held at **Paradise Landing** in Balsam Lake. Everyone came dressed as their part in this interactive mystery. "Suspects" sleuthed their way though the evening trying to come up with "whodunnit". We are looking forward to hosting another event like this in the future. This was the fifth year of the **Cynthia Wahlen Memorial Golf** Tournament. Teams hit the **Grantsburg Golf Course** in hopes to finish first. There was a silent auction as well. Our first place team, Hummer's Rendezvous-Rodney Ernst, Jim Shaffer, Tom Anderson & John McNally, donated back their winnings to CRA!

On August 25th, ATV & UTV Riders met at **THE RIDGE** in Frederic to support **THE RIDGE RIDE**. An awesome group of 87 people & 57 ATV/UTV's hit the trail. Several sponsors, silent auction & raffles contributed to the donation to CRA.

We have been working very hard to provide entertaining and fun events for our fundraising efforts. We will always post our upcoming events on our website, Facebook and in this newsletter. **PLEASE** feel free to share these events. Invite your friends and family or re-post an event on Facebook. If you haven't already done so, go out to our Facebook page and **LIKE** our page. This way you will stay on top of everything that we are doing at CRA!

## UPCOMING EVENTS



### november 17th

designer purse bingo  
cricket's bar & event  
center-amery

## NEW WEBSITE

CRASHELTER.ORG

We have recently launched our new **WEBSITE!** We are thrilled at how it looks, how much information it provides and how well it tells who we are and what CRA does. Please go and check it out and let us know your thoughts.

# How you can help

## CRASHELTER.ORG

### If you suspect domestic violence or abuse:

The conversation with someone you believe is being abused can be tricky. Here are some tips to help you through the conversation.

**Tell what you see** "I noticed a bruise on your arm..."

**Express concern** "I am worried about you."

**Show support** "No one deserves to be hurt."

**Refer them for help** "I have the phone number to..."

**Listen and validate** "I hear what you are telling me and I can see that you are frightened"

**Offer help** "What can I do to make this easier for you"

**Support his or her decision** "I understand your concerns and support whatever decision that you make. Only you can make this decision."

**While hearing this information may be upsetting, you need to remain calm.**

## Don't...

**Wait for him or her to come to you.** *You can approach someone you think is being abused, but do so cautiously, with their best intentions in mind.*

**Judge or blame.** *It isn't your place. Show concern and offer help.*

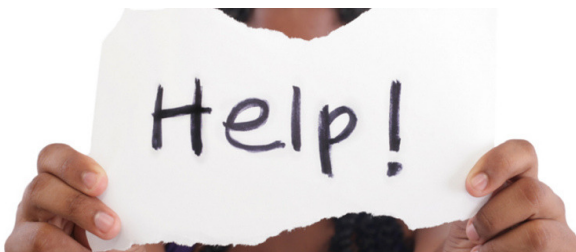
**Pressure him or her.** *The bottom line is that no one but the victim can make the decision to leave. Pressuring may have the opposite effect and he or she will stay longer in the relationship.*

**Give advice.** *Every situation is different and even if you have been through a domestic violence situation, it is best to refer the victim to professionals that are trained in focusing on the immediate needs of the victim.*

**Place conditions on your support.** *Doing this may remind the victim of his/her abuser. Sometimes abuse is emotional. Don't burden them more with conditions that you think are important.*

**REMEMBER TO KEEP YOUR CONVERSATION CONFIDENTIAL.**

**The most dangerous time for a victim/survivor is while leaving or after they have left.**



*A victim may only reach out for help once.  
If a friend says they are being abused,  
Believe them!*

## Types of Abusers

**Although these specific definitions are shown against women, males are victims or survivors as well.**

**The BULLY:** Glares, shouts, sulks & smashes things.

**The SEXUAL CONTROLLER:** Won't accept NO for an answer, keeps you pregnant or rejects your advances, rapes you.

**The JAILER:** Stops you from working or seeing friends, tells you what to wear, keeps you in the house, seduces your friends or family.

**KING OF THE CASTLE:** Treats you as a servant, says women are only for sex, cooking & housework, expects sex on demand, controls all of the money.

**The HEAD WORKER:** Puts you down, tells you you are too fat, too thin, too ugly, stupid, useless etc.

**The BAD FATHER:** Says you are a bad Mother, turns the children against you, threatens to take away the children, persuades you to have "his" baby, then refuses to help you care for it.

**The LIAR:** Denies abuse, says it was "only" a slap, blames drinking, drugs, stress, over-work, you, unemployment etc.

**information shared from [domesticabuseservices.org.uk](http://domesticabuseservices.org.uk)**  
Abuse comes in different forms, Physical abuse, Emotional abuse or Sexual abuse. If you or someone you know is being abused, Community Referral Agency is here to help. We have Advocates available to assist with education, referrals and emergency temporary shelter. Our **CRISIS LINE** and our **CRISIS TEXT LINE** are available 24/7.

If you are in an emergency situation always call 911.

**Our Crisis Line & our Text Line are available 24/7,  
CALL 800-261-7233 or  
TEXT 715-553-3359 for help.**



# 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

## September Donation requests

-  XL fitted twin sheets
-  Laundry Soap/dryer sheets
-  Drawstring FLEX garbage bags
-  Batteries
-  Toilet Paper
-  Bedroom Dressers



**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 Trauma Advocacy Resource Support)

#### TUESDAY'S:

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

#### WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm  
Milltown S.T.A.R.S. Group: from 2-3 pm  
(Surviving Trauma 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 Trauma Advocacy Resource Support)

**Burnett County** – 715-349-7272

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

**Barron County** – 714-651-4969

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

# Awesome "Fun" raising!



MYSTERY IN MARGARITALAND  
JULY 28TH AT PARADISE LANDING,  
BALSAM LAKE



5TH ANNUAL CYNTHIA WAHLEN  
MEMORIAL GOLF TOURNAMENT  
AUGUST, 18TH AT  
GRANTSBURG GOLF COURSE



THE RIDGE RIDE  
AUGUST, 25TH  
THE RIDGE EATERY, FREDERIC

## Thank you

to everyone that has volunteered, donated & participated. Your support allows us to continue to serve the community through education, shelter & advocacy.