



# CRA INSIGHTS

Information to grow with



## Fundraising

**CRASHELTER.ORG**

We have been working very hard to provide entertaining and fun events for our fundraising efforts. So far, we have been having a blast raising money for the shelter. 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!



**Our next PURSE BINGO will be on November 17th at Cricket's Bar & Event Center. Mark your calendars!**

## New Website

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.

**CRASHELTER.ORG**

## UPCOMING EVENTS

**august 17th**

meat raffle at  
rendesvous-  
grantsburg

**august 18th**

cynthia wahlen  
memorial golf tourney  
grantsburg golf  
course

**august 25th**

ridge benefit atv/utv  
ride  
the ridge-frederic

# Safety Planning

**CRASHELTER.ORG**

## **If you are in an abusive relationship, think about:**

- Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.
- Friends and neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
- How to get out of your home safely. Practice ways to get out.
- Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen, try to get your abuser to one of these safer places.
- Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house; taking out the trash, walking the pet, or going to the store. Put a bag of things you use every day ( see checklist below). Hide it where it is easy for you to get

### **• GO OVER YOUR SAFETY PLAN OFTEN**

## **If you are considering leaving your abuser, think about:**

- Four places you could go if you leave your home.
- People who might help you if you left. Think about people who will keep a bag for you. Think about people that might lend you money.
- Make plans for your pets.
- Opening a bank account or credit card in your name.
- How you might leave. Try doing things that get you out of the house, practice how you would leave.
- How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.
- Putting together a bag of things you use every day. Hide it where it is easy for you to get to



*"From every wound there is a scar, and from every scar there is a story. A story that says, I survived !"*

*Fr. Craig Scott*

## Internet Safety

**To minimize the chances of someone knowing that you are researching information about domestic violence, sexual assault, or stalking, follow these tips.**

1. If you think your devices or internet search activities are being monitored, access this information from a device that isn't being monitored. That should be a device to which the person does not or has not had physical or remote access. This is the safest thing to do if you don't want someone to know that you are visiting these websites.
2. Sign out of other accounts, such as Google or Facebook, before visiting these sites.
3. Use your internet browser settings to increase your privacy, such as turning off browsing history or using the browser in *private* mode.
4. If it is safe to do so, delete the websites URLs that you don't want stored from the browser history.
5. Use a Virtual Private Network (VPN) to increase the security of your internet browsing and activity. Internet

If you visit our website (**CRASHELTER.ORG**) there is a button on the right hand side to click if you need to make a **QUICK EXIT** from our site. Many websites offer this feature.

**Our Crisis Line is available 24/7,  
call 800-261-7233 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

### August 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 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 Tuesday

**Barron County** – 714-651-4969

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