

You are receiving this email because you have previously supported South Suburban Family Shelter and our work to end domestic violence. If you would like to unsubscribe you may do so at the bottom. We hope you stay and stand with us to see a world free from violence.



## From the Desk of your Friendly Neighborhood Executive Director



Did you see the sun this weekend!?! I almost couldn't believe it when I woke up Saturday morning. It was such a welcome and much needed sight. I had already planned to spend the morning outdoors at one of my favorite places. I found myself stopping so I could just stand still and feel the sun on my face.

Sunshine evokes feelings of happiness, liveliness, energy and fun. Its rays bring us Vitamin D and uplift our mood. How fitting for the sunshine to arrive in May which is recognized as Mental Health Awareness Month. The state of our collective mental health right now is sadly not very good. Since the pandemic began over two years ago, rates of anxiety, depression, and burnout have skyrocketed. As you read this, you may be checking off one or all three of these as you reflect on your mental health.

This past December, I was diagnosed with depression (✓). It was a long overdue conversation with my therapist, but a clearly necessary step. I haven't been myself, and I am fairly certain everyone around me noticed. It has been an incredibly difficult struggle trying to address the depression when none of the pressures of life ever go away. But I am committed to working on it, one step at a time. I am telling you this because I want you to

know a few things:

1. You are not alone if you can check off the short list above, or add any other mental health diagnosis to it.
2. Mental health is equally, if not more, important than your physical health and there is no shame in talking about it and getting help.
3. You are valuable and loved, and we are glad you are here reading this newsletter.

The picture you see in this newsletter is the face of a person fighting depression. I want you to throw away all your assumptions about mental illness and know that it can impact anyone and it doesn't look any one way. This photo was taken on a day when I was able to put myself first and nurture my soul. I hope you can find the things that fill you up and do that as often as possible. You deserve to be living your best life and I am here cheering you on!

In Peace,  
Jennifer

## Mental Health and Domestic Violence

A Blog by Cristina L., Adult Bilingual Counselor at Anew



Have you ever heard the expression, “Sticks and stones may break my bones, but words will never hurt me!”? Well, it’s not true-- just ask a victim-survivor of domestic violence. Words can hurt just as much as a broken bone. The truth is, negative words may even do more damage than a fist. Imagine repeatedly hearing words like, “You’re worthless!”, “You’re ugly”, “You’re stupid”, “You can’t do anything right!”. These types of words can do a lot of damage especially if they get stuck on repeat, like a broken record in their head, playing over and over until that’s all they hear. Like weeds in a garden, they multiply, taking over your mind gradually, confusing you, uprooting everything you believe.

It may sound unbelievable, but that’s how a lot of domestic violence survivors describe how they feel about their abuse. Many say that the psychological consequences of abuse are worse than the physical, because bruises and cuts heal quicker than the damage done to their mental health. As stated on the official government website, "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices" ([www.mentalhealth.gov](http://www.mentalhealth.gov)).

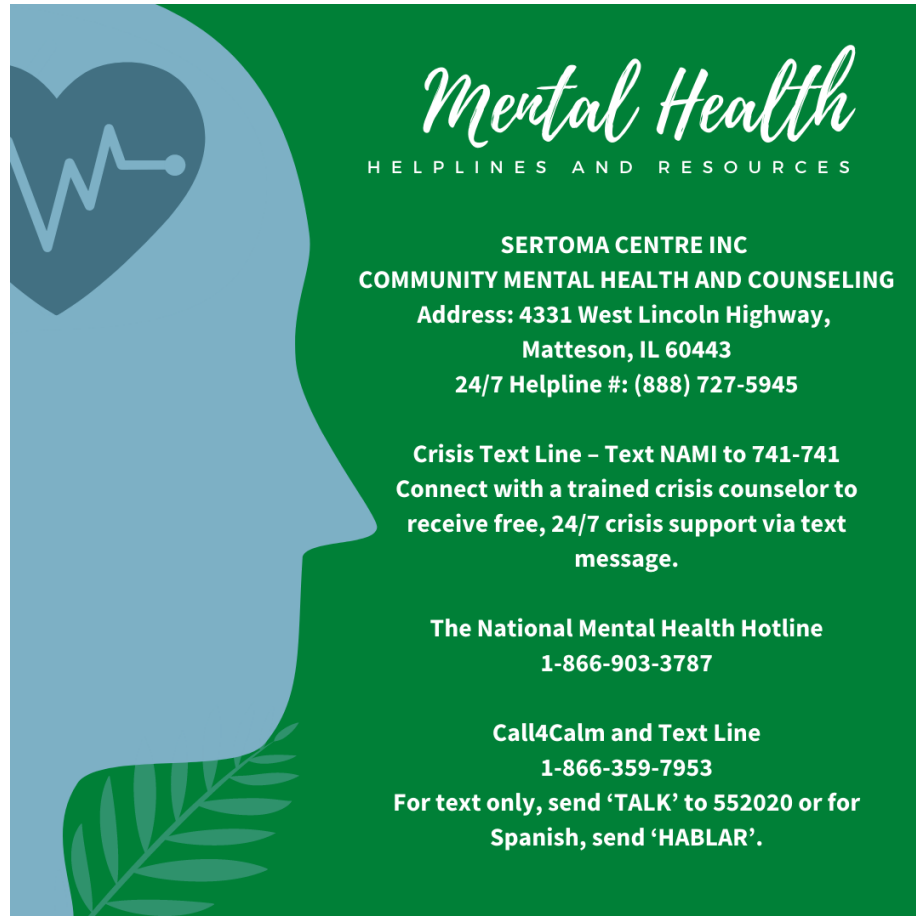
Victims of domestic violence struggle to maintain good mental health. It’s very common for victims of domestic violence to experience low self-esteem, somatization, symptoms of depression, symptoms of anxiety or PTSD, changes in their sleep pattern, changes in their eating habits, have suicidal ideation and/or begin self-harm behaviors. Victims can have difficulty being productive at work, school, and even caring for their children. Long term effects can contribute to a lack of self-protection and high rates of revictimization.

My goal as a domestic violence counselor is to ensure survivors are safe, not just physically, but mentally as well. Domestic violence counseling benefits victim-survivors by reinforcing self-value and providing empowerment to regain self-confidence. Empowering victim-survivors to take control of their lives reminds them

of their inner strengths. By using a trauma-Informed approach and environment, victim-survivors can process their feelings and dive into their emotions. This can help victims find a healthy way out of that “broken record” head space. Developing healthy coping skills and self-care plans helps survivors learn how to maintain good mental health and strengthen their resilience.

If you or a loved one has been a victim of intimate partner domestic violence and would like to receive domestic violence counseling, please call 708.798.7737 to schedule an assessment.

## Mental Health Resources

A graphic with a green background. On the left, there is a light blue silhouette of a human head in profile, facing right. Inside the head, there is a dark blue heart shape containing a white ECG line. At the bottom left, there is a green leafy branch. On the right side of the graphic, the text is white and reads: "Mental Health" in a large, cursive font, followed by "HELPLINES AND RESOURCES" in a smaller, all-caps sans-serif font. Below this, the text lists "SERTOMA CENTRE INC" and "COMMUNITY MENTAL HEALTH AND COUNSELING", followed by the address "4331 West Lincoln Highway, Matteson, IL 60443" and the 24/7 helpline number "(888) 727-5945". It then lists "Crisis Text Line - Text NAMI to 741-741" and states "Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message." Below that, it lists "The National Mental Health Hotline" and the number "1-866-903-3787". Finally, it lists "Call4Calm and Text Line" and the number "1-866-359-7953", followed by the instruction "For text only, send 'TALK' to 552020 or for Spanish, send 'HABLAR'."/>

**Mental Health**  
HELPLINES AND RESOURCES

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**COMMUNITY MENTAL HEALTH AND COUNSELING**  
Address: 4331 West Lincoln Highway,  
Matteson, IL 60443  
24/7 Helpline #: (888) 727-5945

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1-866-903-3787

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1-866-359-7953  
For text only, send ‘TALK’ to 552020 or for  
Spanish, send ‘HABLAR’.

Spread the word, we're hiring!



## Positions for Hire

### Full-Time

- Safe From the Start (SFS) Project Coordinator
- Bilingual Children's Counselor
- Partner Abuse Intervention Program (PAIP) Assistant
- PAIP Co-Facilitator
- Court Advocate
- Community Outreach Specialist

### Part-Time

- Bilingual Hotline and Shelter Advocate

To learn more about what each job entails, visit <https://anewdv.org/job-opportunities/>



There are several positions available to start your Anew Career. Find information on them all [HERE](#), and apply today!

Full time positions are 35-40 hours/week, and are eligible for medical, dental, vision, short-term disability, long-term disability, flexible spending account and our 403(b) Plan. In addition, this position is eligible to participate in our Aflac plans and receive paid time off (PTO) and 14 holidays per year.

The part-time position available is 20 hours/week and the benefits include 14 paid holidays; Paid Time Off (PTO); Short-term disability and the ability to contribute to our 403(b) plan. This position is also eligible for Aflac benefit plans.

If you are interested in applying for any of these positions, please email your resume to [careers@anewdv.org](mailto:careers@anewdv.org).

## Dancing Away Domestic Violence

A FUNdraising Event!





## Dancing Away Domestic Violence

A Line Dancing, Zumba, and Cardio Drumming Program for the Whole Family!

**When?**  
**Saturday, June 11th,**  
**3pm-6pm**

**Where?**  
**18020 Martin Ave**  
**Martin Square, Homewood\***

T-Shirt Preview!



Designed by a student from Bloom High School!

### Prices:

Adult Tickets: \$20-\$25  
Kids 12 and Under: \$10-\$15  
Kids 5 and Under: FREE

T-Shirt options available until May 20th ONLY.

T-shirts are available for purchase without attending for \$15.

Special discounts and offers from Homewood Restaurants and Businesses are available to all participants!

Drinks, snacks, and resources are provided!

<https://go.rallyup.com/dadv22>

\*Rain Location: Homewood Auditorium, 2010 Chestnut

All proceeds benefit Anew and their mission to end domestic violence in our shared communities.

Programming brought to you by:



Music Provided by DJ Love

Event Sponsored by:

Serendipity Yoga and Wellness  
The Saucy Crab  
Asian Harbor  
Thomas Photographic  
First Savings Bank of Hegewisch

Printed material brought to you by Andrew's Printing

Supporting Anew: Building Beyond Violence and Abuse is easy, just click below!

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Anew: Building Beyond Violence and Abuse | PO Box 937, Homewood, IL 60430

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Sent by [jennifer.g@anewdv.org](mailto:jennifer.g@anewdv.org) in collaboration with



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