

*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 CEO**



A Beautiful Swan Family  
photo captured by CEO Jennifer Gabrenya

Here at Anew, we work with people experiencing extraordinary circumstances. They are afraid to be in their own home; some of them don't have a home to call their own.

Even the folks we work with who have harmed their partners reveal to us the childhood traumas, homelessness, and violence in their community they've experienced. No one can go through these experiences without support unscathed.

Surviving through trauma takes an enormous amount of energy and that wears on

one's mental health. It is very common for people who come to Anew to not only have post-traumatic stress disorder, as you might expect, but to also have varying levels of depression, anxiety, and other symptoms. This is perfectly normal. We often remind people that trauma survivors have normal reactions to ABNORMAL situations.

**Trauma should not be anyone's normal.** When it is, our brains come up with amazing ways to keep us safe and help us get through it. But once the trauma has passed, those all-important survival strategies don't magically go away. They stay with us and sometimes, those strategies don't work as well anymore. Trauma not only impacts people experiencing domestic violence, but it impacts more than half of us!

If you consider the COVID-19 pandemic as a traumatic experience, then we have **ALL** been there. It can be overwhelming to consider this. Be kind to each other. Remember that each of us has a past no one else knows about. You never know what people are going through and we are all doing our best to make it through, one day at a time.

With Peace,  
Jennifer

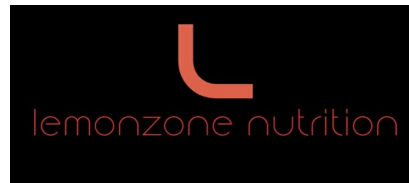
## Upcoming Events -- Save the Dates for Mental Health Breaks!



**June 10th, 2023** -- Dancing Away Domestic Violence returns for its 3rd year at Martin Square, in Homewood, IL, following the local Farmer's Market. Come out for a fun program of Line Dancing by Dawn the Dancin' Deeva, Cardio Drumming by LemonZone Nutrition, and Jazzercise by Jazzercise Frankfort Park District!

All participants will be receiving exclusive discounts, swag bags, access to complimentary snacks and water, and every participant will receive door prize raffle tickets! Mr. Craves Food Truck will also be in attendance.

**Purchase your tickets in advance [HERE](#).**



**Anew**  
building beyond  
violence & abuse

**SERENDIPITY**  
yoga

**SEPTEMBER 16, 2023**  
**2:00-3:00PM**

**Yoga FOR A CAUSE**  
AT IZAAK WALTON PRESERVE

## Yoga for a Cause: A Unique Experience to Help Support Anew

Serendipity Yoga is leading a wonderful event for Anew: Building Beyond Violence and Abuse. Take a break from the stress and hustle of daily life and join us for a rejuvenating outdoor yoga class. 100% of all ticket sales will go to support Anew.

Anew: Building Beyond Violence and Abuse is a Domestic Violence agency in Homewood, IL. Anew provides comprehensive services to those impacted by domestic violence. All victim services such as counseling, court advocacy, and housing are free-of-charge thanks to all those that support the organization.

It is so important to have avenues of rejuvenation, and we hope you join us to learn

about mindfulness and mental health through Yoga.

Tickets will be available for purchase at a discounted rate if purchased at the Dancing Away Domestic Violence Event. General tickets go on sale on June 29, 2023.

## Take Care of Your Mental Health!

A purple graphic with white and light purple decorative elements. It features a sun icon in the top right, a star icon on the left, and a list of six mental health tips in the center. The text is in a light purple, sans-serif font.

### MENTAL HEALTH TIPS

- Limit exposure to negative news and social media.
- Find healthy coping mechanisms.
- Practice gratitude and forgiveness.
- Talk to someone about your feelings.
- Prioritize self-compassion and set healthy boundaries.
- Connect with nature.

## Full-Time Job Postings at Anew



Compensation and Benefits are listed clearly at the bottom of each job description. Take the guess out of applying-- Our salaries, wages, and benefits are transparent and

up front!

- ★ [Bilingual Case Manager](#) \*\*\* NEW \*\*\*
- ★ [Bilingual Children's Counselor](#)
- ★ [Bilingual Court Advocate](#)
- ★ [Community Outreach Program Manager](#)
- ★ [Court Program Assistant](#)
- ★ [Sanctuary Case Manager](#)

All positions have been newly updated, so if you checked them before, make sure to check them again!

Anew offers full time benefits including 14 paid holidays; 20 days of Paid Time Off (PTO) annually; medical, dental, vision and life insurance; short-term and long-term disability; and the ability to contribute to our 403(b) plan with 3% company matching. This position is also eligible for Aflac benefits.

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

**Interested in donating or becoming a monthly donor?  
Click the button below!**

[Donate Now](#)



**Wait! Don't unsubscribe yet!**

Anew values timely and consistent communication with supporters. We ask that you carefully consider before unsubscribing to Anew emails. Unsubscribing from a certain campaign might result in you not receiving important information and notifications that are sent using that same group in the future. If you have questions or wish to unsubscribe from a particular type of email campaign, please contact **Rachel**.

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

[Unsubscribe kscott@ssfs1.org](mailto:kscott@ssfs1.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

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



Try email marketing for free today!