



MARCH NEWSLETTER

UPCOMING EVENTS

- 3-4-24: Grayson Planned Parenthood @11 Am
- March 5th, 19th, 26th: Codependency Group w/ Vanessa @6 PM
- March 6th, 20th, 27th: DV Group w/Jackie @6PM
- 3-8-24: International Women's Day!
- March 11th, 18th, 25th: Cooking w/ Joy @12 PM and Finance w/Arin @6PM
- 3-12-24: Art Therapy @6PM
- 3-13-24: HIV Awareness w/Jake
- 3/15/24: Vision Boards w/Miss Ebony
- 3/21/24: Geminus w/Bri @1 PM
- 3/22/24: mOVIE nIGHT!

ARTICLES

How to write a Victim Impact Statement

By Amanda Kippert

A victim impact statement is a written account of how a victim, their family members or friends have been impacted by the actions of a perpetrator. Not only relegated to domestic violence crimes, victim impact statements can be submitted by the victim of any offense. They are given to a judge often at or before the sentencing of a defendant. Though not required, they are a right that victims can exercise if they so choose to. The impact statement can be the first time the judge hears the victim's side in their own words, or through the words of a loved one

To continue reading, please follow this link:
<https://www.domesticshelters.org/articles/legal/how-to-write-a-victim-impact-statement>

RECEIPES

CHICKEN ALFREDO

TORTELLINI

INGREDIENTS:

- 1 LB Chicken Breast
- 2 Tbsp of butter
- 1/2 Tsp of salt and pepper
- 1 Tsp of onion powder, paprika, and Italian Seasoning
- 1 Tbsp minced Garlic
- 19 oz bag frozen Tortellini
- 15 Oz jar of Alfredo Sauce
- 1 1/2 Shredded Mozzarella Cheese
- 6 pieces of Bacon

STEPS

- Cook bacon in a skillet or in oven. Chop into small pieces and set aside. Start a pot of water boiling on stove.
- Cut chicken into small cubes. In a large skillet, melt butter over medium high heat. Add chicken to skillet and season w/ salt, pepper, onion powder, paprika, and italian seasoning.
- Once water is boiling, cook tortellini according to the directions on the package.
- Cook chicken until it's through and golden brown. Stir in the minced garlic, and remove the skillet from the heat.
- Add drained/cooked tortellini to skillet along with the jar of alfredo. Stir well. Top with shredded cheese and chopped bacon.
- Let it sit covered until the cheese melts, or pop in the oven under broil for a few minutes to melt the cheese,

VOILA!

SAFETY PLANS

It is important to have a plan to increase safety as violence can escalate. A victim cannot control his or her partner's abusive behavior, but they can take steps to protect themselves and their children from harm. A safety plan is a personalized and practical plan that helps identify things a victim can do to better protect themselves and their children and to help reduce the risk of being hurt.

Safety plans can include:

Obtaining a new cell phone

Changing a routine

Changing locks and installing security systems

Determining ways to keep children safe

Creating a plan for where to go should an incident occur

Calling Domestic Violence Crisis Center

If a victim is planning to leave, here are some things to consider:

Putting aside a bag with money, a change of clothes, identification, and medication.

Putting aside important documents like birth certificates and social security cards.

DVCC is here to help victims interested in developing a personalized safety plan. Leaving an abusive situation can be the most dangerous time. It is strongly encouraged that a victim gets professional help and support during this time.

BE
BRAVE

SHELTER WISHLIST

- Baby Detergent
- Baby Shampoo/wash
- African American Hair Products
- Disinfectant Wipes
- Diapers (4, 5, 6)
- Pulls ups (2t-3t, 3t-4t, 4t-5t, and 5t-6t)
- Deodorant
- Shampoo
- Conditioner
- Toothpaste
- Toothbrushes
- Body Lotion
- Dish Soap
- Floor Cleaner
- Fabric Softener Sheets
- Air Freshener
- Individual Drinks
- Individual Snacks

Stay in touch :

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