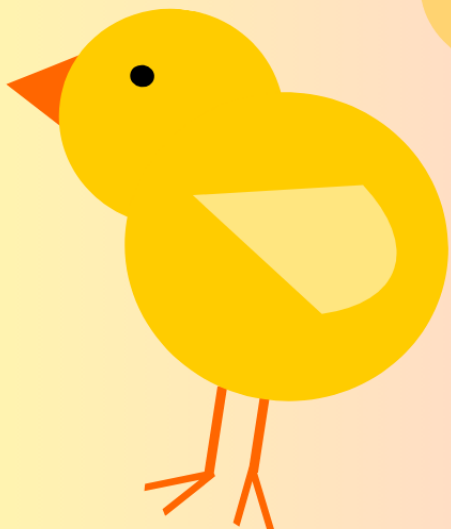


..   .. **APRIL** ..    

UPCOMING EVENTS!

- April 6th, 23rd, and 30th: Codependency Group @6 PM
- April 3rd, 17th, and 24th: DV Group @6 PM
- April 5th, 12th, 19th, and 26th: Movie Night!
- April 8th, 15th, 22nd, and 29th: Finance Group @6 PM
- Bri from Gemenius will be hosting group at 6 PM April 16th
- April 1st, 8th, 15th, 22nd, and 29th: Grayson from Planned Parenthood along with Jakob from the Aliveness Project, will both be in shelter @ 9 AM!
- Every Tuesday/Thursday: Nutrition Program with Sindel

**In this
newsletter
you'll find** 



- This month's Calendar
- New Recipe!
- Using your survivor experience to help others
- Shelter Wishlist



RECIPE



STEAK & POTATOES

INGREDIENTS:

- **tablespoon olive oil**
 - **4 tablespoons unsalted butter divided (½ stick)**
 - **1 pound Yukon Gold potatoes diced into ½-inch cubes**
 - **4 cloves garlic minced**
 - **1 teaspoon dried rosemary**
 - **1 teaspoon dried oregano**
 - **½ teaspoon kosher salt**
 - **½ teaspoon ground pepper**
 - **1½ pounds sirloin steak cut into 1-inch cubes**
 - **Freshly chopped parsley optional, for garnish**
-
- **Heat a cast iron skillet over medium-high heat. Add the olive oil and 2 tablespoons of the butter. Let the butter melt completely.**
 - **4 tablespoons unsalted butter, 1 tablespoon olive oil**
 - **Add the cut potatoes, garlic, rosemary, oregano salt, and pepper. Cook for approximately 4 minutes without disturbing. Stir and cook an additional 3-4 minutes, or until fork tender. Remove the potatoes from the pan and set aside in a bowl.**
 - **1 pound Yukon Gold potatoes, 4 cloves garlic, 1 teaspoon dried rosemary, 1 teaspoon dried oregano, ½ teaspoon kosher salt, ½ teaspoon ground pepper**
 - **Return the skillet to the stove and increase the heat to high. Add 2 tablespoons of butter and stir to melt. Add the steak bites in a single layer and cook for 1 minute. Flip or stir the steak for another 1-2 minutes, or until desired doneness. Remove the skillet from the heat.**
 - **4 tablespoons unsalted butter, 1½ pounds sirloin steak**
 - **Add the cooked potatoes back to the skillet and toss together. Add additional salt and pepper if desired.**
 - **Top with fresh chopped parsley (optional). Serve and enjoy!**
 - **Freshly chopped parsley**

USING YOUR SURVIVOR EXPERIENCE TO HELP OTHERS

AN ARTICLE BY AMANDA
KIPPERT

<https://www.domesticshelters.org/articles/ending-domestic-violence/speaking-out>

Six Ways to Speak Out

When a survivor is ready, there are many ways they can use their experience to help others.

1. Volunteer to answer a help line. Almost every shelter has [a 24/7 emergency help line](#) survivors can reach out to for support, to plan an escape or to find shelter. Volunteers will likely need to take a domestic violence advocacy training that could range from a day to a week to complete. Then, volunteers pick a time slot to sit next to a phone at the shelter and answer it should a survivor call needing help. The callers can vary greatly in what kind of support they need, so as long as you're patient, calm and good at talking to strangers, you'll do great in this job. You can read about one volunteer's experience [here](#). Find a shelter [near you here](#) to inquire about volunteering.
2. Give your time to a local shelter. Your unique set of skills combined with your experience as a survivor can make you [a valuable asset](#) to a shelter. Reach out to [a nonprofit near you](#) and ask how you might give back. Jobs may include outreach in the community, helping survivors get settled into shelter or meeting victims of sexual assault at the hospital to offer support after [a forensic exam](#).
3. Hold [a donation drive](#). Shelters are typically always in dire need of items to both help them run a shelter (think cleaning supplies, food, bedding, furniture) as well as basic necessities to give to survivors who stay there (clothing, baby care items, self-care necessities, cell phones, gift cards). Think of what you most needed after escaping domestic violence and hold a drive for your local shelter. Or, [involve your workplace](#) to make it a team effort. Make sure to contact the shelter near you first to ensure they're in need of what you're collecting.
4. Join a support group. You might think, "How does this help others?" A support group is a great place to share your personal experiences with other survivors who need to know they're not alone. This is a way you can talk about your own journey to escape and healing whereas you may not be able to when volunteering.
5. Explore public speaking. If it doesn't scare you to be at a podium in front of a group of people, there may be opportunities for you to [share your story in a public forum](#). Whether you plan to advocate in small group settings or large auditoriums, you'll want to get comfortable speaking in front of a crowd. Consider joining a local [Toastmasters](#) club to learn public speaking skills.
6. Write your own survivor story. Some survivors choose to go the book-writing route after they've escaped. There's something healing about taking control of your narrative and releasing it into the world when you're ready. First, start journaling. Jot down all of your thoughts, feelings and experiences that you can remember. You don't need to write out your entire story. Just start writing whatever comes to mind. It will help you get in touch with your emotions and help you better see the framework for a possible memoir or novel. Read, ["Write Your Book"](#) for more information on starting down the publishing route.



Stay in touch :

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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