



August 2014

The Dawn Connection

Our Mission: To break the cycle of domestic and sexual violence, by providing supportive services and leadership that promotes social change

Our vision: A community free from violence and abuse

We changed lives in July!

69 people were provided safe shelter!
25 of these were children!
We ended the month at 100% of capacity!

91 people were served through
Dawn Center Outreach Services!

65 calls were answered by our
local crisis hotline!

44 people received support with navigating
the legal system!

Dear Friends,

Dawn Center is so excited to announce that registration is now open on Active.com for the second annual Dash for Dawn Center! This year's theme is "Take Back the Night" which has been a theme for awareness raising activities regarding violence against women since the late 1970's. Women in Hernando County should be safe in our community no matter the time of day! If you agree we hope you will join us in taking back the night on September 13th!! This event features a night run with glow in the dark items. Great for all ages!



Sept 13th - Join us at Tom Varn Park in Brooksville for the Dash for Dawn Center 5k! This year's theme is Take Back the Night! Event features a glow in the dark night run which symbolizes freedom from domestic and sexual violence and benefits Dawn Center of Hernando County. Individual and Family registrations available online now. Visit active.com and search "Dash for Dawn Center" for more information and to register. See you there!!

This shelter resident wanted to make sure we knew how Dawn Center



****Call (352) 684-7191 for more information on any Dawn Center event****



Voices of Survivors

What this *real* participant in Dawn Center programs had to say...

"I feel 100% healed. Tremendous amount of support all around."

"I am so grateful for all of you and all the resources available."



Know someone who needs help finding safety or healing due to intimate partner violence or sexual assault? We are here 24 hours a day!

Dawn Center Hotline:

impacted her life! What a beautiful way to impact our lives in return!



I entered this domestic violence shelter in mid-May. I was feeling extremely overwhelmed and mentally/emotionally drained. My abuser, once again physically and mentally abused me, this time he had fractured my ribs. The relationship had been going on 7-7 1/2 years, off and on.

I left him the first time 3 months, the second time for about 6 months, then for the third time about 8 months. The last time I left him it was for over a year. He swore he would never touch me again, that he was sorry and he loved me. He said he would change and I believed him. I went back to him and the abuse was worse than it had ever been before. I was so scared of him, it was like walking on egg shells. I was so confused.

I honestly really don't know what I would have done or where I would be without the help of Dawn Center and I can't explain the impact this has had on my life. I am so grateful to be here and for all the support and help. I feel safe here, I feel respected, and I am truly getting stronger mentally, physically, and emotionally. Thank you for all the resources you have helped me with and for the woman I am becoming inside and out. I am slowly getting my confidence back and holding my head up. Thank you all so much. I feel deep down with the help of God and Dawn Center, I am going to make it.

Tips for Back to School Safety

It's that exciting time of year again – back to school! So much to think about: teachers, schedules, supplies, the list goes on. We have put together a few safety tips to help you get started!



- On Transportation Safety: Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions.
- Pay attention to your surroundings; listening to your music player or playing handheld video games may lead to distractions and

(352)686-8430

www.dawncenter.org



Volunteer opportunities available!
If you would like to volunteer please access our [volunteer application](#) on our website or contact our Volunteer Coordinator at mhoppes@dawncenter.org or (352) 684-7191.

potential danger.

- Talk to your children about always walking or playing in groups.
- If your children walk or ride their bikes to other nearby houses, designate safe places for them.

Remember, positive relationships between students and their peers, teachers, and families can be critical assets in promoting youth's well-being! By enhancing parent involvement in both academic and social aspects of their children's school experiences - including involving parents in prevention programs - family cohesion and communication are improved.


When experiencing domestic violence, back to school time can be a scary time as children may spend more time out of the home than over the summer thus making them vulnerable to being approached by the abusive parent. When you need to take additional steps to remain safe, here are some ideas:

- Give the principal at school (or daycare center) a copy of any court orders that discuss contacts with children; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser.
- Make sure the children know who to tell at school if they see the abuser.
- Make sure that the school knows not to give your address or phone number to ANYONE.
- Make sure that the children know how to get in contact with you and other safe adults

Dawn Center wishes you a happy, healthy, and safe new school year! If you want additional assistance in planning for safety at school or in any other environment, please contact the Dawn Center 24/7 hotline at 352-686-8430. Have a great year!

* This information comes from the American Bar Association, National Safety Council, Center for Disease Control, and volunteerguide.org websites.

Thank you to our July 2014 supporters!

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24 Hour Hotline: (352) 686-8430
 Outreach Program: (352) 592-1288
 Legal Program: (352) 540-6222
 Administration: (352) 684-7191
 Mail: P.O. Box 6179, Spring Hill, FL 34611
 Email: info@dawncenter.org
 Web: www.dawncenter.org
 Facebook: <https://www.facebook.com/pages/Dawn-Center-of-Hernando-County-FL/350378071725358>

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