Fly Like a Butterfly — A CLIENT’S STORY

I first came to Susan B. Anthony Project in 2007. I was abandoned by my husband, the father of my then six year old son, and had been struggling to provide a safe place for us to live. I had no car and no license. I had no money. I eventually started dating again and moved in with my boyfriend. I was happy to finally have a family and a place to call home again.

It soon became clear that my boyfriend was an alcoholic. He would drink and scream and yell at me. He would keep me up all night. He was very mean and controlled everything including all of our finances. I felt like I lost any freedom I had left. Then, one day he told me to leave. I had no money and no place to go, but the lease was in his name, so I had no choice.

I used to pass by Susan B. Anthony Project on my way to the grocery store, and I always noticed the words SAFETY, HEALING, GROWTH on the sign out front. Those words stuck with me. I decided it was time to go in.

I spoke with a Susan B. Anthony Project advocate about going into a new program called the Transitional Living Program, or TLP, but it was full. We talked a lot about how to be safe, and I joined a group called the HEART group – Help End Abusive Relationship Tendencies. My self confidence was so low, and I felt very confused about my life. Why did my husband leave us? Why is my boyfriend so abusive? What did I do? I cried a lot.

"I have more goals now. I have more self-confidence."

Continued on page 2

October is Domestic Violence Awareness Month

- Nearly 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. (The National Intimate Partner and Sexual Violence Survey 2010 Summary Report).
- Susan B. Anthony Project helped 2,716 victims of domestic violence last year.
- From July 2012 to June 2013, SBAP sheltered 86 women and 85 children and responded to 6,116 requests for crisis intervention.

Each year, on the first of October, a commemorative wreath is hung at Torrington City Hall in honor of victims and survivors of domestic violence.

The annual Candlelight Vigil is held the first week of October at Coe Park in Torrington to honor community members who have collaborated and supported our work throughout the year. A ceremony is held to remember victims and celebrate survivors of domestic violence.

The Clothesline Project, a collection of T-shirts created by survivors of abuse, will be on display at UCONN Torrington Library October 1st – 31st and at Northwestern Connecticut Community College Library October 15th – 31st. The Clothesline Project is also available for viewing on our website at www.sbaproject.org.

Community Educators Marissa Dubecky and Colleen Sullivan launch Domestic Violence Awareness Month at Torrington City Hall. Thank you to Mayor Ryan Bingham for making the annual wreath hanging one of his final acts as Mayor.
Please join us in welcoming 3 new members to our **Board of Directors** — Mark Famiglietti, Turi Rostad, and Nancy Wadham's, and 5 new members to our **Advisory Council** — Mark DeCrucuicio, Mark Halloran, Diane Meier, Philip Samponaro, and Sukey Wagner.

**Congratulations and thank you for bringing your leadership and passion to Susan B. Anthony Project!**

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**Fly Like a Butterfly (continued)**

We lived with my sister for awhile and stayed with some friends, but it was hard not having our own place to call home. Pretty soon, my boyfriend came around trying to convince me to come back. He promised me things would be different this time. It was so hard living on people's couches and walking everywhere I went — rain or shine. I would have to walk to work everyday and even walk my son to the doctor's. I believed him.

Reluctantly, I went back to my boyfriend, but I remained a client at Susan B. Anthony Project. One day my SBAP advocate told me about something called the Melville Charitable Trust. The Melville grant was an opportunity for me to go to school and get trained as a CNA. I completed my course and was able to find a second job in a nursing home to help support my family.

Soon the abuse started again, and I found myself back at SBAP. This time there was an opening in the Transitional Living Program. My advocate helped me apply, and I got my own apartment a block away from my sister. The program changed my life. SBAP helped me pay my bills and helped me take care of my son. SBAP allowed me to make personal goals for myself to improve my family's future.

Shortly after entering the TLP, I found out I was pregnant. It was a high risk pregnancy, and I was hospitalized and on bed rest for such a long time. It was a very difficult time. SBAP was there for me every step of the way and cared for me and my family. They helped with my expenses and my return back to my apartment with my new daughter.

I have goals now. I have more self-confidence. I have hope for real happiness someday. I tell my kids "Don't keep anger in your heart — release it." I tell them that people do bad things because of anger. "Mommy is angry at your father, but I let it go the right way," I said. "I learned how to drive, I went to school, and I worked hard instead of doing bad things."

I have freedom now. My kids and I cook together, and we play together. Nobody tells me "don't do it that way!" And, nobody asks me "why did you do that?" I learned to never give up on my dreams. I don't turn back. I am moving forward. Next year, I have plans to own my own home.

I decided to share my story because I want to let other victims know that you can do it. Stand up and don't be ashamed or afraid to be alone. Love yourself first before you love someone else. Prove your strength to yourself — not to others. Find your freedom.
Debra Neri from Torrington’s Bank of America Banking Center presents Director of Development Gina Devaux with $5,000 grant from the Bank of America Charitable Foundation.

Manager of Crisis Services Michelle Marone and Associate Director Jeanne Fusco display a check for the $11,355 in donations received in memory of long time staff member and friend Lois Shelley.

Cathy Coyle and Ken Nowell, members of the Torrington Rotary Club, collect wish list items outside of Stop & Shop during the United Way Day of Caring.

Terri Franzi and her son Ryan delivered school supplies and backpacks from the Harwinton Women’s Club. Shown in photo with Administrative Assistant Siobhain Craemer and Development Associate Denise Torson.

Torrington Family Kempo raised $1,200 to support Susan B. Anthony Project.

Principal Joanne Creedon and English Teacher Erin Sullivan of Torrington High School present SBAP, Friendly Hands Food Bank, and F.I.S.H. with more than 200 food items and donations of $4,524.70 each from the THS Raiders Rally.
Take Back the Night

In April for Sexual Assault Awareness Month, we partnered with Northwestern Connecticut Community College Women’s Center to raise awareness of sexual assault and to show community support for sexual assault survivors. The following community members were honored for collaborating and supporting our work throughout the years:

- **Marlene Smith**, retired marriage and family therapist and 15 year member of the SBAP Board of Directors.
- **Bob Berson**, retired psychologist and 23 year member of the SBAP Board of Directors.
- **Diane Edell**, forensic interviewer for the Child Abuse Investigation Team of Northwestern CT and a member of the Governor’s Task Force on Justice for Abused Children.
- **Lois Shelley**, honored posthumously for her work as Program Manager of Outreach, Prevention and Special Projects at SBAP. She served as a dedicated volunteer and staff member for 14 years.

Laura Cordes, Executive Director of CONNSACS, the statewide coalition against sexual assault, was our guest speaker at Take Back the Night for Sexual Assault Awareness month.

Join us for the 10th annual Authors’ Luncheon

Over the past nine years, Susan B. Anthony Project has proudly hosted its annual Authors’ Luncheon — a captivating afternoon where the audience is treated to personal and literary stories from the authors’ themselves.

*Executive Director Barbara Spiegel at the 2013 Authors’ Luncheon with guest authors Adriana Trigiani, Susan Fales-Hill, Diane Meier and Mary McDonagh Murphy.*

2013: Diane Meier (moderator), Adriana Trigiani, Susan Fales-Hill, Mary McDonagh Murphy
2011: Anne Garrels (moderator), Christopher Little, Guilly Wells, Dorothy Wickenden
2010: Joseph Montebello (moderator), Ghita Schwarz, Peter Howe, Elizabeth Noble
2009: Regina Barreca (moderator), Nancy Goldstone, Todd Johnson, Nancy Bachrach
2008: Regina Barreca (moderator), Katrina Little, Anne Roiphe, Brenda Wineapple
2007: Janet Peckinpaugh (moderator), Alexandra Stoddard, Nancy Tafuri, Katharine Weber
2006: Janet Peckinpaugh (moderator), Suzy Kline, Roxana Robinson, Carolyne Roehm
2005: Ann Hodgman (moderator), Pam Anderson, Sandra Boynton, Priscilla Buckley
2004: Nancy Cobb (moderator), Ann Hodgman, Mary Pope Osborne, Janet Wallach

**PLEASE JOIN US FOR THE 10TH ANNUAL AUTHORS’ LUNCHEON IN APRIL 2014!**
MOMIX IN THE Garden 2013

THANK YOU
Moses Pendleton & Cynthia Quinn
Michael Trapp

Generously sponsored by:
Karpas Strategies Investment Management
Rebecca & Jim Neary
Cathy & Greg Oneglia
Elliot & Roslyn Jaffe, The Jaffe Family Foundation
Webster Bank

In addition to:
Mary & Irwin Ackerman
Rick’s Wine & Spirits
Bob Berson & Barbara Putnam
Kathy & Curtis Robb
Cornwall Package Store
Salisbury Wines
Federman, Lally & Remis, LLC
Sharon Health Care Center
Elisabeth Childs Gill
Sharon OB/GYN Associates
Helen & Peter Haje
Shred-It
King, King & Associates, CPAs
Chris & Marlene Smith
Litchfield Bancorp
Torrington Savings Bank
National Iron Bank
David & Margot Wick
RAR Excavating & Building, LLC
Grace & Djan Yagtug
Toby Young

The MOMIX dancers wow the audience at the home of Michael Trapp.

Executive Director
Barbara Spiegel and host
Michael Trapp at this year’s MOMIX in the Garden event held in Sharon.

Moses Pendleton and Cynthia Quinn of MOMIX with Governor Dannel P. Malloy at MOMIX in the Garden event.

Interested in Volunteering? SBAP Needs Your Help!

There are many ways to volunteer at Susan B. Anthony Project.

- Client Services
- General Office
- Special Events
- Childcare

For more information, go to www.sbaproject.org or call (860) 489-3798.
On November 12th and 13th, SBAP is participating in the **Give Local Greater Waterbury & Litchfield Hills**, a 36 hour online giving event organized by the Connecticut Community Foundation. All online donations of $10 and more made to SBAP will receive a percentage of $90,000 in matching funds. Mark your calendar to give! Learn more at www.GiveLocalCCF.org or contact Gina Devaux at gdevaux@sbaproject.org.

**Adopt a Family For The Holidays!**

Please help us make the holidays special for one of our families. To adopt a family for the holidays, call Jeanne at 860-489-3798 by Monday, November 8.

**GIFT CERTIFICATES**

**CASH**
To purchase holiday gifts for teenagers and adult women

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**Ways to Give... It All Begins With You**

Susan B. Anthony Project receives more than 40% of its budget from people like you.

- **Outright Gift**: The simplest method of giving by check or credit card. Please use the enclosed envelope.
- **Online Gift**: Make a secure gift online at www.sbaproject.org
- **Stock Gift**: A gift of stock can provide considerable tax benefits.
- **Endowment Gift**: A gift to the Susan B. Anthony Project Endowment Fund will help secure our future.
- **Wills and Bequests**: Your gift passes to the Susan B. Anthony Project after your death.

To make a gift or to learn about these and other charitable giving programs, contact Gina Devaux, at 860-489-3798 or gdevaux@sbaproject.org.

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**Join the Susan B. Anthony Project Giving Circle with a Gift of $1,000 or more.**

Giving Circle members will be invited to an annual private cocktail party.

To make a gift, call Gina Devaux at 860-489-3798 or go to www.sbaproject.org and click the Donate Now button on the home page.

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Susan B. Anthony Project is a 501(c)(3) nonprofit organization
Wish List

For questions about an item listed, please call 860-489-3798 and ask for Siobhain or visit www.sbaproject.org

OUR CLIENTS’ MOST PRESSING NEEDS:

**GIFT CARDS**
Stop & Shop, Price Rite • Gas Cards
McDonald’s, Burger King • Target, Wal-Mart & Kmart
MasterCard or Visa • Movies or Haircuts

**PERSONAL HYGIENE**
Shampoo & conditioner
Razors & shaving cream
Tampons & pads
Deodorant
Toothpaste & toothbrushes
Soaps & lotions
Diapers – all sizes & diaper cream
Tissues & Q-tips
Baby shampoo

**SHELTER SUPPLIES**
Bathroom & kitchen cleaners
HE (Energy Efficient) Laundry detergent – unscented
Dryer sheets – unscented
Bleach
Fabric softener – unscented
Ziploc bags, foil & plastic wrap
Toilet paper, paper towels
Coffee & coffee filters
Canned, boxed or dry food items

**NEW BED & BATH**
Twin, full & crib sheets
Pillows
Bath towels & wash cloths
Dish towels & pot holders

**OVER THE COUNTER MEDICINES**
Tylenol / Advil
Baby / Children’s Tylenol
Cold medicine
Tums
Allergy Medicines
Thermometers

**MISCELLANEOUS**
School supplies
Flashlights & batteries, all sizes
Craft supplies
Sleeping bags
Movies – family DVDs
Wii Games – family orientated
Playdough
Daily calendars
New toys

Thank you for helping us help others.

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**WREATH ORDER FORM**

**NAME OF ORGANIZATION:**

**CONTACT PERSON/TITLE:**

**ADDRESS:**

**CITY:**

**STATE:**

**ZIP:**

**TELEPHONE #**

**FAX #**

**E-MAIL**

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**TOTAL**

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860-489-3798  phone orders
860-482-6268  fax orders
www.sbaproject.org  order on-line

Order by mail:
Susan B. Anthony Project
179 Water St., Torrington, CT 06790

~ HANDMADE IN MAINE ~

Wreaths are available for pick up the week of DECEMBER 9th.
Become a volunteer seller, e-mail Denise at ditorson@sbaproject.org

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CASH DONATIONS
For client assistance

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Board member Mark Famiglietti preparing holiday wreaths for pick up.

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Missie Morris delivers items for the shelter from our wish list.
Susan B. Anthony Project
179 Water Street, Torrington, CT 06790
Office: 860-489-3798
www.sbableproject.org


Free and confidential services include:
• Counseling for adults and children
• Support Groups for survivors of domestic violence and sexual assault. For more information, call 860-489-3798
• Self-Esteem Support Group. For more information, call 860-489-3798

24-Hour Crisis Line: 860-482-7133
Statewide Toll Free Hotlines:
Domestic Violence: 1-888-744-2900
Sexual Assault: 1-888-999-5545
En Español: 1-888-568-8332

Our Mission
Susan B. Anthony Project promotes safety, healing and growth for all survivors of domestic and sexual abuse and advocates for the autonomy of women and the end of interpersonal violence.

Like Us on Facebook!
Susan B. Anthony Project is now on Facebook!
www.facebook.com/sbableproject

Where Do You Stand?
Engaging Connecticut Men to End Sexual Violence

The Where Do You Stand? Connecticut is a statewide campaign coordinated by Connecticut Sexual Assault Crisis Services (Connsacs), our statewide coalition. Susan B. Anthony Project is a member of the coalition.

The Where Do You Stand campaign positively portrays young men as vital allies and invites all men to consider their own stance on preventing sexism and sexual assault.

Visit the link below to join Susan B. Anthony Project and get involved in the Where Do You Stand? Connecticut campaign to end sexual violence.

http://connsacs.org/wheredoyoustandct.htm