**The Courage to Start Over**

**ONE TEENAGER’S STORY**

Growing up, I had no real concept of domestic violence or sexual assault. I knew that the issues existed, but I assumed that my friends and family were immune from them. In particular, I thought that relationship and family violence was only prevalent in poor, clearly troubled neighborhoods. As a kid I would not have believed how personally impacted I would be by both domestic violence and sexual assault by the age of sixteen.

When I was fifteen years old, I started dating a guy about a year older than me. At first, things were perfect. He was sweet, considerate and respectful of me. However, about six months into the relationship, he became extremely controlling. He also became increasingly violent. When I would say or do the wrong thing, he would lash out at me by shaking, kicking or hitting me. He also became sexually aggressive, physically forcing me to engage in sexual acts I did not want to engage in. After each and every time he was violent, he would break down crying and tell me how sorry he was and how much he needed me. What I did not realize at the time was that my relationship was a prime example of mental, emotional, sexual and physical abuse.

It was not until I confided in my friends and family about what I was experiencing that I started to realize how badly I needed to get out of the relationship. Eventually, my mom referred me to Susan B. Anthony Project, where I began going to counseling. While it sounds cliché, Susan B. Anthony Project made me realize that I was not alone, not even close to being alone, in my situation. My SBAP counselor Alisha helped me understand that staying in an abusive relationship did not make me a weak or stupid person. She served as a truly unbiased and non-judgmental listener. Finally, I was able to end the relationship. He went to jail, and I moved on with my life.

My experience taught me how important it is to be vocal and open about issues of domestic violence and sexual assault. Maybe if I had been more informed of these issues, I would not have stayed involved with my ex-boyfriend as long as I did. Moreover, through the past few years, I learned that it truly is possible to derive positive consequences from something negative. For example, I have had the opportunity to volunteer for the Susan B. Anthony Project for the past few years, which has been extremely rewarding. While attending college in Virginia, I have also been deeply touched by my time volunteering with the Sexual Assault Response Program — a non-profit organization that works directly with victims of sexual assault.

Next year, I plan to continue my education at Boston University Law School. I am particularly interested in becoming an attorney to advocate on behalf of women and children escaping from abusive circumstances who may not be able to speak for themselves.

Laura Davis

---

**April is Sexual Assault Awareness Month**

**CLOTHESLINE PROJECT**

A compilation of t-shirts designed by survivors will be on display at our office and online at [www.sbaproject.org](http://www.sbaproject.org)

**WHITE RIBBON CAMPAIGN**

A pledge for men to sign “to never commit, condone, or remain silent about violence against women.” Go and sign it at [www.sbaproject.org](http://www.sbaproject.org)

**TAKE BACK THE NIGHT**

Walk in support of victims of sexual violence.

Thursday, April 29, 2010 – 7:00 p.m.
Northwest CT Community College, Winsted, CT.

To find out more about Sexual Assault Awareness Month or other outreach activities, contact SBAP’s community educators or go to [www.sbaproject.org](http://www.sbaproject.org)
Honoring Community Supporters at Candlelight Vigil

In October 2009, during Domestic Violence Awareness Month, the SBAP Candlelight Vigil celebrated survivors of domestic violence and honored community members who collaborated with and supported the organization.

Award Recipients were:
Burns, Brooks & McNeil, Litchfield Bancorp, and Northwest Community Bank (BNL)’s Golf for Good Causes tournament named Susan B. Anthony Project as one of the event beneficiaries for the past nine years and raised over $63,000 for Susan B. Anthony Project.

Assistant State’s Attorneys Maggie Campos and Mary Saunders, and Heather DeLeon of AIC and Julie Fabro of Family Services work closely with Susan B. Anthony Project Court Advocates and help clients navigate the court system.

Captain Schaller, Patrol Commander at Torrington Police Department, helped re-establish working protocols with the police department that are instrumental in keeping clients safe.

Amy and Pamela Polderman, Pauline Manley, and Christina Infanti babysat so moms could attend support groups.

Laura Davis was featured in our video “Dating Violence: Teens Talk”, met with teen groups and helped with summer camp education programs.

Torrington High School’s English as a Second Language teacher Elizabeth Bible helped implement a new Self-Esteem group for teens and invited SBAP staff to speak to her classes.

Doreen Deary, La Via Latina’s executive director, has been a long time partner in outreach efforts to the Latino community.

We’ve Been Busy...

HELPING CLIENTS, UPDATING FACILITIES & PROVIDING EDUCATION PROGRAMS

Dramatic Increase in Helping Clients from July – December 2009

• 1,375 calls for HELP to the 24 Hour Crisis Line.
  A 131% increase over last year
• Domestic Violence and Sexual Assault Counseling Sessions for 4,416 clients. A 26% increase over last year.
• SBAP Bantam Court Advocates helped 624 victims of domestic violence following abuser arrests.

A Home of Their Own
• SBAP helped 11 families move from homeless to their own apartments through our transitional living programs. An additional 5 families moved to permanent housing and no longer need to receive financial assistance from SBAP

Building Renovations
• 4 newly renovated kitchens in Sojourner Truth Transitional House
• Upgraded Sojourner Truth Transitional House heating system to be more energy efficient

School Presentations
• 204 educational programs for 3,857 school children.
  Programs included Safe Touch Puppet Show, Conflict Resolution, Feelings & Bullying, Healthy Relationships, and Sexual Assault.

SUPPORT GROUPS AND WORKSHOPS

HEART Group: (Help End Abusive Relationship Tendencies)
An on-going, peer support group for women who have experienced any form of family violence, meets Tuesday and Wednesday evenings 6:30-8:00 p.m. Childcare is available. Please call to speak with a facilitator prior to attending your first group.

Women’s TREM Group for Trauma Survivors
A new group for survivors of trauma. Focuses on awareness and self-discovery for healing from past trauma. For more information about joining this group, please call Mary or Michelle at 860-489-3798.

Un Grupo del Apoyo para la Violencia Domestica
Un grupo en español para los clientes de la violencia domestica. El propósito del grupo es para tener una atmósfera del apoyo y de la ayuda para las victimas de la violencia domestica, y para compartir los pensamientos, los sentimientos, y los recursos de la comunidad. El programa corre en el lunes, por la mañana. Los clientes pueden llamar a Katie a (860)489-3798, extensión 323 para más información y para registrar, o pueden llamar a Joselyn, a (860) 489-3798, extensión 402.

Self-Esteem Support Group
A new group will be forming soon. Call Linda at 860-489-3798 for more information and to join the waiting list.
Authours’ Luncheon

Over 180 guests attended the Authors’ Luncheon held in November 2009 at the Torrington Country Club. The event, sponsored by the Hickory Stick Bookshop, raised $8,000 in support of Susan B. Anthony Project programs and services.

The Kitchen

THE HEART OF THE HOME

Twenty years ago, Susan B. Anthony Project purchased a four-family house in Torrington and opened Sojourner Truth Transitional House. Since that time more than 60 families have lived there as they began to rebuild their lives that had been shattered by domestic violence.

When SBAP bought the building, the kitchens were in desperate need of updating, but there wasn't enough money to do the upgrading. Now twenty years later, thanks to the contributions of some very generous people, the kitchens have all been renovated. Each one is attractive, durable, and provides a warm place for a family to gather.

The driving force behind the renovation project was Cathy Oneglia, SBAP Board member. Cathy heard about the need and offered O&G Industries to be the project’s general contractor. Gail Olsen of Ducci Kitchens designed the kitchens, and several local companies donated work. Cathy also led the fundraising efforts and was successful in raising funds dedicated to this project.

Thank you to these generous donors.

Martha & Robert Bernstein
Michele & Tom Bouchard
Mae Casali Bonvicini
  Charitable Foundation
Barry Cone’s Heating & Air Conditioning, Inc.
Sandy & David Dolinsky
Ducci Kitchens – Gail & Charles Olsen
Earthproducts Showcase – Kara Oneglia & Bob Oneglia
Susan & Dick Ebersol
Louisa Oneglia
Carol & Ray Gibney
Lori & Joseph Greco
Emily Dalton & Matt Karpas
Lowe’s Home Centers, Inc.
Jane McMahon & Steven Zaleta
Betty & Ken Merz
Gina Mortara
O & G Industries, Inc.
Cathy & Greg Oneglia
Wendy & Fred Parkin
Cynthia & Stuart Rabinowitz
Rosemary Ripley
Mary Risley
Dale & Quentin Ryan
Saint Anthony of Padua Church
Torrington Rotary Club
Turri, Inc. – Heather & Ray Turri
Weigold Floor Covering – Richard Weigold

SPRING 2010
2009 Holiday Donors for Adopt a Family

A Healing Trail & Francis Tartaglino
Advanced Therapy Associates
Joan Altschuler
Judi Armstrong
Bakerville School
Lisa Bankoff
Martha Bernstein
Beth El Synagogue Religious School & Hadassah
Michele Bouchard
Brass City Cyclers
Burns, Brooks & McNeil
Marylyn Castellano
Center Congregational Church
David & Suzanne Charello
Church of Jesus Christ of Latter Day Saints
Marcia Cianciolo
Barbara Cowan
Victoria Cowan
Janice Crovo
Brian & Jennifer Cuddeback
Janice Cyr
Patience Deacon
Diane Domonell
Delta Kappa Gamma Tau
Julie DeMichiel
Mary Donaldson
Alisha & Brian Donovan
Doris Duvall
Josie English
Mary English
Litchfield County Medical Assistants
Litchfield Hills Family Dental
Regina Lynch
Ellen Mandell
Marvelwood School
Donna Marvin
Lynne Nathan
Lauralee McKiernan
Mary McVerry
Meaney Family
Angela Monaco
Congressman Chris Murphy, New Britain Office Staff
Naugatuck Savings Bank
Ann O’Reilly & Alan Murphy
Sharon Ober
Olmstead-Bruno Family
Katherine Oneglia
Anna Orbin
Phyllis Peters
Mary Jean Piorowkowski
Gloria Riberdy
Judy Rifken
Carol Robbin
Adelaide C. Roberts
Rona Rosenkranz
Saint Anthony of Padua, Litchfield
Saint Francis of Assisi, Torrington
Ralph & Sandra Sandemeyer
Sathya Sai Baba Organization
Elaine Savarese
Evie Simons
Martha Soliday
Sons of Italy Concordia Lodge #20
Edith Szabo
Joann Thiede
Torrington Water Company
Torrington Women’s Club
UCONN Torrington
Amelia Vazquez
Verizon Wireless, Torrington & Meriden
Victoria’s Secret, Southbury
Nancy Wadhams
Anna Walton
Eva & Heros Wegscheider
Myra Weinbaum

Jeanne Fusco, SBAP Associate Director with Scott Roberts and Barb Porlides from Fuel Cell Energy delivering holiday gifts for clients.

Rebecca Perreault collected items for SBAP clients as a Mitzvah Project, part of her Bat Mitzvah.
Volunteers do amazing things for SBAP

Interested in Volunteering?
SBAP NEEDS YOUR HELP!

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

Direct Service Volunteer — a 40 hour training program prepares you to:
~ Answer the crisis hotline
~ Co-facilitate a support group
~ Help with school presentations

Special Event, Programs & Fundraising
~ Sell holiday wreaths
~ Help with special events
~ Help with mailings

General Volunteer
~ Childcare for evening support groups
~ Bilingual volunteer
~ Receptionist

For more information, go to www.sbaproject.org and click on volunteer opportunity link or call volunteer coordinator at (860) 489-3798.

Wreath Sellers & Helpers

Alcoa Howmet, Amanda Parziale
Greg Bachmann
Claudette Baril
Marge Beary
Bob Berson
Scott Blackmon
Ann & Tom Bott
Susan Carroll
Manny Clark
Janice Crovo
Gene Daponte
Patience Deacon
Helen Donaher
Louis Donne
Saun Ellis
First Congregation Church,
Canton Center, Sara Legeyt
Forman School
Jerry Gault
Harwinton Women’s Club,
Sally Johnson
Suzanne Hinman
Janet Hooper
Lisa & Jake Horne
Carissa Keepin
Debra Sue Klingerman
Kirsten Knutson
Litchfield Congregational
Church, Aletha Abbott,
Mickey Pratt & Shirley LaPrise
Eileen Litwin
Beth McCabe
Tracy McKeon
Bobbie Miller
Jackie & Phil Miller
Maureen Murphy
Jessica Nardine
New Preston Congregational
Church, Clarinda Deitz
Northwest Community
College, Sharon Gusky
Susan Payne
MaryAnn Poinelli
Barbara Putnam
Scott Ragaglia
Turi Rostad
Marilyn Roze
Diana Savory
Julith Sink
Marlene & Chris Smith
St. Bridget Church,
Louise Riley
Thomaston High School,
Carol Wright
Elena Twombly
Winsted & New Hartford
American Legion Baseball
Team, Ed Macia
Sally Woodroofe

Liana Swarz-Burt with pumpkins she made and sold as a fundraiser for SBAP. Liana raised $75 to purchase new toys for children in the shelter.
Building for the Future

SBAP ENDOWMENT GROWS

Susan B. Anthony Project was awarded a $14,827 matching grant from the Edwards Community Endowment Project at The Community Foundation of Northwest Connecticut. We are grateful to our generous donors who contributed over $44,000 and to The Community Foundation of Northwest Connecticut for the matching grant. To make a gift contact Nancy Rogers, Director of Development, at 860-489-3798 or nrogers@sbaproject.org

recent grants

Susan B. Anthony Project is proud to announce the following grants:

AKC Fund, Inc. — $10,000 for shelter, counseling and advocacy
American Savings Foundation — $25,000 for shelter, counseling and advocacy
Anthem Blue Cross Blue Shield of CT — $2,500 for shelter, counseling and advocacy
Apple Lane Foundation — $1,500 for program support
Bank of America Foundation — $7,500 for shelter, counseling and advocacy
Betty & Leo Balzereit Foundation — $2,000 for client services
BLN, (Burns Brooks & McNeil, Litchfield Bancorp & Northwest Community Bank annual golf fundraiser) — $7,250 for program support
Diebold Foundation — $20,000 for program support
Dymax Corporation — $3,100 for program support
Foundation Jewish Communities of Western CT, Inc. — $3,000 for Rebuilding Lives program
Grace Jones Richardson Trust — $1,000 for program support
HCC Global Financial Products — $2,000 for program support
Hedge Funds Care, Inc. — $20,000 for Safe Touch puppet shows
Lena Benas Memorial Fund, Bank of America, Trustee — $12,000 for shelter, counseling and advocacy
Lilac Foundation — $5,000 for client emergency assistance and shelter program
M. & H. Sommer Foundation — $1,000 for program support
Macy’s Foundation — $3,500 for shelter, counseling and advocacy
Mary Kay Ash Charitable Foundation — $10,000 Rebuilding Lives and Client Assistance Program
Maximilian E. Marion O. Hoffman Foundation, Inc. — $10,000 Rebuilding Lives and Client Assistance Program
Michael Bolton Charities — $10,000 for client emergency assistance
Olga Sipolin Children’s Fund, Bank of America, Trustee — $2,000 for shelter, counseling and advocacy
Rene Bloch Foundation — $1,500 for program support
Target — $4,500 for shelter, counseling and advocacy
The Community Foundation of Northwest Connecticut, Women’s & Girl’s Fund — $6,000 for Rebuilding Lives – Empowering Women
Thomaston Savings Bank Foundation — $2,000 for crisis line, counseling and shelter
TJX Foundation — $10,000 for shelter & crisis services
Verizon Foundation — $5,000 for Rebuilding Lives and Empowerment Programs
Verizon Wireless HopeLine — $2,000 for program support
Wal-Mart Foundation — $1,000 for program support
Webster Bank — $9,500 for client emergency assistance

Wish List

Questions about an item listed, please call 860-489-3798 and ask for Cindy. Or, visit our web page for more details www.sbaproject.org

OUR CLIENTS’ MOST PRESSING NEEDS
Gas gift cards
Grocery store gift cards
Clothing store gift cards
Phone cards

CASH DONATIONS
For client assistance

NEW BEDDING
Twin, double & crib

PERSONAL HYGIENE
Items for women & babies

SHELTER SUPPLIES
Cleaning
Kitchen supplies

MISCELLANEOUS
Backpacks
Umbrellas
Wii Games
Flashlights & Batteries, all sizes
Sports Bras, all sizes
New sweatpants & t-shirts for women & children, all sizes
New underwear & socks for women & children, all sizes
Craft Supplies (beading & jewelry making)

Susan B. Anthony Project Welcomes New Board Members

Board of Directors members
Michele Bouchard, community volunteer, Litchfield, CT
Emily Dalton, co-founder Jack Black LLC, Litchfield, CT

Advisory Board members
Ann Bott, community volunteer, Harwinton, CT
Gail Olsen, owner Ducci Kitchens, Torrington, CT
Susan B. Anthony Project receives over 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:** Make a secure gift online at www.sbaproject.org
- **Appreciated Securities:** A gift of appreciated securities can provide considerable tax benefits
- **Gifts to Susan B. Anthony Project Endowment Fund:** Income from this fund provides program support
- **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 Nancy Rogers, Director of Development, at 860-489-3798 or nrogers@sbaproject.org.

Susan B. Anthony Project is a 501(c)(3) nonprofit organization.
Give the ideal gift this Mother's Day

HONOR HER WITH A CONTRIBUTION TO SUSAN B. ANTHONY PROJECT

Mother's Day is May 9th. Show the inspiring women in your life — mothers, grandmothers, or daughters — how special they are with a priceless gift to Susan B. Anthony Project.

With a donation in any amount, the honoree will receive a gorgeous mother's day card inscribed with an inspirational quote and your personal message. The card will be sent to arrive just in time for Mother's Day!

Visit sbaproject.org to make your gift online, or complete the form at right and mail it, along with your contribution, to:

Susan B. Anthony Project
179 Water Street
Torrington, CT 06790

Mother's Day Contribution Recognition

Your Name: ___________________________________________  

Your Address: _________________________________________  

City: ________________________ State: ____________ Zip _________  

Phone Number: __________________________ Email: ________________________  

I would like to make a donation to Susan B. Anthony Project in honor of the following individual for Mother's Day. Please attach information on additional recipients.

Recipient's Name: _______________________________________  

Recipient's Address: _______________________________________

City: ________________________ State: ____________ Zip _________  

Your personal message: ____________________________________________  

_________________________________________________________________  

_________________________________________________________________