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COMMUNITY BASED SERVICES A MODERN DEPARTMENT FOR MODERN TIMES!

NFHC has a long and proud history of serving northern Arizona. Many people know that we shelter women and children in crisis. But did you know that we are also dedicated to preventing violence? The newly created Department of Community Based Services brings together a team devoted to education, advocacy, and outreach within the community.

The Department includes the Community Education Program, Legal Advocacy, Runaway/Homeless Youth Outreach, and the Coordinator of the Coconino Community Response Team to Domestic Violence and Sexual Assault. The programs offer a variety of services to the public aimed at both the prevention of interpersonal violence and support after violence. Myra Ferrell-Womochil, NFHC's long-time Legal Advocate, is the new department's Director and she can be reached at (928) 233-4315 or mferell@northlandfamily.org.



Part of the new Department: Beya Thayer, CCRT Coordinator

Administration: (928) 774-4503
Women's Shelter: (928) 527-1900
Youth Shelter: (928) 527-1800
24-Hour Crisis Line: 1-877-NFHC-SAFE

You are receiving this newsletter because at some point in time you have been connected to Northland Family Help Center. It is important to us to keep you informed of our progress, provide you with regular updates, and maintain your awareness of issues related to domestic violence and child abuse. If you wish to be removed from our mailing list, please send an e-mail to nfhc@northlandfamily.org or call 928-774-4503.

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NFHC NEWS



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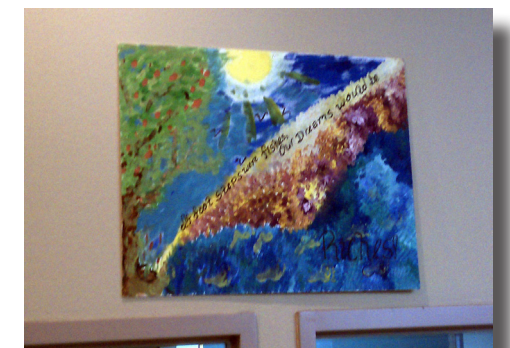


STORIES OF HEALING

Throughout the summer and autumn months, we see many different families come through our Women's Shelter. Recently, Marty* and her three children came into shelter fleeing emotional and physical abuse. Marty was pregnant and working hard to complete her

summer semester in school. During their stay, Marty and her children began counseling and the Shelter Family Specialist worked with the family to create childcare options while Marty continued her studies. With the help of our Case Manager, the family found permanent housing and transitioned out of shelter. An anonymous community member bonded with the family and was able to give them beds, tables, couches, chairs, bedding, school supplies, baby supplies, and much more. Shortly after moving into their new home, Marty gave birth to a beautiful baby with the anonymous community member, now a family friend, at her side. The staff of the Women's Shelter visited Marty and her new baby in the hospital with gifts and well-wishes. We are all so happy for Marty and her children and wish them continued success!

* Not her real name.



These beautiful pieces of art were created by Women's Shelter residents. They are currently on display in the shelter and continue to inspire and bring joy to those who see them.

NFHC News

Follow us on Facebook!

facebook

Name:
Northland Family Help Center



<http://www.northlandfamily.org>

Leadership Team

Executive Director:
Sonja Burkhalter

Clinical Director:
Marcel Duclos

Human Resources Director:
Nancy Lochmann

Community Based Services Director:
Myra Ferrell-Womochil

Finance Coordinator:
Leah Meredith

Women's Shelter Manager:
Erin Callinan

Open Inn, Inc Program Director:
Shawn Pendergast

Youth Shelter Site Manager:
Kathy Hite

NFHC News

HELPING OUT FOR THE HOLIDAYS!

At NFHC, our goal is to help families through rough times. As part of our mission, we choose to provide gifts and support to help rebuild families in crisis during the holidays.

We can't do it without you.

Please consider making a donation this holiday season.

HOLIDAY WISH LIST



PERSONAL GIFTS:

Gift Cards
Colored paper
Office chairs with rollers
Gifts for adult women
Gifts for teenage boys and girls
Non-perishable food items
Craft supplies (sewing, beading, art, etc)
Journals
DVDs rated G and PG
Wii video games (non-violent) rated eC and E.

AGENCY GIFTS:

Paper Shredder
Easy care plant
Dining table chairs
Office chairs (with rollers)

PLUS! Creative ways to help!

Host a drive! (Food, underwear, clothes, books and other supplies!)

Adopt-A-Family

Visit our website or call Allie Morgan at (928) 233-4300 for more information!

MEET THE STAFF

MARCEL AND DEBBO DUCLOS

Marcel Duclos was born in the French speaking community of Manchester, New Hampshire in 1939. He and his family lived all over New England and Marcel spent large portions of his early education in the principal's office reading history encyclopedias. Marcel majored in philosophy for his undergraduate studies in Massachusetts. After completing theological studies, he was ordained as a Catholic priest. He



later became a professor at the New Hampshire Technical Institute, eventually becoming a pioneer in mental health treatment and substance abuse counseling. Marcel also had a full time psychotherapy practice for many years, consulted with Child Protective Services, and taught in Germany, the Netherlands and Brazil. Marcel and Debbo moved to Arizona and Marcel joined Northland Family Help Center as the Clinical Director in July 2008. Marcel has brought cutting edge approaches to better assist families. In his spare time, Marcel is working on translating a French psychotherapy text book into English, writes poetry and rides his motorcycle. Debbo, our nurse consultant, has been helping staff and residents with diabetes management and healthy living. She also regularly spoils NFHC's staff with homemade treats and has created a beautiful serenity garden in the back yard for the residents to enjoy. In addition to all her other skills, Debbo is a Reiki master and a craniosacral therapist.

We are grateful and honored to have the Duclos family as part of NFHC!

Exciting Donations This Quarter



Executive Director Sonja Burkhalter receiving a donation from Masonic Charities.

Northland Family Help Center has been honored with several large donations this quarter. We want to say a special thank you to the Pinewood Niners, Continental Country Club Women's Golf Association, Masonic Charities, Pasto Downtown, and Soroptimists International of Flagstaff.

DON'T FORGET!!

Make sure to take advantage of Arizona's Charitable Tax Credit before the end of the year! If you're filing singly, you can get a dollar for dollar tax credit up to \$200. Couples filing jointly can get a credit up to \$400. Support Northland's programs and services! Visit <http://www.azdor.gov/About/FAQs/CharitableTaxCredit.aspx> for more information or talk to your tax professional.



THANK YOU, SUPPORTERS!

FRIENDS OF NFHC:

Pamela & Hanna Schoentgen
Karen & Maury Herman
Continental Co Club Women's Gold Assoc
Bruce & Virginia Blankenship
Stephen & Joan Smith
John Wettaw
Pinewood Niners
Marcel & Debbo Duclos
Jody Rypkema
Paul & Brenda Silveus
Masonic Charities of Arizona
Soroptimists International of Flagstaff
Pasto Downtown

DONORS OF NFHC

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Karen Bannon
Dr. Nicholas Koshuta
Kathy Hite
Melissa Dohse
Joy Crozer
Jimmie Nunn
Deanna Arend
Lucille Welch

It is wrong not to give a hand to the fallen. This right is common to the whole human race.
~~ Seneca the Elder

Providing shelter, advocacy, counseling and education since 1978.

NFHC News