

Goings On: NFHC Around the Town



NFHC has just purchased a new 12 passenger van to help us provide client transportation! Thanks to Alan Chan and the rest of the kind folks at Babbitt Ford for helping us find the best deal on a wonderful vehicle.

Soroptimist International of Flagstaff brought their painting and decorating skills to NFHC to re-do a room in the Women's Shelter. The changes were perfect, giving the room a wonderful home-like feel that the residents are already enjoying. Thank you!



NFHC, Soroptimists International of Mountain Morning, and T.R.I.B.E. (Tackling Real Issues through Bold Empowerment) Girls' Circle hosted a Day of Empowerment for young women. The young women were joined by adult female mentors and all the women enjoyed a thought provoking day of sisterhood and positivity.

To the people who make NFHC possible: Thank you!

Friends of NFHC:

Jeff Karl Jewelers Brian and Ninon Wilson Millie Hollandbeck Wells Fargo
Jody Rypkema Soroptimist International of Flagstaff Soroptimist International of Mountain Morning

Donors of NFHC:

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Did You Know? Sexual Assault Victims Are:

- 3 times more likely to suffer from depression.
- 6 times more likely to suffer from post-traumatic stress disorder.
- 13 times more likely to abuse alcohol.
- 26 times more likely to abuse drugs.
- 4 times more likely to contemplate suicide.

- World Health Organization, 2002



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Dear friends and family,

We are all acutely aware of the economic downturn and I'm sure it weighs on you like it weighs on all of us. However, I want to take this opportunity to assure our supporters that we at Northland Family Help Center are committed to our work as a shelter and advocacy organization.

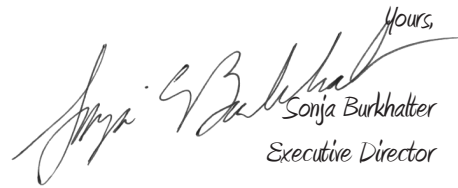
There's no question that the poor economy has affected our finances. Most of our funding comes from state and federal grants and while those funding amounts are likely to decrease in the upcoming year, NFHC has long been fiscally cautious. We know it is more important than ever to be frugal, prudent, and good stewards of your support. We are in a strong position to weather this storm and we will continue to offer all our services for the foreseeable future. We aren't going anywhere!

We wish all people affected by the current economy the best and ask that you all continue to support us and our brothers and sisters in the non-profit world. Thank you for all the support and love you have already shown us in our 33 years of service.



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.


Sonja Burkhalter
Executive Director

Northland Family Help Center



2532 N. 4th St., #506
Flagstaff, AZ 86004

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NFHC NEWS

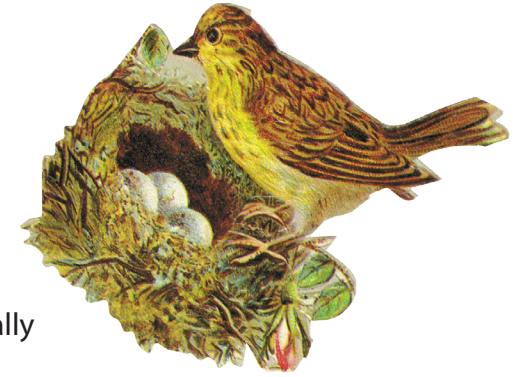


Northland Family Help Center

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Stories of Healing Celia's Journey



Celia came to the Women's Shelter after fleeing a severely abusive husband in Tucson. She had many challenges to overcome, including fibromyalgia that caused extreme pain and recovering from an addiction to painkillers originally prescribed for her fibromyalgia. While taking the time to heal emotionally, Celia also found the strength to seek medical help through NFHC's free services and partnerships. Celia met with a Naturopathic doctor and a volunteer Reiki master to work on a treatment plan for her fibromyalgia that did not involve painkillers or any pharmaceuticals.

This ultimately set Celia free of pain and completely changed her life! Once her pain disappeared, Celia was able to seek support from NFHC's staff and counseling services and was able to process her history of being abused in a way that felt safe and supportive. Celia stayed in shelter for four months and during that time, she used the help of the Legal Advocate to file for divorce, became a preschool volunteer, and secured permanent housing and full time employment. Celia reported that her time in the Women's Shelter helped her feel "alive again."

Celia's story is one of true perseverance and success!

NFHC's Annual Board Retreat



NFHC's Board of Directors and Leadership Team met in January to discuss all the accomplishments made in 2010 and set goals for this year. We are all very excited about our plans for the upcoming years and look forward to serving northern Arizona for a long time!

Agency Wishlist

- Non perishable, unexpired food
- Feminine hygiene products
- Journals
- New underwear, socks, and bras
- Hair dye
- Full size shampoos, conditioners and lotions
- Rolling office chairs

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NFHC News

Summer Support!

Summer is coming! Soon the school year will be over and the shelters will be teeming with children and youth looking for ways to enjoy the summer. We all know that northern Arizona is one of the most beautiful places in the world. Please help give our clients an opportunity to enjoy everything Flagstaff has to offer.

- National Park and Red Rocks passes
- Activity passes to local events and exhibits.
- Journals for youths
- Art supplies
- Sidewalk chalk

Meet the Staff: Brandon Rawls

Brandon Rawls has been part of Northland Family Help Center since August 2006. He is an Outreach Specialist who speaks with youth on the street, organizes events for youth, and facilitates art and music workshops to attract potentially runaway and/or homeless and at-risk youth. During these events, Brandon passes out resource information, hygiene packs, and snacks to youths in need. He is also a part-time Behavioral Health Worker in the Youth Shelter and leads Group Recreation and Drug Abuse Prevention.

Shelter and leads Group Recreation and Drug Abuse Prevention.

Brandon earned his Bachelor's Degree in Visual Communication from Northern Arizona University and has lived in Flagstaff since 1992 with his wife and two sons. He was awarded the 2010 Coconino Coalition for Children and Youth-Caring for Children Award for his work with community youth. When he's not busy helping Flagstaff's children, he enjoys being outdoors by hiking and biking throughout northern Arizona, various art forms, and playing music.



Thank you, Brandon, for your hard work and dedication to youths in need!

Go Green!

Do you want to go paperless, but simply can't stand missing the NFHC Newsletter? Now our newsletter is available via email!

SIGN UP TODAY!

Email Allie at amorgan@northlandfamily.org or call (928) 233-4300!



Giving Thanks

NFHC facilitates the Adopt-a-Family campaign each year during the holidays, but the true heroes of the holidays are the people who give to strangers simply to spread joy. Here are some thanks from Adopted Families:

On behalf of my family, I wanted to take a minute to express my sincere gratitude to you and your family for your kindness and generosity. Your willingness to donate to our family not only made our holiday brighter, it was also inspiring to see that people still care. That truly touched my heart, particularly since you did this without even knowing us. It was really uplifting and brought joy during an otherwise not-so-great Christmas!
- Mom of 3

Hello, I just wanted to write and say thank you so much for your generous gift you gave me. The fact that you didn't even know me shows how great you truly are. I wish you luck and happiness in whatever you do.

Thanks again - 16 year old boy

Many thanks to you and your donors for the lovely Christmas gifts. I am enjoying all my gifts and of course, the sweet goodies and snacks were welcome, too! I appreciate the services I have received there too. End the silence on domestic violence!

- Grandmother, aged 70

April was Sexual Assault Awareness Month

Clothesline Project/Youthfest

NFHC displayed t-shirt decorated by survivors of interpersonal violence. The dramatic images were full of heartache and strength. Following this display, the youth took Heritage Square over for a celebration of the spirit and resiliency in young people.



Take Back the Night

Marchers met at Heritage Square to show solidarity for sexual assault survivors. Mayor Sarah Pressler spoke about the importance of creating a safe community. NFHC also presented awards to Alexander Anderson, Melissa Freshour, and Diedra Silbert for their dedication to sexual assault prevention and care.

Youthfest was held in recognition of Child Abuse Prevention Month, also in April. Local youth performed music, dances, and exhibited artwork. Other organization that assist youths also participated.



Leadership Team

Executive Director:
Sonja Burkhalter

Clinical Director:
Marcel Duclos

Human Resources Director:
Nancy Lochmann

Finance Coordinator:
Leah Meredith

Women's Shelter Manager:
Erin Callinan

Youth Shelter Site Manager:
Shawn Neice-Pendergast

Youth Shelter Case Manager:
Vivian Mann
NFHC News