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October 16th - Walk For A Change

Northland Family Help Center and BothHands Inc. are teaming up to present this exciting fundraising event. The walk will start from Wheeler Park from 8:30 to 11:00 a.m. (Your start time is up to you), and walkers will have a choice of walking routes of either one mile or three miles. Refreshments will be provided, and as part of \$35 registration fee, walkers will receive a commemorative t-shirt--wear it around town the day of the walk to receive discounts with local merchants!

Register your dog for Paws for a Change, and your furry friend will receive a doggy bandana for no extra cost.

Can't make it to the walk? Don't want to get up early? Sign up for Sleep In for a Change to show your support wherever you are! Sleepers also get a t-shirt as well as an "I'm Sleeping in for a Change" Do Not Disturb door hanger.

To register, find a team or to make a donation, please visit this link: <http://bit.ly/walkforchange>



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.

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

Northland Family Help Center

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



Proudly associated with



NFHC NEWS



Northland Family Help Center

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Clothesline Project, YouthFest Draw Crowds



In recognition of National Sexual Assault Awareness Month and National Child Abuse Prevention Month, NFHC presented The Clothesline Project on April 30th. The colorful display of t-shirts created a reminder of how violence and abuse has affected women and children in our community. Tables were set up offering information and resources for those passing by, as well as paints and blank t-shirts if they chose to make a shirt of their own and share how violence and abuse has impacted their life. The Clothesline Project will continue to serve as an important symbol of awareness so that the Flagstaff community can come together and speak out against domestic violence.



On the evening of April 30th Heritage Square was transformed with performers and community members for Youthfest 2010. This evening included talented youth musicians, dance, performance art, teen focus groups, and interactive workshops. NFHC staff pitched in to volunteer wherever needed, all in celebration of our community's valued youth and to raise awareness about Runaway/Homeless Youth. Youthfest was an evening of hopeful inspiration and a rousing success.

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 2532 N. 4th St., #506
 Flagstaff, AZ 86004
 Phone: 928.774.4503
 Fax: 928.774.5809
www.northlandfamily.org

Agency Wish List:

- Free passes for recreation activities
- Non-perishable food items
- School Supplies
- Digital video recorder

Northland Helps To Take Back the Night

On April 7th more than 120 people participated in the 2010 "Take Back the Night" event. Two groups of supporters marched from Flagstaff Medical Center and NAU to Heritage Square in downtown Flagstaff, chanting and carrying signs of support for victims of sexual assault. The Women's Shelter staff and residents contributed signs that spoke words of strength and independence. Mayor Sara Pressler addressed the rally at Heritage Square, reading a proclamation that recognized April as Sexual Assault Awareness month. Coconino County Attorney David Rozema gave awards to Loretta Posey, a victim advocate from Tuba City Social Services, and Pam Turner, a Sexual Assault Nurse Examiner for NACASA. The beating of drums and the words of poets added to an evening of awareness and empowerment.



Exciting Donations This Quarter



During YouthFest 2010 on April 30th, Executive Director Sonja Burkhalter was presented with a donation of \$10,000.00 from Wells Fargo. This gracious donation will help to support our many programs. As befitting a large donation, a "big check" was given to NFHC. Sonja Burkhalter and community youth are pictured with the award.

Mother's Day Fundraising



The beginning of May saw the mailing of our Mother's Day fundraising letters. The colorful floral-themed letters were sent out to 2,200 friends of NFHC. Included in the letter was the healing story of a mother and former NFHC client. The generosity of our friends resulted in over \$3,000 in donations. We thank each and every one of you for helping us to write more success stories in the future.

Community Education and Outreach Center

Recently, NFHC opened a second office, the Community Education and Outreach Center. As the name indicates, this space is the home of our Community Education and Youth Outreach Departments. The staff of seven is comprised of both NFHC and Open-Inn employees. In addition to serving as the work spaces for these two departments, clothes and survival packages for runaway and homeless youth are stored there. The shared space allows for better communication and collaboration between the two groups, and helps to enhance the services that NFHC provides to the community.

Yoga For Northland

The Northern Arizona Yoga Center partnered with NFHC for the "Summer Solstice Charity Yoga Event" the weekend of June 19th and 20th. Dozens of people attended to celebrate the longest day of the year and give to NFHC. By bringing a monetary or item donation for Northland, participants were able to attend free yoga classes. NFHC Executive Director Sonja Burkhalter was in attendance to explain Northland's mission and to accept donations. This proved to be a fun and holistic way to support Northland, and the Flagstaff community responded with typical generosity. Thank you to Northern Arizona Yoga Center for choosing to support us with their charity event.



"Great work is done by people who are not afraid to be great."
- Fernando Flores

The beautiful wooden benches at the front entry of HALO House and in the Women's Shelter yard were the result of a project by C.J. White, a local youth who built them as a part of the community service component of his Eagle Scout program. The curved seat design that makes the pieces unique occurred to C.J. as he brainstormed ways to make the benches "look different than any other ones out there." Over the course of two weekends, the benches were completed and now offer residents and staff attractive places to sit and take a break. Thank you C.J. for all of your hard work!



We give our sincere thanks to the Hooks and Needles Club of the Senior Activity Center in Fountain Hills! On June 2nd members of the club presented NFHC with a donation of over 200 items that they had knitted. Colorful blankets, scarves, hats, sweaters, and vests were among the wealth of items created especially for NFHC. The patterns are intricate and the colors stunning. These warm knitted items will serve our residents well in the cold Northern Arizona winters.



October Domestic Violence Awareness Events:

- Walk-A For A Change (October 16)
- Purple Ribbon Campaign
- Traveling Monologues (November 5th)
- Traveling Clothesline
- BARS Campaign
- Faith Based Outreach

"From what we get, we can make a living; what we give, however, makes a life". -Arthur Asafie

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: Katby-Hite