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Dear Friends and Supporters,

Another holiday season has passed and once again I am overwhelmed by the generosity of our friends and neighbors. I cannot count the number of times I have been brought to tears by the kindness shown to our residents. This year I saw young children donating beloved teddy bears and families choosing to buy gifts for women and children in crisis instead of for each other.

I cannot thank you enough for the depth of your support. On behalf of the staff and residents at Northland Family Help Center, thank you for making the holidays as joyous and beautiful as they could possibly be! May the New Year bring peace and prosperity to all!

Yours,



Sonja Burkhalter
Executive Director

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.



Northland Family Help Center



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Flagstaff, AZ 86004

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Northland Family Help Center

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Walk For a Change A HUGE Success!

Another exciting annual event has been added to Flagstaff's already busy calendar. The 1st Annual Walk for a Change was a great success this October. Bothands (parent organization of Sharon Manor) invited NFHC to join them raising funds and domestic violence awareness with a walk downtown. Over 150 participants enjoyed a 1-mile or 3-mile route and many walkers brought along their canine companions.

All participants received a long-sleeved purple t-shirt to wear for the walk and it was wonderful to see people in purple all over downtown Flagstaff. Local merchants also offered discounts to anyone wearing a Walk t-shirt that day.

Many other people saw our event and expressed interest in participating next year! We raised nearly \$8,000 for domestic violence victims and we are already looking forward to and planning for next year. A special thanks goes out to the Arizona Daily Sun, Aspey Watkins and Diesel Attorneys At Law, and Vora Financial Group.



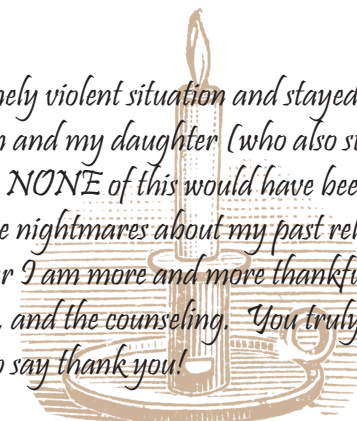
Director of Community Based Services and Legal Advocate Myra Ferrell-Womochil, husband David, and son Ezra joined over 150 other walkers!

Stories of Healing

Few things touch our hearts as much as knowing that our former clients are happy and successful but once a family leaves shelter, we often don't see or hear from them again. Sometimes we get notes like these that remind us how important our work is:

To all involved -

13 years ago I left an extremely violent situation and stayed at NFHC. Today I am re-married to a wonderful man and my daughter (who also stayed with me at NFHC) is in a healthy marriage as well. NONE of this would have been possible without you. Every year around this time I have nightmares about my past relationship and the events that led us to leaving. Yet every year I am more and more thankful for the care you provided - the shelter, the hospical services, and the counseling. You truly saved my life and I will always be grateful. I just wanted to say thank you!



~ Amara

The Holidays 2010: One treat after another!

Once again this year, the holidays at NFHC were a great success. The Munds Park Community Church provided a generous donation that fed our residents on Thanksgiving Day. For Christmas, all of our families were adopted and received an abundance of gifts. Additional gifts were set aside and the children were able to pick out gifts to give their mothers. This helps teach the joy of giving from a young age. Residents also got to attend the Nutcracker Suite courtesy of Aspey, Watkins, and Diesel. A local photographer, Jen Ross of Set Apart Photography, took family photos of our residents, many of whom had never had professional photos taken. On Christmas Day, residents were treated to a delicious Christmas meal prepared by NFHC's staff. Thanks to all those who made the holidays such a joyous occasion.



L-R: Vivian Mann (Youth Shelter Case Manager), Shawn Neice-Pendergast (Youth Shelter Site Coordinator), Jen Ross from Set Apart Photography, and Erin Callinan (HALO House Manager)



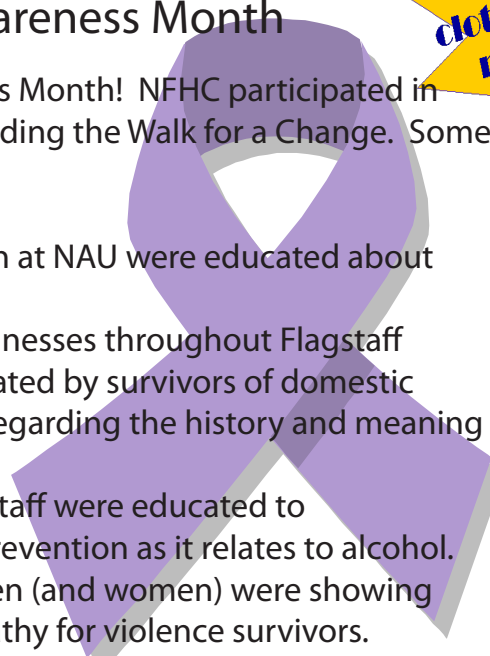
Rob Guerro from AORN dropping off Adopt a Family gifts to Denise Henderson, a counselor at NFHC.

A Special Thanks goes out to Goodwill, Association of periOperative Registered Nurses of Northern Arizona, Walgreens Distribution, WL Gore Kiltie Lane, Pier 1 Imports, Bath and Body Works, Set Apart Photography, and all our friends and neighbors!

October: Domestic Violence Awareness Month

October is Domestic Violence Awareness Month! NFHC participated in dozens of activities throughout the month including the Walk for a Change. Some of the other activities include:

- Sex-Fest: Approximately 1,600 freshman at NAU were educated about violence prevention and safe sex.
- Traveling Clothesline: Participating businesses throughout Flagstaff displayed clotheslines with shirts decorated by survivors of domestic violence accompanied by information regarding the history and meaning of the clothesline.
- BARS Campaign: Bars throughout Flagstaff were educated to participate actively in sexual violence prevention as it relates to alcohol.
- In Her Shoes, Men Walk in solidarity: Men (and women) were showing their support through a display of empathy for violence survivors.



**Please note:
Friends who give "in-kind"
donations (example:
clothes, supplies, etc) will
now get a THANK YOU
postcard!**

Meet the Staff

Erin Callinan, Women's Shelter Manager



Erin Callinan is our Women's Shelter Manager and has become a strong leader for our clients and staff. She achieved a BA in Education from the University of Arizona and returned to Flagstaff after graduation to work at the Center for Creative Change in May 2008. In October of that year, Erin joined NFHC as a Behavioral Health Worker. Less than a year later, Erin was promoted to the Shelter Manager position.

Erin loves working with survivors and says that it helps her "appreciate the simple delights that decorate the soul." Her commitment to helping victims of violence is shown through her community involvement. She is a member of the Child Abuse Prevention Committee of the Coconino Coalition for Children and Youth, the Coordinated Community Response Team that responds to the needs of domestic violence and sexual assault victims, and the Northern Arizona Citizen Review Panel which assess CPS cases and makes recommendations.

With so much to do, Erin doesn't have much free time. When she does, she loves reading books, camping, jewelry making, painting, watching sports, and enjoying time with her loved ones.

Thanks Erin, for all your hard work and the wonderful example you are!

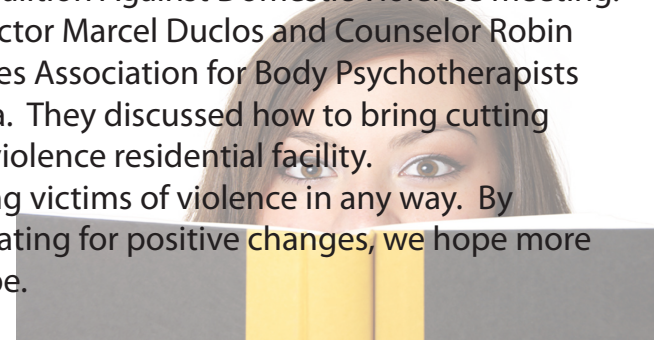
NFHC Leading the Fight Against Violence Locally, Statewide, and Nationally

At Northland Family Help Center, we take great pride in being a leader in the fight against interpersonal violence. Our counseling department works with survivors of violence to heal the mind, body, and spirit. Trauma can cause long lasting pain, but we offer help from a team of experienced counselors and staff.

Several of our staff attended the National Sexual Assault Conference in California this September. Additionally, representatives of NFHC also gave a presentation about bringing the most effective methods to domestic violence shelters at the Arizona Coalition Against Domestic Violence meeting.

In October, our Clinical Director Marcel Duclos and Counselor Robin Craig presented at the United States Association for Body Psychotherapists conference in the Los Angeles area. They discussed how to bring cutting edge techniques into a domestic violence residential facility.

NFHC is dedicated to helping victims of violence in any way. By teaching new methods and advocating for positive changes, we hope more survivors can find healing and hope.



**Find us on
Facebook!**
www.facebook.com/northlandfamily

Leadership Team

Executive Director:
Sonja Burkhalter

Clinical Director:
Marcel Duclos

Human Resources Director:
Nancy Lochmann

Community Based Services Director:
Myra Ferell-Womochil

Finance Coordinator:
Leah Meredith

Women's Shelter Manager:
Erin Callinan

Open Inn, Inc Program Director:
Shawn Pendergast

Youth Shelter Site Manager:
Vivian Mann