



# Community Crisis Center Crisis Line 847-697-2380

*Serving the Community since 1975*

September 2017

We provide Safety, Hope, Advocacy, Respite and Education for those impacted by crisis and violence in the Fox Valley Region and Illinois.

## YOU ARE INVITED! Community Crisis Center Open House

### October 29, 2017 from 1-4 pm

We have made some BIG improvements at the Crisis Center and you are invited to come see them. The Open House includes the official unveiling of our mural painted in our entrance that celebrates our 40<sup>th</sup> anniversary of providing respite to those in need here in Northern Kane County. Elgin artist, Tracey Padron, was commissioned by the Crisis Center to paint a mural depicting both past and present day events at the Crisis Center; the project was funded by a private donor.



As you enter the facility you will see folks at the end of their rope who are climbing the stairs where they are greeted by a group of Founding Mothers. Above the elevator doors are prominent funders and our longtime executive director surrounded by children who have received services at the Crisis Center. The first floor center hallway is

filled with playful characters who climb and tumble across the walls, providing conversation for children and parents waiting for services.

Other improvements in the agency were provided by a recent grant from Impact 100 Chicago Suburban Chapter. Improvements include a new telephone system and commercial refrigerator for the shelter. This grant also funded the renovation of one of the shelter's 7 bedrooms to include a private bathroom that will allow the Crisis Center to more adequately care for families with teen boys. And finally, the 2<sup>nd</sup> floor shelter bedrooms, bathrooms and hallways will receive a fresh coat of paint.

Please come and take a tour, meet our staff and celebrate our service to the community. We'll have the lights on for you!

Please come and take a tour, meet our staff and celebrate our service to the community. We'll have the lights on for you!

#### Inside this issue:

<b>Domestic Violence Awareness Month</b>	<b>2</b>
<b>Relationship Warning Sign</b>	<b>2</b>
<b>Special Needs</b>	<b>3</b>
<b>Volunteer Needs</b>	<b>3</b>
<b>Food Pantry Needs</b>	<b>3</b>
<b>Training Academy</b>	<b>4</b>
<b>Board of Directors</b>	<b>4</b>
<b>Coming Events</b>	<b>4</b>

**The greatness of a community is most accurately measured by the compassionate actions of its members.**

Coretta Scott King

**October is Domestic Violence Awareness Month — See page 2**

# Domestic Violence Awareness Month

## Special Events:

**October 5th 9 am—7:30 pm: ECC “In Her Shoes”** A scenario-based walk in the shoes of a Domestic Violence victim. You will have the opportunity to choose different pathways which may affect the outcome of the story you are following. This is a walk-in program which will take you 30-45 minutes to complete.



2016 Partners in Peace recipients

**October 10th 6:00—8:30 pm: Gail Borden Public Library**

**Domestic Violence Program** presented by Kane County Sheriff, Donald E. Kramer and Community Crisis Center in partnership with Gail Borden Public Library.

**October 13th 7:30 am—9 am: Elgin Country Club Partners in Peace Breakfast** Join us as we honor those who in their professional capacity give help and support to Domestic Violence survivors. **For tickets contact [ksheppard@crisiscenter.org](mailto:ksheppard@crisiscenter.org)**

**October 17-18th: ECC Building F The Clothesline Project** This annual display of t-shirts decorated by Domestic Violence survivors along with the Silent Witness display which honors those who were killed by their abusers. An informational table will also be available.



Candles glow during last year's vigil.

**October 26th 7:00 pm: ECC Building E Seigle Auditorium Domestic Violence Awareness Month Rally**

Speakers will address various aspects of Domestic Violence survival. The evening will also include a vigil honoring those who paid the ulti-

## Relationship Warning Sign — Belittling

One of the questions we are often asked is, how do I know if my relationship is healthy? Watch for this sign — belittling. Here are some signs of abuse:

- Yelling or screaming at you to get a reaction
- Insulting you-criticizing your intelligence or parenting skills
- Ignoring your feelings or disregarding your opinion
- Humiliating or embarrassing you—especially in front of family or friends
- Making you the butt of jokes or making disparaging comments about you, then dismissing them as “just teasing”
- Bringing up past failures or mistakes as evidence of your incompetence
- Insisting you agree with them instead of having your own opinion
- Treating you as their property or a sex object
- Denying the belittling, blaming it on you or criticizing you for making too big a deal out of it
- Minimizing the seriousness of their abuse or accusing you of overreacting
- Blaming you for their behavior, then turning around and telling you how much they love you.

# Community Crisis Center

## Special Needs

- **Winter Outerwear** now until December 31st. Coats must be in good condition and clean. NO fall or spring weight. Also gloves, hats, scarves.
- **Personal toiletry items** for walk-in and homeless. Especially shampoo, toothpaste and soap.
- **Diapers:** Clean diapers are a basic need of babies. Without diapers babies are ineligible for childcare; without childcare, parents cannot work. Last year we provided 33,199 diapers to families in need. Greatest need is sizes 5 & 6. [Click HERE to donate](#) now or shop [Amazon.com](#) and have them delivered to our door.
- **Other seasonal needs include:** school uniforms for children, blankets for home-

less clients and winter wear for shelter and walk-in clients — including socks and underwear.

**NOTE:** Due to limited storage, we are unable to accept used clothing items. Please take any used clothing, shoes, and/or boots to cooperating agencies such as: the YWCA, Salvation Army, or Goodwill. These agencies help our clients meet their clothing needs.



**Holidays are Coming:**



Watch for the next newsletter for holiday needs including toys for the Community Toy Giveaway and gifts for residents!



shutterstock · 109047173

Volunteers are an important way we are able to meet many of the community needs.

Join us for this fall and coming holiday season. Here are some ways you can help.

- **Coat Closet:** Wednesday and Saturday mornings. 9:30 --11:30 am starting October 4, 2017.
- **Dinner for shelter:** prepare a meal for shelter residents for one night, or plan to do it regularly. Even once or twice a year is helpful to our clients. This is a great group project.
- **Holiday help:** everything from helping to organize donations to wrapping Santa presents for the children. There are many things to do for the holidays.

For more information, contact Melissa at: [mowens@crisiscenter.org](mailto:mowens@crisiscenter.org) or 847-742-4088 ex 152

## Our Food Pantry

**A**vailable 7 days a week to those in need when other area food pantries are closed, last year our Emergency Food Pantry provided 32,856 meals to 1,743 families. In addition 4,613 referrals to partnering food pantries were given to 2,222 individuals. It is clear to us that people in our community are hungry and we believe it a responsibility of our organization to provide the most basic of needs to people regardless of their situation. We hope that you will join us by organizing a food collection. Here is a list of needed food pantry items:

Canned fruit  
Canned meat meals  
Cereal/oatmeal  
Jelly  
Macaroni & cheese  
Peanut butter  
Pinto beans, dry 1# bags  
Pork & beans  
Powdered milk  
Saltine crackers  
Soup/ Ramen noodles  
Spaghetti noodles 1# bags

Spaghetti/marinara sauce  
Spaghetti type canned items  
Tuna  
White rice 1# bag/box  
*Remember our homeless clients need small servings with easy open lids*

## Coming Events

Drop-In Domestic Violence  
Support Groups

Thurs 7:00-9:00 pm English

\*Wed. 6:00-8:00 pm Spanish

\*Fri. 9:00-10:30 am

(Expressive Art) English

\*Childcare Provided

**September 20-22:** 20 hour PAIP  
Training

**October:** Domestic Violence  
Awareness Month

**October 5:** 9am-7:30 pm “In Her  
Shoes” ECC — See page 2

**October 4 - January 31:** Coat Closet  
open Wednesdays & Saturdays

**October 10:** 6pm-8:30 pm Domes-  
tic Violence presented by Sheriff,  
Donald E. Kramer. Gail Borden  
Public Library. — See page 2

**October 13:** 7:30 am: Partners in  
Peace Breakfast — Elgin Country  
Club — See Page 2

**October 17-18:** ECC Building F —  
The Clothesline Project — See  
page 2

**October 20:** 9am-12pm Community  
Crisis Center Training Academy  
“Counseling Special Populations of  
Abusers” — See Page 4

**October 26:** 7:00 p.m. ECC Build-  
ing E Seigle Auditorium—Domestic  
Violence Awareness Month Rally—  
See page 2

**October 29:** 1-4 pm Community  
Crisis Center Open House — See  
Page 1

**November 3:** 9am-12pm Commu-  
nity Crisis Center Training Acade-  
my “Holiday Stress: Enhancing  
Coping Skills and Accountability  
with DV Victims, Child Witnesses  
and Perpetrators — see Page 4

**December 13-14:** Hemmens Cultur-  
al Center—Community Toy Givea-  
way

**March 10, 2018:** CCC Spring Gala  
Annual Benefit Auction

**April 2018:** Sexual Assault Aware-  
ness Month



## Community Crisis Center

**Crisis Line 847-697-2380**

## Community Crisis Center Training Academy Schedule

**October 20:** Counseling Special Populations of Abusers 9am-12pm **\$35**

**November 3:** Holiday Stress: Enhancing Coping Skills and Accountability with  
DV Victims, Child Witnesses and Perpetrators 9am-12pm **\$35**

Registration & continental breakfast at 8:30 am; workshop begins at 9 am.

**Questions? Please email**

**Kim Schellin-Rog at**

**kschellinrog@crisiscenter.org**

## Community Crisis Center Board of Directors

We are excited to welcome our two new board members, Rachel Hernandez, attorney with Hernandez Hoag Legal Solutions LLC, and Carol Payson, a healthcare consultant.

**Keith Brill, President**

**Mario Karayannis, Treasurer**

**Betty Rauschenberger, Secretary**

**Mariana Barriga**

**Darlene Burnap**

**Rick DeMierre**

**Fr. Donald Jay Frye**

**Rachel Hernandez**

**Chathia Johnson**

**Cathy Olson**

**Carol A. Payson**

**Sherry Totzke**

**Lisa West**

