

Northern Kettle Living would like to thank LINDA VANDEN HEUVEL | VANDEN HEUVEL & DINEEN, S.C. for sponsoring this month's community feature.



FRIENDS, INC.: A BEACON OF HOPE AND SUPPORT FOR DOMESTIC VIOLENCE SURVIVORS SINCE 1978

By Jesikah Becker, Program Director FRIENDS, Inc.



FRIENDS, Inc. is a nonprofit organization that provides shelter and support services to survivors of Domestic Violence in Washington County. Since 1978, we have provided survivors with trauma-informed, victim-centered services and programming that support individuals and families live a non-violent independent life.

Our Mission: To empower those affected by Domestic Violence by offering safety, support, and community awareness.

FRIENDS, Inc., originally named "Friends for Battered Women," and then "Friends of Abused Families," was established and began programming in 1978 with three volunteers who answered a 24-hour crisis line and provided short-term shelter for women and children that were in immediate crisis.

Today, FRIENDS, Inc.'s team provides:

- 24/7 Crisis Line: Staff are available 24/7 over the phone to help individuals identify the signs of Domestic Violence, develop a safety plan, and identify next steps for crisis resolution.

- Emergency Shelter: We provide Shelter and support to individuals and families who are fleeing from abusive households or relationships.
- Individual Advocacy: Individuals can meet 1v1 with our Advocates to receive support and empowerment to reach their goals.



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Items In PURPLE Are Our Highest Need

<p>Paper Products</p> <ul style="list-style-type: none"> • Toilet Paper • Paper Towel • 13 Gallon Kitchen Trash Bags • Aluminum Foil • Tissue • Napkins 	<p>Clothing(Male And Female)</p> <ul style="list-style-type: none"> • Adult Underwear • Children's Clothing • (Toddler-Junior Sizes) • Uni-Sex Sweatpants & Sweatshirts • Children's Pajamas • Tennis Shoes (All Sizes) 	<p>Medical</p> <ul style="list-style-type: none"> • Tylenol & Ibuprofen • Adult (Cold, Sinus, Allergy, Pain Relief medicine) • Children (Multi-Symptom Cold & Flu medicine) • Infant & Toddler Medication Syringes/Droppers • Antibiotic & Burn Cream • Antacids • Antiseptic Wipes • Rubbing Alcohol • Hydrogen Peroxide • Bandages
<p>Household Items</p> <ul style="list-style-type: none"> • Towels (Bath/Hand/Kitchen) • AA Batteries • Pillows (Standard/Queen Size) • Broom / Dustpan / Mops • Laundry & Shower Baskets • Tupperware & Dry Good Containers • Cooking Utensils • Trash Bins • Child Safety Locks • Sheet Sets & Comforters (Full/Queen/Twin) • Silverware, Dish, & Glass Sets • Hangers • Plunger / Toilet Brush • Small Cooking Appliances 	<p>Self-Care Items</p> <ul style="list-style-type: none"> • Art Supplies (Crafting Kits, Gel Pens, Paint by Numbers, Adult Coloring Books) • Spa Items (Face Masks, Nail Polish, Makeup, Nail Files/Clippers, Cotton Balls, Q-Tips) • Entertainment (Books, Easy/Medium Puzzles, Card Games, Headphones, Activity Books) 	<p>Cleaning Supplies</p> <ul style="list-style-type: none"> • Laundry Detergent & Dryer Sheets <ul style="list-style-type: none"> ◦ HE & Sensitive • Swiffer Wet Jet Refill Solution/ Dry & Wet Pads • Disinfectant Wipes & Sprays • Dishwasher Detergent & Soap • Washing & Drying Rags • Dish Sponges • Toilet Bowl Cleaner • Armstrong Floor Cleaner • All Purpose Spray
<p>Personal Hygiene Products</p> <ul style="list-style-type: none"> • Face/Body/Hand Soap • Baby Products (Shampoo, Conditioner, Sensitive Wash, Wipes, Lotion, Rash Cream, Diapers/Pull-Ups - Size It and up) • Hair Products (Shampoo, Conditioner, Hair Oil, Spray, Gel, Brushes, Hair Ties, Bobby Pins, Hair Dye) • Dental Products (Toothbrush, Mouthwash, Toothpaste, Floss) • Deodorant • Razors & Shaving Cream • Moisturizers (Shea Butter, Coconut Oil, Body Lotion) • Shower Caps 		

- **Legal Advocacy:** Individuals can receive support while navigating the legal system and learn more about their rights and options.
- **Children's Services:** Children ranging from 3-17 who have been impacted by Domestic Violence can meet with an Advocate to talk about their experiences and learn about healthy relationships and boundaries.
- **Support Groups:** A variety of support groups are available for adults, teens, and children on a rotating basis.
- **Community Education:** Our Education Team offers age-appropriate community presentations developed for elementary, middle, high school, and adult audiences. Presentation topics address the different types of violence and harassment, healthy and unhealthy relationships, respect, technology safety, protective behaviors, and bullying.

All of FRIENDS, Inc.'s services are free and confidential. Support is available to ALL individuals regardless of gender, race, citizenship, disability, income, religion, or age so EVERYONE can get the support they deserve.

FRIENDS, Inc. recognizes the prevalence of Domestic Violence in our community and the extreme need to continue providing these services. Our agency and mission is dependent on our community coming together and working to put an end to violence. We encourage individuals to get involved in our mission by exploring the various Volunteer Opportunities our organization offers to make a direct impact. We also ask that individuals consider providing monetary gifts or contributing goods from our Wish List so we can continue to provide basic needs to individuals residing in our Shelter.

Our Volunteer Opportunities and Wish List can be found on our website, www.friendswi.org.

If you or someone you know has experienced Domestic Violence, call FRIENDS, Inc. at 262-334-7298 for support or visit our website for more information.

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