How kids try to STOP the VIOLENCE and protect their loved ones

SAFE FOR THE HOLIDAY
Give the gift of safety this holiday

Check out our new website coming soon!

PEACE MAKER winner announced
director’s voice
KRISTI HALL-JIRAN

EVERYONE DESERVES A SAFE HOME

Holiday memories of being secure and loved
The fresh smell of the Christmas tree. My grandma’s special toffee. The glorious anticipation of opening the beautifully wrapped presents under the tree, and the sheer joy when I got just what I asked for! The fullness of being surrounded by a family who loved me... These are just a few of my childhood memories.

Whether you celebrate Christmas or Hanukah or Kwanzaa or just enjoy the season, you likely have your own special memories, too.

Not all memories are so happy
Or maybe for you the holidays were a time of tension and stress. Maybe even a time when violence exploded and ruined what was supposed to be a joyous occasion.

The holidays for many bring worry, heartache and homelessness
For far too many of our neighbors and friends right here in Greater Grand Forks, holiday baking and present buying are not even on the radar as they worry about keeping themselves and their families safe—or leave to find safety, but find only homelessness instead.

For far too many of our neighbors and friends right here in Greater Grand Forks, the holidays don’t bring peace, but rather heartache, broken dreams, and hopelessness.

The greatest gift of all: the gift of safety for a family this holiday
Every child, every person, deserves a safe home. Not just during this holiday season, but always.

Will you help to bring safety and hope to our friends and neighbors this holiday? I promise it will be the greatest gift you give this year.

Kids caught in the middle
Violence at home is a heavy burden. Kids often feel they are responsible for causing it and for finding a way to stop it.

At age 6, Kylie* was already changing diapers for her baby sister, Aimee.* She thought it was her job to keep her safe from the hitting, too. So she made a plan where she would climb out her second-story bedroom window with Aimee’s car seat and bottle, and then back up to carry Aimee to safety. Thanks to your support of CVIC, kids like Kylie and Aimee now have adults who can protect them.

Jose* knew how he would protect himself: he would block his bedroom door with his mattress and hide in the closet. Protecting his mom was another matter. One time he tried to stop his dad from hitting her but was thrown to the ground, feeling powerless and scared. At CVIC, he learned that protecting his mom wasn’t his job. He felt even better when his mom got help in finding a safe place to live.

CVIC services set things straight

- Crisis services help kids and their parent get away from abuse
- Our child advocate calms their fears so they know they have adults in their life who can help them stay safe
- Education helps kids understand they’re not to blame for the violence or responsible for stopping it
- Therapy helps them heal and learn healthy coping skills

* Names, photographs and some details changed to protect confidentiality

Self-Portrait
At first, when Conner,* 7, met with our child therapist at his school, he couldn’t express the feelings he had about the abuse at home. He also acted out a lot and was often pulled out of the classroom for his disruptive behavior.

Now, after seeing our therapist for several months, Conner has found a way to communicate through art. He recently drew this self-portrait, revealing the anxiety, confusion and sadness that kids so often feel when they grow up with violence.

But that’s not all that has changed. Conner no longer needs medication for his behavior and is getting rewards at school for being kind to others and a leader and role model in the classroom!

Your support makes this kind of transformation possible for kids like Conner. Thank you!

* Name changed
We promise to be there 24/7
Because crises don’t just happen between 9:00 and 5:00

A night in the life of a crisis line volunteer
While most of us are sleeping, volunteers keep people safe

My journey at CVIC began four years ago as a crisis line volunteer, and I’ve been with CVIC ever since. This work has opened my eyes and changed my life.

I was anxious my first night on call. Even though I was trained well, I didn’t know what to expect. I ended up responding to a call in the early hours of the morning that, to this day, was one of the most difficult calls I have ever taken.

A woman had been strangled
A young woman had been strangled over and over by her boyfriend. They were driving through Grand Forks when she found a way to escape at a local gas station, without shoes or warm clothing. Law enforcement

Continued on Page 6

Give the gift of safety
So people in danger will never hear, ‘Sorry, we’re closed’

This holiday season, we are gearing up for record numbers of adults and children in need of our 24-hour crisis and shelter services. Already, crisis calls are up 53%, and the increased need has strained our crisis budget to the breaking point. We are in great need of your compassionate support to help people stay safe over the holidays.

Will you share your blessings this season to keep a family safe? See below for how you can help.

Crisis calls up 53%

2015: 865 calls in 1st 9 months
2014: 567 calls in 1st 9 months

$82
A gift of $82 will provide a crisis line response to keep adults and kids safe
87 GIFTS of $82 ARE NEEDED

$95
A gift of $95 will provide a night of shelter for an adult or child in danger
45 GIFTS of $95 ARE NEEDED
Karl Bollingberg is the winner of CVIC’s prestigious Peacemaker Award, given annually to an individual who has gone above and beyond in working for peace in our community. Bollingberg, who was presented the award at the Take Back the Night Rally in October, has led CVIC’s Building Hope capital campaign since 2013.

SERVES AS CAMPAIGN CHAIR
As campaign chair, he has personally helped to secure more than $375,000 and has coordinated efforts to bring us to our current total of $2.3 million in secured and estimated in-kind and cash gifts toward our $2.8 million goal. “Through servant leadership, genuine caring and tireless work on behalf of the abused, Karl truly embodies the mission of CVIC,” Executive Director Kristi Hall-Jiran said. “He continually reenergizes those on the campaign steering committee by his strong commitment to making Grand Forks a truly safe community for all. We are so blessed to have Karl’s friendship and support.”

LONG-TIME PARTNERSHIP
Karl’s partnership with CVIC began long before the campaign. In 2005, Karl spoke to the city council in support of CVIC’s programs and, in 2007, was involved with “Take a Stand Week” and early men’s anti-violence efforts. He and his wife, Twila, became Dream Makers in 2009 and also hosted a CVIC Conversation to spur further awareness and partnership among community supporters. In 2012, Karl played an important role at our Rise and Shine for Peace Breakfast, and he continues to help CVIC toward its vision of ending violence in two generations.

Burian gifts help families in need
Gifts of stock are win-win for donors and CVIC

Steve and Barb Burian are compassionate supporters of CVIC who have made several gifts of stock. We asked them to talk about this means of support.

What benefits are there to gifting stock?
If we are fortunate enough to own a stock that has appreciated in value, we can gift shares of the stock, recognizing the full value as a charitable contribution while avoiding capital gains tax associated with the appreciation.

Why do you choose to give to CVIC?
We give to CVIC because of the gravity of the causes it supports and the effectiveness of the organization. It is so unfortunate that an organization like CVIC is needed, but community violence is a reality for which victims need support.

Son threatened – CONT. FROM PAGE 4

Not surprisingly, Sam struggled. He acted out and didn’t want to make friends at home or at school, so traumatized by the violence and threats that he kept to himself.

But after just a week in our shelter, where Sam knew he was safe and his mom was getting help, he began to change. Sam and his mom were at the park and, when some other kids arrived, Sam asked if they would play with him. Sam’s mom was amazed, realizing how desperately he had needed the stability that shelter brought to his life.

Son is now on our kids’ therapy waiting list; we hope to be able to get him in soon. Thank you for supporting kids like Sam and his mom. We couldn’t do it without you!

* Names, photographs and some details changed to protect confidentiality.

Crisis line call – CONT. FROM PAGE 4

was at the scene when I arrived. The woman was visibly shaken and bruised from head to toe. She stood there, shivering and barefoot on the cold concrete, providing information to the officers.

WE TALKED IN MY CAR TO WARM UP
I asked if she’d like to sit in my car to warm up and talk through what happened. The officers kept a watchful eye on us, as her perpetrator had not yet been found, and they believed he still was in the area. I was thankful that they were there to keep both of us safe.

She shared that the most recent incident had been one of a lengthy history of abuse. But she had nowhere to go.

SAFETY AT CVIC’S SHELTER
I offered her our shelter, where she could get some much-needed rest, and staff could find her shoes and warm clothing. She was so thankful, and she gave me a lingering hug as I left her with the shelter staff to help her settle in.

HELPING ANOTHER MAKES IT WORTHWHILE
I was overwhelmed by my first experience on call, but I was so happy to have been that much-needed support and link to safety for someone who was so shaken by the violence she had endured. Four years later, I now oversee all of CVIC’s crisis services. Knowing that I can in some way improve the life of another makes it all worthwhile.

Written by Maren, CVIC’s crisis intervention coordinator
CVIC’s new website launches December 1

CVIC’s new website will launch December 1! At cviconline.org, you will find news and current events, our innovative approach to ending local violence and why it is so dearly needed, the many services we offer for our community, and ways to get involved or invest in our important work. Check it out!

Ease your tax burden with a gift to CVIC

A gift of stock to CVIC may ease your tax burden while keeping families safe. You may receive a double tax benefit by deducting the full fair market value of your securities and avoiding capital gains taxes. Or a gift to CVIC’s endowment may realize the above benefits in addition to a state income tax credit of up to 40%.

Please consult your tax adviser. For more information, contact Nick at 746-0405 or nick@cviconline.org.

Holiday wish list

If you would like to make a wish list gift, please contact Lacey at laceyb@cviconline.org or 746-0405.
- Gift cards: gas, grocery, hair care, undergarment purchase
- Bed linens (no king)
- Comforters, bath towels
- Face/body wash and lotion
- Hair conditioner
- Deodorant (women’s)
- Regular size toothpaste
- Toilet paper, paper towels, napkins, tampons, panty liners
- Dishwasher soap

Thank you for your support!

CRISIS LINES
24-Hour Line: (701) 746-8900
Toll Free: (866) 746-8900

OFFICE LINES
Main Office: (701) 746-0405
ND TTY: (800) 366-6888
Kids First: (701) 787-5806

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Thank you for your support!