The Self Help Center had a busy and exciting year. It offered growth, change, and the opportunity to make strides within our community as we continued our mission to "Prevent, Shelter & Heal" those seeking safe harbor from domestic violence and abuse. This would not be possible without the generous support and partnership offered every day by friends like you. Thank you!

Those We Served

- **6,209 Nights** total of Safehouse lodging
- **1,479 Calls** on our 24-Hour Crisis Hotline
- **296 Clients** served Advocacy, Support & Mental Health Services
- **79 Women and Children** were served in our Safehouse

Youth Programs

We interact with over 3,000 students and pre-schoolers annually. Beginning with pre-schoolers, we provide evidence-based prevention intervention skills focusing on bullying and violence related issues. Our PAVE & CORE Programs enabled 130 at-risk kids to learn how to be responsible community members. Additionally, our programs were seen by all middle and high schoolers, who were provided with presentations, support groups and mentoring.

Counseling

Our group counseling and support has expanded throughout the year offering help for those participating in Substance Abuse programs. In addition, we now offer a 5-week Healthy Relationships course for those seeking help and guidance toward making more effective life choices toward enduring, happy, and positive life bonds. We also offer financial empowerment classes throughout the year, enabling those experiencing financial abuse the skills to be self-sufficient.

* Statistics are based on fiscal year October 2018 thru September 2019