



The Helping Hand e-news

A quarterly publication of HelpLine of Delaware and
Morrow Counties, Inc.
SPRING 2011



Of Delaware and Morrow Counties, Inc.



In This Issue

A No-Cost-To-You Way to Support HelpLine

It's Easy...just shop, swipe your card & earn! This is a no-cost-to-you way to support HelpLine, just by simply using your Kroger Plus Card!

Simply visit www.krogercommunityrewards.com and click **ENROLL** or **RE-ENROLL**, select **HELPLINE INC.** from the drop down menu.

If you are renewing, you already have an account (it's renewal time, so please renew by April 1, 2011). If you are new to the program, you'll need to create an account first, then enroll in the rewards program. It only take a couple of minutes but provide HelpLine hundreds of dollars each year.

Be sure to check the bottom of your receipt the next time you shop to ensure "**HELPLINE INC.**" is listed.

Questions or need helping signing up? Email Jennifer at jtewell@helplinedelmor.org

Sexual Assault Awareness and Child Abuse Prevention Month

April is Sexual Assault Awareness and Child Abuse Prevention Month. During this month, HelpLine will offer programming to raise public awareness and educate communities and individuals on how to prevent sexual violence and child abuse. Each program scheduled is a continuum of efforts to bring about change, promote healing, justice, and to create a tomorrow free of sexual violence and abuse. Please join HelpLine at one of the following awareness activities:

- **Wednesday, April 6, 2011 - Take Back**

About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is the local 24-hour support, information and referral line for Delaware and Morrow counties. A private, nonprofit founded in 1970, HelpLine facilitates the recovery and stability of the emotional, financial and information needs of the community through prevention education and training, mental health advocacy, and volunteer opportunities.

A contract agency of the Delaware Morrow Mental Health & Recovery Services, HelpLine is a member of the United Ways of Delaware and Morrow counties and partially funded by the Council for Older Adults. Equal Opportunity Employer/Provider.

Visit the HelpLine [web site](#) for more information. Have a story idea? [E-mail us](#) with your ideas for future e-news stories.

**24-hour Support and Information line:
211 or 1.800.684.2324**

Special Thanks!

HelpLine congratulates Pamela Cooper, CIRS, who is retiring from HelpLine after 17 years of service! **Many thanks Pam and enjoy!**

Annual Golf Outing SAVE THE DATE!



HelpLine will host its 3rd annual golf outing on Friday, July 15, 2011 at Mill Creek Golf Club - mark your calendar today!

We invite you to come out and support the organization while having fun! For team registration or sponsorship information, contact [Susan Hanson](#) at 740-363-1835.

the Night

Henry David Thoreau said, "It takes two people to speak the truth: One to speak and another to hear." Take Back the Night is a platform for sharing stories and breaking the silence around acts of sexual violence. Thirty-three years ago, women started to stand up and speak out against sexual violence under the banner of Take Back the Night. During those years, Take Back the Night became known internationally as a visible way to take a stand against sexual violence, specifically violence against women. Rape, sexual assault, sexual abuse and domestic violence are often labeled "crimes of silence" because of low reporting rates and social discomfort with their public discussion. For more information contact

sgall@helplinedelmor.org

Location: Ohio Wesleyan University

- **Saturday, April 9, 2011 - Healing Circle Support Group**

The Healing Circle exists for any survivor of any kind of sexual assault. This group environment allows individuals to take advantage of the support other survivors can give each other as well as collaborative healing. We invite you to join us for this powerful gathering.

Location: For more information and location contact

nflanagan@helplinedelmor.org

- **Wednesday, April 13, 2011 - Sexual Assault Awareness Month Conference @ 9:00am-4:00pm**

"Addressing Teen Sexual Violence" Presented by the Central Ohio Sexual Assault Task Force (COSATF), for more information contact

mruess@ohiohealth.com

- **Saturday, April 16, 2011 - Walk A Mile In Her Shoes @ Noon**

Walk a Mile is an event where the community gathers and men walk a mile in women's shoes showing their support to end sexual violence against women. This is our 3rd annual event with participants from all walks of life including: police officers, students, lawyers, business men and even young men walking with their dads. After the walk, enjoy lunch and demonstrations of our self defense class Rape aggression defense (RAD). This is a family friendly event with fun activities for the kiddos we

Call 2-1-1 Today!



Have you ever wondered how to find help or a community service for yourself or someone in need?

What if you could remember the number of every social service agency in your community?

Now you can! It's 2-1-1.

Upcoming Events

HL Calendar of Events

[Connections Volunteer Opportunities](#)
(updated monthly)

[Wednesday, April 6, 2011 - Take Back the Night](#)

[Saturday, April 9, 2011 - Healing Circle Support Group](#)

[Wednesday, April 13, 2011 - Sexual Assault Awareness Month Conference](#)

[Saturday, April 16, 2011 - Walk A Mile In Her Shoes](#)

[Tuesday, April 26, 2011 - Human Trafficking Awareness Training](#)

[Thursday, April 14, 2011 - Partners in Volunteering](#)

[Wednesday, May 11, 2011 - Women's Fund of Central OHKeyholder Event](#)

[Friday, July 15, 2011 - HelpLine Annual Golf Outing](#)

Support HelpLine at the Community Market

The Delaware Community Market is locally owned and operated, providing a retail store at 222 E. William St. that sells fresh produce, and high quality, locally made bakery products and crafts and more!

The Market supports the non profit community by donating a portion of your purchase to the non profit of your choice.

You can support HelpLine by registering on line at http://www.dccmc.com/customer_advanceSignup.aspx and then shopping at Market.

Don't forget to let them know you are registered on line to support us. They will do the rest.

They also cater and have a newsletter that you can sign up for to keep you informed of their specials.

Thank you to Delaware Community Market for your commitment to local vendors and non profit organizations and their cause!

Visit us online:

welcome everyone to come and support the program!

For more information

contact sgall@helplinedelmor.org

- **Tuesday, April 26, 2011 - Human Trafficking Awareness Training @ 6:00pm-9:00pm**

Help stop human trafficking! Think it doesn't happen here? Think again. The stats are staggering and Brent Currence from the Ohio Attorney General's Office will be presenting on this ever growing issue. For [more information](#) and to register, please

contact spingry@helplinedelmor.org

HelpLine Celebrates Children through Prevention Program



In honor of Child Assault Prevention Month the Prevention Team at HelpLine continues to provide and expand the pre-school violence prevention curriculum, Hands and Words are Not For Hurting Project's Purple Hands. The curriculum sets the foundation for youth participants to become lifelong peace makers.

HelpLine continues to partner with local preschool programs in Delaware and Morrow to provide this multi-session program throughout 2011. The program lays the foundation for healthy relationships and how to respond to the human emotion of anger in healthy and helping ways. Guided by the Purple Hands pledge, "I will not use my hands or my words for hurting myself or others." Students make purple hands as a daily reminder of the commitment they make to themselves and others. In the end, students are able to identify anger as a feeling, and to understand that abuse and violence is always a choice.

Please contact [Nancy Radcliffe](#), HelpLine Prevention Director, to schedule for your organization.

Connections Hosts Partners in Volunteering



On Thursday, April 14 from 3-6 pm, Connections Volunteer Center will be hosting "Partners

In Volunteering" a community volunteer fair highlighting volunteer opportunities in Delaware county. This is a chance to interact with representatives from various non-profit agencies who could use a few helping hands with community-wide events this spring.

Learn how you can get involved with the People in Need or even enjoy a concert while helping people locate a seat. The event will be held at the Powell Municipal Building in Powell; however, agencies which serve **all** of Delaware County will be represented. Please take a few minutes to stop by and learn what valuable programs exist in Delaware County and how you can be a positive impact on your neighborhood.

For up to the minute
news and events: www.helplinedelmor.org |
[facebook](#) | [Twitter](#) | [YouTube](#) |
[HL Calendar of Events](#)

For more information, please call [Connections](#) at 740-363-5000.

HelpLine Welcomes New Volunteers

HelpLine welcomes new volunteers for Prevention Programs and Sexual Assault Response Network (SARN). Twice a year, HelpLine offers volunteer training for community members in Delaware and Morrow counties wishing to serve. The winter training held in February had five graduates including: Elizabeth Gray, SARN Volunteer; Jessica Wells, Prevention Volunteer; Amber Kimberling, Prevention Volunteer; Janice Buno-Mociolek, SARN Volunteer and Kelly Scott, SARN Volunteer. Each volunteer completes extensive 40 hour training and has strict requirements to maintain their status annually.

HelpLine is extremely grateful to all of the wonderful volunteers giving their time and talent. We extend a warm welcome and thanks to our newest volunteers!

HelpLine WORKS!

HelpLine Consumers share how HelpLine Works in their lives and the community.

"I want to show you how SARN has touched my life and aided in my recovery process from sexual assault. My assault happened over 10 years ago in a different state where there was not any help available to women to aid them in all aspects of recovery. This hampered my recovery process for many years. I moved to Columbus 5 years ago and found SARN 2 years ago. At first I was a little skeptical of this healing circle and what they hoped to accomplish in aiding their member's recovery process.

My first meeting was the annual retreat and I was very surprised at how well their topics applied to my stumbling blocks. Since then I have been a regular attendee to the monthly healing circle. Having a place you can go where other people know what you go through on a daily basis during your recovery period is such a blessing. The topics discussed are meaningful and are meant to help you build a better future for yourself. They also help you guide you to regain the most important thing lost from an assault - your self-confidence.

In addition to providing the topics and the tools to help you they offer the most important aspect to a survivor - a safe haven. My greatest accomplishments and victories have come after attending SARN's healing circle. I am now able to stand in a room populated by men and not feel shame or too scared to move. I can converse and have physical contact with them and not feel overwhelmed by their presence. In conclusion SARN was there for me when no one else knew what to do to help me and for that I will be eternally grateful."
- Survivor

[Join Our Mailing List!](#)