Although New Beginnings has been open for more than 45 years, we always re-examine the ways we serve our community. In the past year, we’ve been reflecting on how we show up for participants by asking questions like:

• How can we more effectively meet survivors where they are (emotionally, physically, mentally)?

• What do day-to-day experiences look like for survivors?

• How do we provide survivors with more sustainable support that can set them up for greater success?

• And how do we help systemic change for survivors on a broader scale?

While none of these questions have a simple “answer,” they have been guiding our work and deepened our partnership with survivors to further center their needs.

Meeting survivors wherever they choose

We have found virtual meetings reduce a lot of barriers (as we have all probably experienced to some degree in the last few years):

• Childcare is less of a barrier for meeting with an advocate

• Survivors can make any accommodations they need to be comfortable

• Travel is no longer an issue with no need to fight traffic, find parking, or navigate public transit systems

As we continue to adjust our services to best accommodate our survivors’ needs, we will keep you updated.

Thank you for your continued support of survivors in our community!

Want more information on how to empower survivors and mobilize our community?

Follow us online to learn more here!

- [www.newbegin.org](http://www.newbegin.org)
- [Facebook](https://www.facebook.com/newbeginningsendingdv)
- [Instagram](https://www.instagram.com/newbeginningsendingdv)

Planned Giving

Many of our supporters like to leave money to charity in their will. A legacy gift like this to New Beginnings will have a tremendous impact on our ability to help survivors for years to come.

If you would like information on how to help survivors by including New Beginnings in your will, please contact Rachelle Nesta at rnesta@newbegin.org or 206-895-1278 ext. 172.
Sharing information on these topics can validate survivors’ experiences, give them ideas on how to navigate their experiences, and make them feel less alone. Support groups are a wonderful place for survivors to connect with others who’ve had similar experiences no matter where they are on their journey.

We also have a specific support group for survivors who are parents. Raising children can feel isolating for anyone. The feelings of judgement, guilt, and uncertainty that accompany parenting can be infinitely more complicated as a parent who is also a survivor. In our parenting group, participants can specifically address issues they face as survivors with children.

After some trial and error on scheduling, the survivor advocate and parents determined meeting once a week after participants could feed their kids dinner and put them to bed worked best. Some topics they cover in group include:

- Co-parenting with their abusive partner
- Coping skills and strategies when their kids are away from them
- Teaching their children about how to create healthy boundaries
- Safety planning

Since 1981, New Beginnings has been offering support groups to survivors. These groups have always changed and evolved into what survivors and our community need them to be, in terms of content, structure, and topics. Support groups have three parts to them: information sharing on a topic, open discussion, and time for survivors to connect with each other without an advocate in the room.

In group, survivors cover a variety of topics, including:

- What is Abuse?
- Power & Control / Equality
- Barriers to Leaving
- Boundaries
- Coping Mechanisms
- Grief and Loss
- Self-Esteem
- Anger
- Safety Planning
- Self-Care
- Healing
- Communication & Assertiveness
- And more!

Thank you for helping to make support groups like these that center survivors’ needs available to our community. We truly could not do this work without you!
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