

EMPOWERED VOICE

FALL 2024

QUARTERLY NEWSLETTER

What makes a house feel like a home?

At New Beginnings, we think about this question a lot. And we've come to the conclusion that for many of us, it's about **having a space to just be**. To recharge and rest in safety where they feel most comfortable.

So many survivors in our area don't have that safe place, with domestic violence being the number one cause of homelessness for women and children in the state of Washington. With our Home Safe program, we prioritize getting survivors and their families into safe, affordable housing. Survivors can heal, process, and decide their next steps in the privacy of their new homes.

To make sure we can accommodate our participants' needs, we have multiple housing options, including:

- our **17-unit apartment building**,
- **rental assistance** for current homes,
- or **new housing** secured by our housing survivor advocates.

As with all of our programs and services, we at New Beginnings' always want to **prioritize the needs and wishes of our participants**. By providing several choices for survivors, we hope to accomplish this and allow survivors to decide where they feel most safe on their healing journey.



*Thank you for investing in survivors
having a choice in where they feel safe!*





A Note From Aja

I know I belong somewhere where I can be my full, silly self and know that I am not

going to be judged, that I can make mistakes and still be accepted, and I can breathe deep and relax without consequence.

This is the atmosphere we strive toward with the participants in our programs, as well as the staff who work at New Beginnings, many of whom are survivors of violence themselves.

The incredible staff that we have at New Beginnings dedicates each day to choosing belonging for the survivors we serve and each other. We choose belonging in small ways, by making sure that each new Home Safe participant has fresh cut flowers in their apartment on move-in day, and in big ways by implementing gender-affirming healthcare options for our employees. For these examples and many more, I hope you feel as proud to be a part of our New Beginnings community as I do.

Warm Regards,

Aja Osita
Executive Director

Making a House Feel Like Home

For a survivor's first day in their Home Safe apartment, our primary goal is that they feel welcome, safe, and that they belong. Our staff will buy a toy or stuffed animal for children to put on their beds, add a fresh flower arrangement on the table, make sure the fridge is stocked with food, and finish the space off with a book or magazine for the coffee table. Each of these things is specially bought for each family after we learn about them and their interests before they move in. We do all that we can to make it feel like a home from the first moment our survivors walk in the door.

And when participants are getting ready to leave our apartments, they get to take all these things with



Making Every Space Cozy

In every Home Safe apartment, there are two never changing pieces of furniture: a rocking chair and a full-size bed. This practice was put into practice a long time ago by former New Beginnings leadership to honor the dignity of the survivors who live on-site. It was decided that a rocking chair makes a space feel cozy and lived in, a place to find comfort, and a full-sized mattress respects that an adult needs an appropriate space to rest their bodies and heal. While the rocking chair stays put, when survivors leave, they can take the full-sized mattress with them to help furnish their new homes.

them from their Home Safe apartment to start their new home. This includes the kitchen items, bathroom items, shower curtain, and even their mattress. This way, their new home feels familiar, full, and ready to go!

Thank you for making this possible with your generosity!

If you'd like to learn more about how to adopt an apartment, contact Tracy at give@newbegin.org!

WHO HOME SAFE SERVES

The survivors we serve are diverse in background, age, abilities, citizen status and more. Here is a general snapshot of the approximate demographics of the survivors who access our Home Safe program:

- 99% had low, very low, or no income
- 70% identified as Black, Indigenous, or Person of Color (BIPOC)
- 20% of adults were living with a disability
- 30% had refugee/immigrant status
- 20% spoke limited English
- 70% of survivors came to us with children
- 90% of survivors identified as female

Note: We do not define survivors in statistics; rather, we use this information to ensure we are meeting the specific needs in our communities.

Save the Dates!



Domestic Violence Awareness and Action Month

October is Domestic Violence Awareness and Action Month, a time to learn and take action to end domestic violence – sign up for our emails and/or watch our social media for what you can do!

GIVING TUESDAY

December 3rd is Giving Tuesday, a movement for generosity facilitated by people and organizations to transform their communities. Participants at New Beginnings rely on the services and stability we provide. Our direct service staff offer resources and counsel when healing is not a linear path and so much in the outside world is up in the air.

New Beginnings is only able to continue these essential services in partnership with community members like you, so please mark your calendars for this special day!

We at New Beginnings acknowledge that the land we work and live on is territory of the Coast Salish people, including the Stillaguamish, Duwamish, Muckleshoot, and Suquamish peoples. We encourage you to go to <https://native-land.ca> to find out more information and begin to build your own relationships with the original stewards of the land you inhabit.

Unbreakable Spirits 2024

In partnership with the New Beginnings Board of Directors and Skybound Spirits, we had a wonderful evening of great food, drinks, and conversation on Thursday, October 3rd to celebrate the beginnings of Domestic Violence Awareness Month. We announced a \$10k match and are happy to report that we met that goal with the support of our donor partners. After not having in-person events since 2020, it felt great to bring our community together! Stay tuned for the next chance to connect with the mission, work and staff of New Beginnings in November 2024.



Make a Lasting Impact for Survivors

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 us at give@newbegin.org.

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

Follow us online to learn more here!



www.newbegin.org



www.facebook.com/newbeginningsendingdv



www.instagram.com/newbeginningsendingdv

Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.