



Hope • Healing • Safety • Social Change



OUR MISSION

DOVE is committed to partnering with diverse communities, families, and individuals impacted by domestic violence. We promote hope, healing, safety, and social change by providing a broad range of preventive and responsive services.

Statement of Affirmation & Welcome

DOVE provides services to individuals impacted by domestic violence and welcomes refugee and immigrant survivors both documented and undocumented, people with disabilities, people who are deaf or hard of hearing, people of color, and LGBTQ/T and gender non-conforming individuals.



Sue Chandler
Executive Director

Happy Fall to All!

I am excited to share some important updates on DOVE with YOU.

Reaching out for help is hard. Picking up the phone to call DOVE's hotline seeking a shelter room, calling community office to talk with someone about a partner's actions to control what one wears, their finances or connections with friends or family... is a huge and courageous step.

At DOVE we do everything we can to be able to catch people when they make that leap, and to be able to quickly step in alongside them to provide support and guidance along their journey.

That's why DOVE is thrilled to announce that we've launched the **Moving Forward Leadership Giving Campaign** to make much-needed improvements to our **Emergency Shelter**, and to relocate our community service programs to a new Quincy Center location. This summer DOVE opened our new **Community Resource Center**. Our new home allows DOVE's skilled and compassionate staff to work with more survivors at one time, to better ensure privacy and confidentiality during visits, to accommodate children playing or reading during a parent's visit or see a Children's Specialist for services themselves, and for survivors to prepare and share meals with others in a supportive group setting.

In FY 2019, DOVE provided services, programming, and community education to over 9,000 individuals, 11% more than the prior year and more than triple the number of people served less than a decade ago. These individuals are made up of people who have looked to DOVE to help them move forward in bettering their everyday lives, to escape a possible deadly situation, and have a brighter future that is filled with safety, hope, and healing. As we worked to serve our growing community, it became increasingly clear that DOVE was going to have to make big changes to continue to offer the services and programs our survivors need, deserve, and are seeking.

As an investor in our success, we want to thank you for your generous support of all DOVE's past endeavors. For 41 years, DOVE has been the only organization to exclusively serve victims of domestic violence in Norfolk County and the South Shore. We did not get here, to this moment of joy and excitement, without you! We are now 60% of the way to our goal of raising \$655,000. This fall DOVE is closing the gap on the last leg of this journey. **We need your help now to ensure we can realize the full potential of our programming and services with these improvements.**

Please look inside this newsletter to see the different ways to support our efforts.

We are grateful for your support and involvement.

Sue Chandler
Executive Director

Help Us Make a Difference
and Change Lives



Donate Today at
WWW.DOVEMA.ORG

Ways to support our efforts:

- **Share the news** about DOVE's new Community Resource Center with family, friends, and colleagues. See our entire journey from our old space to where we are today at www.dovema.ejoinme.org/OurJourney
- **Contact us to schedule a tour** of the Community Resource Center and learn more about DOVE's work. Email events@dovema.org to schedule a time!
- **Donate now** to the *Moving Forward Leadership Giving Campaign*. Visit www.dovema.ejoinme.org/Moving-ForwardCampaign for more information!
- **Sponsor a Program or Room** with a Named Gift. Email Dawn Hayes, Director of Marketing & Philanthropy at dawn.hayes@dovema.org for more information!
- **Make a quilt or blanket** for a child!
- **Help us secure a donation** of lumber and materials to rebuild 4 porches on our Emergency Shelter. Contact Mary Christo, Board President, at mary.christo@dovema.org for more information.
- **Buy items** for DOVE's Amazon Wish List. <http://a.co/6RJlqqJ> to help!

Introducing Mary Christo,



Mary Christo
President, Board of Directors

the incoming president of the DOVE Board of Directors. Mary has been involved with DOVE for over four years, first as a committee volunteer, and then on the Board of Directors. Mary is a Manufacturer's Sales Representative and lives in Quincy. She and her husband enjoy traveling, the beach, and family time with their three daughters and three grandchildren (and grand-dog!) when they aren't busy working and volunteering.

We asked Mary to share with us her thoughts on working with DOVE.

What first drew you to DOVE?

MC: I attended a community event and met Sue Chandler – enough said! Sue's passion for DOVE's mission drew me in and I have not looked back since! I started volunteering on the Events Committee and was quickly asked to join the Board. I have been actively involved with Events from the beginning and also took on leadership roles in the People, Performance and Compensation Committee, which works to ensure we attract and retain talented personnel who believe in and support our mission. Before stepping into the President role, I served two years on the Executive Committee which allowed me to be involved in several aspects of what we do as a Board.

What goals for the Board of Directors do you have for the near future?

MC: We have a very strong Board with many skills to share, and I want to be sure we give each and every member the opportunity to engage these skills for the benefit of DOVE's mission. I'd also like to continue to support the Board's efforts to execute our Strategic Plan which will in turn support the efforts to reach DOVE's vision to see domestic violence ended.

How will DOVE's new Community Resource Center change what we can offer to survivors and the community?

MC: First, the new Community Resource Center gives our program staff a professional atmosphere to work with survivors in many different aspects. Each visitor feels a sense of safety and confidentiality in a way that was not available previously. We have already been able to support additional programs as well as eliminate the need to find space for various events elsewhere in the area. For instance, we recently completed a Fall Domestic Violence Awareness Training night right in our new office.

What do you most want people to know about DOVE?

MC: This organization has been changing lives for the better for 41 years and has never been stronger. The services DOVE provides are numerous, and I would love to have the community involved in spreading awareness of our mission and our services.

How can people help DOVE in its mission right now?

MC: Donate! At our recent Open House and Ribbon Cutting, we were so happy to publicly announce our *Moving Forward Leadership Giving Campaign*. We have reached almost 60% of our goal! We have 40% to go, and we welcome donations of any amount. Our annual Harvesting Hope Gala is October 25 and is also a great way to give to the organization and learn more about what we do.

Anything else you'd like to say...?

MC: I have to say that my involvement with DOVE has been one of the most important things I have done in my life thus far. It is so rewarding to work with such a dedicated group of people who live DOVE's mission day in and day out.

FACT: 1 in 4 high school students will experience abuse in a relationship.

YouthSpeak, DOVE's Teen Dating Abuse Prevention Program, has grown from an initial 4 high schools, to currently serving 17 schools, including two middle schools. This summer, DOVE held two Youth Advocate Summits, with a total of 52 students representing 12 high schools throughout Norfolk County and the South Shore.

Through role play exercises, videos, analyzing music lyrics and pop culture, as well as hearing directly from survivors of dating abuse, students learned about the different types of abuse, how to help a friend, how to have a healthy breakup, and how to be an active bystander.

To the delight of DOVE and the YouthSpeak participants, Lt. Gov. Karyn Polito stopped by DOVE's new Community Resource Center during the Youth Advocate Summit to discuss the new public awareness campaign RESPECTfully, which focuses on preventing abuse in teenage relationships. Both RESPECTfully and YouthSpeak are "spreading messages like 'Don't let your relationship tie you down' and 'Relationships shouldn't hold you back from what you want to do,'" Polito commented. "For the last 10 years, DOVE has been increasing its focus on prevention and education, it really is great to have a state-wide resource like RESPECTfully to integrate into our ongoing programming and know they are reaching over 200,000 teens through their advertising," Jen Bolton, Director of Education & Prevention said.

Last year alone, DOVE conducted 66 presentations to 2,101 students and trained 238 peer leaders who they learned with their family, friends, and peers in school. Moving forward DOVE hopes to expand to more schools and continue to train students to be peer leaders.



Dove Program Spotlight:

STUCK

This month we are featuring the STUCK program, one of DOVE's many survivor-focus groups. DOVE's Board member, Colleen McGrory spoke with Sitarah Clark, a DOVE advocate and founder of the STUCK program, to talk through the reasons for the creation of the program and how it can truly help survivors using a group-based forum.

What does STUCK stand for?

STUCK stands for: **Solutions To Uplift Community Kids**. STUCK empowers individuals who are experiencing various hardships to achieve their goal. STUCK was designed by Sitarah in 1993. At just 15 years of age, she was a single parent, running away from her home, and searching for "a better life." Along her journey she has been hurt, betrayed, and abused; but she never gave up. Two children and many "relationships" later, she kept searching for the "good life." Sitarah would ask questions, attend groups, and absorb all life had to offer. People tried to make her feel ashamed of her situation, and for having children at such an early age. Through these experiences, there was a lack of support – not one person attempted to find out what it was she was trying to accomplish, or what the challenges were that she was facing. Sitarah found her calling in each obstacle that she overcame, and vowed to help others in similar situations. It didn't matter the challenges they were facing, she wanted to be supportive. Once she found DOVE she was able to create the STUCK platform to share these positive experiences of overcoming multiple obstacles. STUCK is a bridge to connect individuals with the support they need to succeed.

STUCK lets people know that:

- They are never alone
- There are others who have overcome similar experiences



Sitarah Clark, Founder of STUCK

- If you want to make a change in life, it is never too late
- There is help if you want it

STUCK helps:

- To support anyone who is in transition
- Advocate for those who are in challenging situations
- To promote self-reliance
- To assist individuals in finding resources
- To prevent children from experiencing the hardships adults face today

How STUCK works:

A series of five group sessions are held and focus on the following topics:

- Identity
- Self-care
- Relationships
- Finance and education
- Community and environment

Sitarah runs these five sessions and shares her experiences with others to empower each participant to overcome their specific challenges. This is her life's passion – helping to support and drive positivity into survivors striving to live their best lives. A favorite quote of Sitarah's speaks to the possibilities that are within reach: "I didn't grow up having role models. I grew up having people I didn't want to be like and seeing situations I'd never want to be in. Not all of us are dealt the right cards, but that doesn't mean you can't reshuffle your deck for a better outcome."
– Law of Ambition/Unknown



Greetings Donor Angels

DOVE'S Annual Adopt-a-Family Holiday Assistance Program is underway.



We hope you will join us to benefit the families served through DOVE's Emergency Shelter and Community Service programs.

To participate, email: dove.elfteam@gmail.com. DOVE will provide a list of options where donors can choose to support a specific family, donate general goods to our shelter, or help assist in our much needed gift card drive to support our families through the holidays and beyond.

Donors who choose to adopt a specific family will receive their family's Holiday Wish List by no later than December 6, 2019.

To ensure that each of our more than 150 families receive their gifts before the holidays, we ask that gifts be delivered between December 9-16, 2019.

DOVE will provide you with the address of our Drop-Off Center location in Quincy.

If you wish to make a financial contribution to support DOVE's work, or the Holiday Assistance Program, see DOVE's website www.dovema.org or email development@dovema.org

Thank you on behalf of the families working with DOVE.



SAVE THE DATE

Divas Dance

FOR DOVE

May 7, 2020

Granite Links Golf Club, Quincy, MA

To all the Supporters, Donors, Volunteers and Guests of our 2019 Harvesting Hope Gala Fundraiser, Thank You for helping DOVE Save Families and Lives!

Your Support Makes a Difference!

Follow us for all the latest and greatest DOVE news!



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