



Because of donors like you...



Dear [Insert Name],

When six-year-old Elijah* came to the shelter wrapped in the arms of his mother, Aaliyah*, all he brought with him was a small backpack, his baseball glove, and terrifying, recurring nightmares.

Those awful nightmares weren't surprising. Elijah had been harboring an awful secret: his father, the person he should've been able to count on to protect him, had been physically abusing his mother, the person he loved most in the world.

Because of donors like you, Aaliyah and Elijah had a safe and supportive place to go.

"Every survivor's journey is unique, and leaving an abusive relationship is a difficult and potentially dangerous process that requires time, sensitivity, support and resources. That's why safety is one of three core pillars of CVIC's holistic services," explained Shannon, director of shelter services. "Our holistic support includes safety planning, emergency shelter placement, legal advocacy, and other wraparound services that can help survivors protect themselves and their children as they move forward toward a healthier future."

Because of donors like you, Elijah's nightmares gave way to sweet dreams.

"Trauma may happen in a single moment, but the emotional scars left by interpersonal violence may still haunt those who experienced it and their loved ones long after the event occurred. For children, that traumatic stress can interrupt a child's growth and development, which is why CVIC's evidence-based therapies help adults and youth who are healing from trauma," said Emily, director of youth therapy services. "For children, age-appropriate, play-based therapeutic interventions help them express their feelings, share their stories, and recover a sense of safety."

Because of donors like you, there's hope for a future free of interpersonal violence.

"In 2016, CVIC and its partners began a comprehensive, research-based initiative to end violence in two generations. As part of our education & prevention pillar, CVIC addresses domestic, dating and sexual violence, and bullying by promoting cultural change through education across a child's school lifecycle. At the same time, it also aims to prevent the effects of trauma from being passed among generations," said Brittany, director of prevention & education. "Your support helps ensure that every child and adult in Grand Forks learns how to build healthier relationships at home, at school, and at work."



Picture a Grand Forks County free from domestic violence. Bullying. Abuse. Fear.
That's the new community your giving can help create.

Your help is greatly needed. Nationally, 1 in 4 women and 1 in 9 men experience physical violence by their intimate partner in their lifetime. In Grand Forks County alone, we estimate that nearly 12,000 neighbors will experience domestic violence or sexual assault during their lifetime, and more than 1,900 youth will experience severe trauma.

Your generous support can transform these sobering outcomes into places where both youth and adults begin and end their days in healthier, more enriching schools, homes and communities.

When you make a gift to CVIC, you're extending a loving hand to those in our community in ways you may not even imagine. In both big and small ways, your gift builds hope by:

- Facilitating free therapy and counseling for individuals and families facing heartbreaking decisions.
- Providing warm clothes and supplies to a young mom who has left everything behind to keep her children safe.
- Supplying additional sand tables, puzzles, books, and other play-based tools that can bring the light back into the eyes of a child who has experienced the unthinkable.
- Offering legal support and tenacious advocacy to accompany survivors of violent crimes through the daunting court systems and on their journey to a more vibrant life.
- Enabling experienced advocates to answer emergency calls from families, day or night.

Please consider a gift today and support our local families in their time of need.
Your generosity is a beacon of hope, not only for our clients, but for the caring staff committed to creating safer tomorrows.

With gratitude,



Coiya Tompkins Inman
President/CEO

P.S. You have the power. With every dollar you contribute, you're helping to make our Greater Grand Forks community a safer, healthier place for Aaliyah, Elijah, and each and every one of us.

*Names, some details changed

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