

# GUARDIAN FAMILY SERVICES

February 2010 Newsletter  
[www.guardianfamilyservices.net](http://www.guardianfamilyservices.net)

If you would like to join our mailing list,  
send an email to [newsletter@guardianfamilyservices.net](mailto:newsletter@guardianfamilyservices.net)

We wish you all a very Happy *belated*  
Valentine's Day, and remember

**LOVE  
IS NOT  
ABUSE**



Dove Charm w/Clasp \$12

Round Cut Earrings \$30

Descending Dove Earrings \$12

Round Cut Pendant w/Cord \$50

Descending Dove Pendant \$8

Cut Out Ring \$23

Our sterling silver dove jewelry makes the perfect Easter gift!  
Order before Easter Sunday and receive 20% off your order.  
Call 524-4357 to order. Please allow 1 week for delivery.

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## *Packing List*

If you are considering leaving a domestic violence situation, here are some items you should plan to take:

- Identification (for you and children)
- Birth certificates
- Social security cards
- School and vaccination records
- Money
- Checkbook, ATM card
- Credit cards
- House and car keys
- Driver's License and Registration
- Medications
- Welfare identification
- Work permits
- Permanent Resident Card (Green Card)
- Passport(s)
- Divorce and custody papers
- Medical Information (for you and children)
- Lease/rental agreement, house deed, mortgage payment book
- Bank book
- Insurance papers
- Small saleable objects
- Address book
- Pictures
- Jewelry
- Children's favorite toys and/or blankets
- Items of special sentimental value

## *Shelter Needs*

We are nearing the end of our funding periods and are in need of the following items:

- Toilet Paper
- Paper Towels
- Tissue
- Dish Soap
- Body Wash
- Hair Care Products  
(for African-American Hair)
- Baby Bath Products
- Size 4 and 5 Diapers
- Feminine Items
- Air Freshener
- Bathroom Cleaner
- Light Bulbs
- Cookware
- Plastic Food Containers
- Kitchen Utensils
- Grocery Gift Cards
- Frozen Family Meals
- Frozen Vegetables
- Fruit

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**firstgiving**  
Kristen is Running for Ch

Help us raise money for charity online

Progress \$185.00  
Target \$1,500.00

13%

Latest 3 comments:

MENU DONATE!

## Running for Charity

One of our staff members, Kristen Amaya, is running the Illinois Half-marathon on May 1<sup>st</sup> to raise money for the shelter. Some of our supporters have already started sponsoring this effort. If you would like to donate, please send your donation to the shelter or visit our website and click the firstgiving widget to donate online.

## United Way Trivia Night

Are you Smarter Than a  
5<sup>th</sup> Grader?

**Saturday,  
February 27<sup>th</sup>**

**Time: Registration 5:30-6:30pm  
Competition begins 6:30pm**

**LOCATION: 104 West 4<sup>th</sup> Street,  
Metropolis Elks Club  
"Right Behind Willy Jack's"**

**REFRESHMENTS WILL BE PROVIDED!**

**Teams: 6 People  
Fee \$10 per person**



To pre-register complete the form below and mail to Massac County United Way, P.O. Box 735, Metropolis, IL 62960 with your registration fees.

Please call Maggie Howett at 524-2161 for more information or to register by phone. If you'd like to play but you don't have a team, please call. We will try to put everybody who wants to play on a team.

***Our team is ready to win! Why don't you join us for the challenge?***