

GUARDIAN FAMILY SERVICES

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www.guardianfamilyservices.net

To join our mailing list, send an email to newsletter@guardianfamilyservices.net.

April is Crime Victims Awareness Month

National Crime Victims' Rights Week April 18-24, 2010

Since 1981, National Crime Victims' Rights Week (NCVRW) has challenged the nation to reflect on victims and their families, the professionals who serve them, and on the struggle for fairness, dignity, and respect for victims of crime. More information will be provided in April's newsletter.

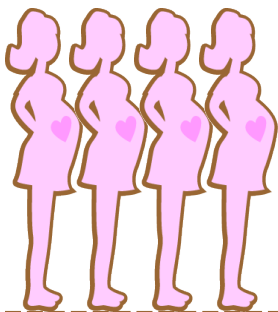
Do you know of someone in a domestic violence situation? What about yourself? If we can help with services or any information, call us anytime 24 hours a day, 7 days a week at 618-524-HELP (4357).

All services are free and confidential.

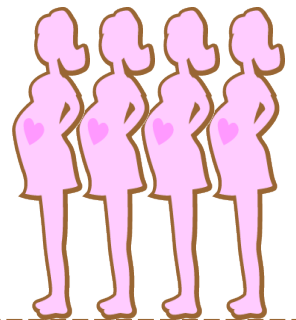
From the Program Director...

June 30th will end the 2010 fiscal year for GFSC. As in the past two years, we expect delays in the state passing a budget, approving FY-11 grants, and releasing much needed funds to enable GFS to continue to provide crucial services to victims of domestic violence. We also expect budgets that could be devastating to our program. To help us get through those rough months, we will be looking for new ways to raise funds, solicit donations, and will rely on the community to help. If you would like to make a donation, please mail it to GFSC at PO Box 742, Metropolis, IL, 62960, or bring it by the shelter.

- Rita Gower



We need maternity clothes!!!
If you have any new or gently used maternity clothes in medium and/or large, please consider donating them to the shelter.



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

Domestic Violence Warning Signs at Work

- Unusual number of phone calls from family member, usually with a reluctance to talk or return message.
- Disruptive visits to the workplace from former or current partner or spouse.
- Repeated injuries and bruises that don't necessarily match up to the explanation on how they happened. Extensive absenteeism, tardiness, or leaving work early.
- Change in work performance, going from better to worse.
- Employee might be withdrawn and depressed, unusually quiet with a reluctance to join the work group for casual gatherings.

Donate your old cell phones!!!

Gather your old or broken cell phones to help victims of domestic violence. Drop them off at the courthouse, Linwood Motors, Shawnee Metro Center, Harrah's, or LaFarge. You may also bring them to the shelter any time as we are open 24/7!

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UPCOMING EVENTS

March 13: *“Pay It Forward Tour” by Students Today, Leaders Tomorrow*

GFSC is one of the choice sites for a day of volunteerism by students from various colleges on spring break. These students will join members of Harrah’s Leadership Committee who will provide supervision and expertise as these volunteers paint bedrooms, do heavy duty cleaning, and yard work. If you or your group would like to complete a volunteer project at the shelter, please call Rita at 524-HELP (4357).

April 30: The Community of Women will perform Eve Ensler’s “Any One of Us: Words from Prison” at the Market House Theater in Paducah with GFS Program Director Rita Gower as part of the cast.. This production by the acclaimed playwright of “The Vagina Monologues” reveals the connection between women's incarceration and their history of abuse. This production helps raise awareness about violence towards women. We hope to see you there!



May 1: Kristen Amaya, GFSC staff member, will be running in the Illinois Half-Marathon to raise awareness and funds for Guardian Family Services.

If you want to help, please visit their fundraising page: www.firstgiving.com/kristenamayaguardian or send a tax-deductible donation to the shelter.

May 15: GFSC Roadblock in Metropolis.

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Can you help?

When families move out of the shelter into their new home, they have nothing. We have a small storage shed to hold furniture, small appliances, etc., to help furnish their homes. We currently need new or used TVs, converter boxes, microwaves, DVD players, mixers, crock pots, toasters, pots and pans, coffeemakers, can openers, silverware, dressers, dish towels and dish cloths.

If you can assist these families, please drop off items at the shelter (117 W. 10th St., Metropolis) 24 hours a day, 7 days a week. Pickups can be arranged by calling 524-HELP.



Trivia Night a Big Success!!!

The United Way Trivia Night was a great success, raising \$1,000 for local agencies. GFSC is a recipient agency of the Massac County United Way. The GFSC team “*VIGILANTES*” with Jimmy Gower, Nancy Ball, Kristen Amaya, Gustavo Amaya, Matt Medley, and Claire Hafdahl, placed fourth out of fifteen teams. Congratulations to team **LAW & ORDER**, who took the title once again proving they are *Smarter than 5th Graders!*

If you would like to make a tax-deductible donation to the United Way, mail checks to
PO Box 735, Metropolis.

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newsletter or print and share!

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newsletter@guardianfamilyservices.net
to your contacts list and keep
our newsletter out of your
spam box.