

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

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.**

Thank you for supporting GFS through your purchase of Big Daddy's BBQ during our recent fundraiser!



## Work Wanted

Do you have an odd job you need help with? We have motivated clients that will help with yard work, cleaning your house, babysitting, and much more.

**Make us your first call!**

**618-524-HELP(4357)**

## Concert Tickets Raffle!

Congratulations to Dr. Yvonne Rath, winner of our May raffle for 2 Lynyrd Skynyrd tickets and an Olive Garden gift card. We hope you enjoy dinner and the show!

Thank you to everyone for purchasing raffle tickets and supporting the shelter.

**Please forward our newsletter or print and share!**

Add our address [newsletter@guardianfamilyservices.net](mailto:newsletter@guardianfamilyservices.net) to your contacts list and keep our newsletter out of your spam box.



## Congratulations!

Nora Medley, GFS Legal Advocate, recently graduated from the Illinois Victim Assistance Academy.

The Academy is a 40 hour, intensive course of study for crime victim service providers designed to improve the quality and consistency of victim services in Illinois. Through education, the IVAA builds the capacity of providers to serve those victimized by crime, encourages cutting-edge thinking about the ways we can help victims regain control of their lives, and enhances the multi-disciplinary training currently provided.

Nora joins Rita Gower, GFS Program Director, as a graduate of IVAA.

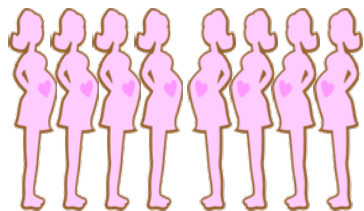
### *From the Program Director...*

June 30<sup>th</sup> 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.



### **Shelter Needs**

- Foil
- Toilet Paper
- Cleaning Supplies
- Boxed Foods
- Canned Foods
- Meats
- Baby items
- Diapers (sizes 4 & 5)

## **Join us for an evening of fun at Harrah's Metropolis.**



**Live Music, Martini Specials, Upscale Appetizers**

**Friday, July 23<sup>rd</sup>, 8pm - midnight**

**Tickets: \$20 (includes 1 Martini)  
or \$200 (VIP table for 4)**

**Purchase Tickets by calling 1-888-512-SHOW (7469) or  
<http://metropolis.frontgatetickets.com/>**

**This benefit is part of the Second "Pay It Forward" Movement hosted by  
Harrah's and Wither's Broadcasting 105.5 "The Cat" and 920 WMOK.**

**Coming July 14<sup>th</sup>...**

Outback Lunch Fundraiser!

We will only sell 50 delicious lunches; each for only \$9 (delivered).

Stay tuned to our website for more information!



## *Tennessee Teacher Swims Ohio River for Awareness*



Mimi Hughes, of Taft, Tennessee, is currently swimming the Ohio River to promote national awareness of organizations that provide life skills and education for girls.

Hughes, 54, started the swim in Pittsburgh, Pennsylvania, on May 22<sup>nd</sup>. Mimi will arrive in Metropolis on July 15<sup>th</sup> then complete the final distance to Cairo on July 17<sup>th</sup>.

Guardian Family Services will be joined by A Community of Women, and Harrah's Metropolis Casino and Hotel in sponsoring events during Mimi's brief time in Metropolis. Details will be available closer to her arrival. In the meantime, you can track Mimi's swim by visiting: <http://www.womenacrosstheworld.ning.com/>

**Do you have a fundraising idea? Contact us at 618-524-HELP.**