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## Thank you to all the Chefs who participated in Men In The Kitchen!

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On November 8, 2014 TimeOut hosted the First Annual Men in the Kitchen Event at the TeeAway Golf & Supper Club in Ladysmith. Our local celebrity chefs each prepared a unique and delicious four course meal for their tables of diners to raise funds for the TimeOut Program. The exiting and fun night was complete with live music by "The Bug" and a large silent auction thanks to our generous local businesses and community members. Click [here](#) to check out pictures from the night on our Facebook page. We'll see you again next year!

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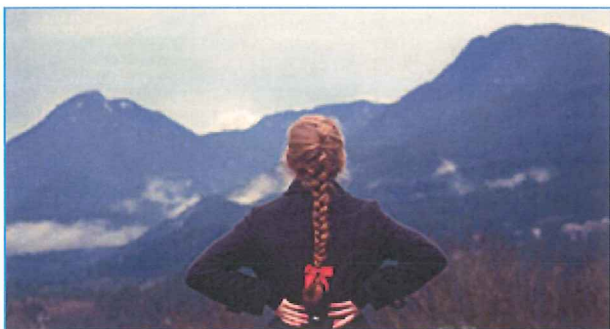
### Director's Note

News reports of domestic and sexual violence have been all around us this year: the domestic and child abuse cases in the NFL, intimate partner homicides in neighboring counties, bullying in our schools and harassment on social media. The reported violence and need for safety is growing at an alarming rate. Every year at TimeOut, more victims access our supportive services and need the safety of our emergency shelter. In 2014, despite funding challenges, TimeOut drastically increased... [Read More >>](#)

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## Program Highlights

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### TimeOut's New Visitation Program

This year, TimeOut expanded the successful safe custody exchange program into a comprehensive Visitation Program offered to all tri-county families. [Read More >>](#)



### Community Security Fence Project

Thanks to our generous community supporters, the TimeOut Shelter's yard will be getting a complete makeover this spring! [Read More >>](#)

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## A Survivor's Story

The first time we met Jodi\* and her three young daughters, they were fleeing a psychologically abusive husband and dad looking for a safe place to stay for a couple nights. [Read More >>](#)

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"Strength doesn't come from what you can do; it comes from overcoming the things you thought you couldn't." --

Rikki Rogers

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## Newsletter

### December 2014 E-Newsletter

#### Director's Note

News reports of domestic and sexual violence have been all around us this year: the domestic and child abuse cases in the NFL, intimate partner homicides in neighboring counties, bullying in our schools and harassment on social media. The reported violence and need for safety is growing at an alarming rate.

Every year at TimeOut, more victims access our supportive services and need the safety of our emergency shelter. In 2014, despite funding challenges, TimeOut drastically increased counseling and legal advocacy services and developed new programming in order to meet our community's needs. We made numerous enhancements to existing programs for victims and their families such as a converting a room and adding two more shelter beds to serve male and transgender victims. By the end of the year, TimeOut will have provided over 1,500 nights of safe shelter and nearly 3,000 advocacy contacts with the community's most vulnerable individuals since January of this year. In addition, we've shifted our focus to stopping violence at the root with increased prevention and awareness education. We reached over 8,000 people through our programs within the schools, hospitals and community groups. Victims in our community are getting the help they need because of the incredible work Staff, Board of Directors, Interns and Volunteers accomplished this year.

The new level of domestic and sexual violence awareness in the media is shedding light on the crimes in our tri-county community that have been previously kept as a "private family matter." Speaking up when we feel something is wrong is the key to keeping families safe and eliminating violence in our community. TimeOut recently held the First Annual Men in the Kitchen event where men from all different sectors of our communities dazzled attendees with their culinary talents as a way of breaking gender stereotypes and standing in support of victims. All of us here at TimeOut truly believe the dedication of our community members to educate one another about healthy relationships is what is leading to the increase of people coming forward for help and healing. Thank YOU for supporting us in our efforts to end domestic and sexual violence and being engaged, caring community members.

We hope you have a wonderful holiday season.

In Service,

Katie

## TimeOut's New Visitation Program

This year, TimeOut expanded the successful safe custody exchange program into a comprehensive Visitation Program offered to all tri-county families. The Safe Exchange Program is a service now offered at no charge to the family that allows parents to do a scheduled custody exchange on-site at the TimeOut Shelter in order to eliminate any confrontation between the parents. TimeOut Staff ensure the families' safety by staggering the parents' drop-off and pick-up times.

TimeOut is very excited to announce we will begin offering a Supervised Visitation Program in January of 2015 to our tri-county community! A supervised visitation results from a court order made by our County Judges as a stipulation within a custody order or restraining order filed against one of the parents. Recommendations for a parent to have supervised visitations with their children can also be made by Social Services. TimeOut is independent of the court system which allows the Shelter to be a neutral and safe environment ensuring children can maintain a relationship with both of their parents while other issues are being worked out. Security measures for the Visitation Program will be as unobtrusive as possible, but may vary between the safety needs set out in specific cases and court orders. The Supervised Visitation Program will be provided to area families based on a sliding scale fee.

Families do not have to be court ordered to use Safe Exchange, although registration is required to use any of the services of the Visitation Program. Please call TimeOut at 1-800-924-0556 for more information.

## Community Security Fence Project

Thanks to our generous community supporters, the TimeOut Shelter yard will be getting a complete makeover this spring! As soon as the snow melts, the Ladysmith Lions, the Bruce Kiwanis, the Bruce Lions and Weathershield will come together with TimeOut to install a wood security fence around the Shelter's yard. This fence will provide basic safety and confidentiality for the residents and their children staying in the Shelter. In addition to the fence being built, TimeOut and the community partners will develop fun and educational outdoor activities to take place in the yard. These activities, such as a vegetable and flower garden, will promote physical activity and play, learning opportunities and provide the chance for parents and kids to reconnect and heal from past trauma. A **HUGE** thank you to our partners listed above for their commitment and contribution to our community's kids!

## TimeOut Survivor Story

The first time we met Jodi\* and her three young daughters, they were fleeing a psychologically abusive husband and dad looking for a safe place to stay for a couple nights. Jodi only planned to stay at the Shelter long enough for her husband's anger to come down from the dangerous boiling point, and then she wanted to return to try to make her marriage work.

Jodi's husband emptied her bank account as punishment for leaving him. She wasn't able to return to her home as planned until a few days later when she would get gas money from a family member. In those extra few days

at the Shelter, she began to feel comfortable and her daughters instantly connected with TimeOut Staff. She began to recognize the damage to her kids by staying in the abusive home. She wanted them to grow up without the emotional abuse and low self-esteem issues she faced. Jodi stayed at TimeOut for over a month.

Through supportive counseling and advocacy, Jodi dug through her years of childhood trauma and abusive marriage. With her advocate, she worked through issues and identified the abuse she faced in many relationships throughout her life. Jodi began treating her depression and healing from the abuse. As Jodi healed, her daughters blossomed. The girls overcame their developmental delays and connected on a new level with their mom; the two year old began talking and the others grew emotionally and made friends in their new school. As Jodi and her daughters continued to heal, she realized her girls weren't the only ones who didn't deserve the abuse. She didn't deserve abuse in her life either. With TimeOut Staff's help and support, Jodi set personal goals for herself and got to work.

After 8 years of extreme psychological abuse, Jodi completely turned her life around after staying at TimeOut. Jodi secured child support and found a job, began the process of getting a divorce, and moved into an apartment in a new city to get her a fresh start. She even is thinking about going back to school to finish her bachelor's degree—something she would have never seen herself doing a year ago. The lives of Jodi's children will be so very different from her own.

\*The real name of the client was not used to protect her identity.

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