



Bement, Katie <katie@embracewi.org>

Embrace Summer 2021 E-Newsletter

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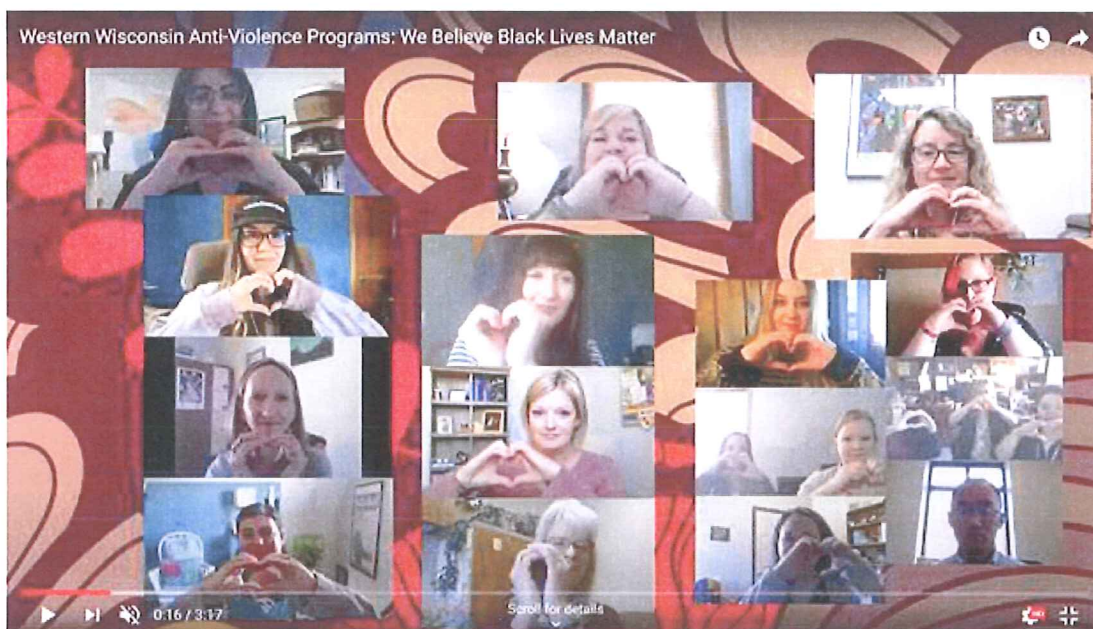
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Embrace Newsletter Summer 2021



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Western Wisconsin Anti-Violence Programs: We Believe Black Lives Matter

Seven anti-violence programs in Northwestern Wisconsin collaborated to create an awareness and education video articulating reasons why they believe Black Lives Matter.

“The video is to help dispel the myths that racism doesn’t exist in Western Wisconsin, and explore how being anti-racist is integral to the anti-violence movement” explained Katie Bement, Executive Director at Embrace that provides advocacy services to survivors of domestic and sexual violence in Barron, Price, Rusk, and Washburn counties.

“The regional sister agencies all came together to work on and publish this video because we want to support our communities in understanding the root oppressions that cause violence against women are linked to racism. We can’t end one form of violence without addressing the other,” explains Bement.

Together, we hope the video will show survivors who are Black, Indigenous, People of Color (BIPOC) in our communities that we are safe and welcoming.

"As an organization, we understand the additional complexities and barriers BIPOC survivors face to seeking safety and resources," says Bement.

The agencies involved in the video are Black and Brown Womyn's Power Coalition, Bridge to Hope, Community Referral Agency, Embrace, Family Support Center, Oakwood Haven, and TurningPoint. The video can be found at bit.ly/WIBLMvideo.

Program Highlights

2020 Annual Report Released!

Embrace is pleased to release its 2020 Annual Report. This year's Report highlights services provided and service trends, notable outreach and prevention education activities, enhanced programming, as well as lists the donors who supported the organization throughout the year. The Report includes a letter from the Executive Director titled "Transformation and Resilience" that contextualizes the organization's work within the unparalleled challenges the world faced in 2020. [Read the Annual Report here.](#)



We are Embrace. These are the words of survivors.

"The roots continue to pull me down, but I will not break, for I am strong. My strength is not a choice; it is my survival. In the eyes of power, I am to blame, but the hands of the system keep me trapped. I am not an animal needing to be caged by force and fear. I am a human being who deserves to blossom. My growth will not go unnoticed. It will pave the path for others. I am worn out and tired, but I am not weak. I will not be silenced any longer. I will own my truth. I am strong. Strong. I am resilient. I am a survivor. Change needs to come, not later, but now. It will be messy, uncomfortable, and unpredictable. It will also bring knowledge and growth. As survivors, we've done the work. But society, will you?". Embrace was asked to participate in Mayo Clinic's Healing Reflections Mural project regarding the historic nature of 2020 and the impact on survivors. [Read more.](#)

Volunteer Spotlight

"Hello, My name is Blake Melin and I work for Essentia Health as their Video Production Associate. I volunteer for Embrace because there is a critical need in our communities to spread awareness about domestic violence and sexual assault. Embrace provides these services to all who have been affected by domestic violence and sexual assault. They do so with passion, courage, and inclusion. I enjoy using my skill set as a video production professional to assist Embrace in getting their message across to the community. Their story is important, and I take pride in helping Embrace show who they are, and how they can better assist the community to make it a safer place to live and thrive." To read more about Blake why he volunteers with Embrace and how you can get involved as a volunteer or intern, please [click here](#).

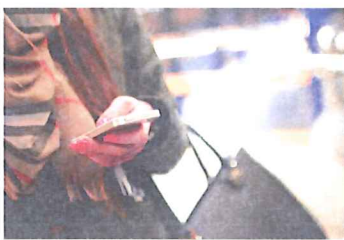


Together Again!

Embrace staff who work across the rural four-county service area of Price, Rusk, Washburn, and Barron Counties met for their first in-person staff meeting after a year and a half of virtual meetings. Staff celebrated the reunion with a long-awaited potluck! Embrace staff are vaccinated and following local public health and Center for Disease Control's social distancing guidance to keep staff, shelter residents, and survivors we serve safe and healthy. Anyone visiting Embrace's offices is required to wear a mask and keep six feet of space between them and others. Virtual Zoom advocacy appointments, phone appointments, and support groups through Zoom and the anonymous HelpRoom chat format continue to be available. Shelter is open. We're here!



Make a Donation!



Events Calendar

Anyone is welcome to join the events listed in our [online calendar](#). You can click on the individual event for location, times, and session topic details. You can also call our [offices](#) if you have transportation or child care concerns during the event.

Follow Us!

It'd be great to connect with you on social media! We post updates, and it's one more way to reach out for confidential support. Our handles on Facebook, Pinterest and Snap Chat are [@EmbraceWI](#), and [@EmbraceWisc](#) on Instagram.

Make an Impact!

Are you ready to get involved and make a difference? There are numerous ways to spend your time with Embrace. Consider joining us as a board member, intern, or volunteer as a group on a specific project. To get started, [contact us](#).



*"Things are not getting worse, they are getting uncovered. We must continue to hold each other tight and continue to pull back the veil."
- adrienne maree brown*

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800.924.0556 (phone) / 715.532.6976 (text) Rusk County Shelter and 24/7 Office: [107 Lindoo Avenue East Ladysmith, WI, 54848](#)

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2020 EMBRACE ANNUAL REPORT RELEASED!

Embrace is pleased to release its 2020 Annual Report. This year's report highlights services provided and service trends, notable outreach and prevention education activities, enhanced programming, as well as lists the donors who supported the organization throughout the year. The Report includes a letter from the Executive Director titled "Transformation and Resilience" that contextualizes the organization's work within the unparalleled challenges the world faced in 2020.

To view the Report online, please click here

(<https://static1.squarespace.com/static/5b688fc6266c07e9c2be2675/t/6112e29647dc6168758897bf/1628627624861/2020+Embrace+Annual+Report.pdf>). **If you would like to have**

a hard copy of the report mailed to you, please email your mailing address to katie@embracewi.org.

WE ARE EMBRACE. THESE ARE THE WORDS OF SURVIVORS.

"The roots continue to pull me down, but I will not break, for I am strong. My strength is not a choice; it is my survival. In the eyes of power, I am to blame, but the hands of the system keep me trapped. I am not an animal needing to be caged by force and fear. I am a human being who deserves to blossom. My growth will not go unnoticed. It will pave the path for others. I am worn out and tired, but I am not weak. I will not be silenced any longer. I will own my truth. I am strong. Strong. I am resilient. I am a survivor. Change needs to come, not later, but now. It will be messy, uncomfortable, and unpredictable. It will also bring knowledge and growth. As survivors, we've done the work. But society, will you?"

Embrace was asked to participate in Mayo Clinic's Healing Reflections Mural project regarding the historic nature of 2020 and the impact on survivors. Our advocates wrote the above reflection based on collective stories and comments shared with them by survivors in 2020, and the artwork created by Embrace's Shelter Coordinator, Judy, is a visual depiction of the reflection that's included in the mural. Judy's artist statement is below:

"I created this artwork as a reflection of what I witnessed in working with survivors that stayed in the shelter and from what I heard through our outreach coordinators. Oppression has deep roots, and we advocate however we can with the resources that we have available. This figure represents those deep roots of money and legal barriers. She, as a multi-race portrait, rises above with growing greenery even through chains and being silenced."

Embrace is grateful for Mayo's efforts to raise our community's awareness of equity and health disparities amplified by the pandemic through Mayo's Healing Reflections Mural. We're also ecstatic to have an ongoing partnership and collaborative projects with Mayo as a 2020-21 recipient of the Mayo Everybody IN Foundation. Please check out the Mayo

Healing Reflections Mural and view all of the stories and artwork here (https://communityengagement.mayoclinic.org/stories/2021/04/19/first-phase-of-healing-reflections-mural-to-be-unveiled-in-eau-claire/?fbclid=IwAR0_7NM7peiqrTspTJT-d6-lhKOAuldfwKJ6--qpJ3gO3scVfulOL0kkIV8).

VOLUNTEER SPOTLIGHT

“Hello,

My name is Blake Melin and I work for Essentia Health as their Video Production Associate.

I volunteer for Embrace because there is a critical need in our communities to spread awareness about domestic violence and sexual assault. Embrace provides these services to all who have been affected by domestic violence and sexual assault. They do so with passion, courage, and inclusion.

I enjoy using my skill set as a video production professional to assist Embrace in getting their message across to the community. Their story is important, and I take pride in helping Embrace show who they are, and how they can better assist the community to make it a safer place to live and thrive.

It hurts my heart to know there are people out there who are living in fear. With the help of Embrace, those who are going through one of the most painful experiences of their life are given hope. They are provided tools to overcome adversity and emerge out of the darkness with a new light.

Those who work at Embrace are the pinnacle of all humans. They dedicate their time and mental energy to simply assist those in need. Everyone. No exceptions. You will not find many individuals more noble. It is because of their big hearts and tremendous spirit that I am overwhelmingly happy to do whatever I can to help further their mission.

I would recommend anyone who has time to volunteer for this wonderful organization. Not

only is it fulfilling work, but you can look back and know you helped create positive change in the community, and helped further the equality of our people.

With love,

Blake Melin”

For more information about volunteering or interning with Embrace, please contact McKenzie at mckenzie@embracewi.org.

Together Again! Embrace staff photo at the July staff meeting.





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