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February | 2019

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A Word from Our Executive Director, *Jan Campbell*

Dear Friends,

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DVS in the News

[Luncheon to raise funds to fight domestic violence](#)

[Domestic Violence Solutions Raises Awareness, Spreads Hope at 11th Annual Luncheon](#)

February is Teen Dating Violence Awareness Month.

As part of our outreach and education efforts, I participated in an event at San Marcos High School on Valentine's Day. The "Love Yourself Campaign," led by the Youth Wellness



Connection Clubs, took place in seven high schools throughout southern Santa Barbara County to bring awareness to the importance of healthy dating relationships.

As I walked on to the campus where my two daughters had gone to high school, I had to swallow the lump in my throat when I called to mind the vicissitudes of life with teenage girls. Cumulatively my husband and I lived through eight straight years of heaven or hell depending on the day. Worry was my constant companion - vigilance was my body posture. While our lives were not a plethora of unicorns and rainbows... those years passed with only mildly traumatic episodes. Unfortunately, that is not the case for many.

Statistics show that 1.5 Million high school students experience physical abuse from a single dating partner in a single year and one in three teens experience dating abuse and most never ask for help. The consequences of dating abuse are significant and can include binge drinking, attempted suicide, higher likelihood of pregnancy and poor academic performance.

Adolescence is a period of transition and uncertainty. Unhealthy relationships leading to poor self-esteem in vulnerable young people sow the seeds for adult and family violence and that is what we at DVS see every day.

We applauded the work of the Youth Wellness Connection Clubs and their work to encourage their peers to love themselves first, to recognize the signs and take a stand against dating violence.

If you know a teen who needs help, here is a resource.

Text "LISTEN" to 741741 or Call 1-866-331-8453

Warm regards,



Jan Campbell
Executive Director

11th Annual Luncheon

More than 200 people gathered at the Four Seasons Resort, The Biltmore on Sunday, February 10 for Domestic Violence Solutions' 11th Annual Luncheon - *It takes more than a village...it takes a community*. It was

an afternoon filled with celebration and inspiration, highlighting the collaboration among all the nonprofits that serve victims and survivors of domestic violence and their families in Santa Barbara County.



Read more about the Luncheon [here](#).

Special thank you to our Community Sponsor:
AGIA - *In memory of John Wigle*



Our [annual report](#) is a peek into what makes DVS so important to Santa Barbara County. Everything we do is made possible by the support and commitment of our donors, funders, volunteers, board of directors, and staff.

The past year has been filled with a remarkable influx of community support and organizational growth. We can't wait to see what comes next!

Thank you for supporting the work we do as we continue to strive to end the intergenerational cycle of domestic violence.

[Amazon Wishlist](#)

Donate to DVS urgent
and ongoing needs at:

**dvsolutions.org/
AmazonLists**



We are excited to announce that we have revamped our donation process. You can now purchase items from our [Amazon wishlists](#), and they will be delivered directly to our office.

Please shop through [Amazon Smile](#) and Amazon will donate a portion of your purchase directly to DVS!

You Are Not Alone



*Domestic Violence
Support Group*

**Join our FREE domestic violence support groups!
We offer two, one in English and one in Spanish.**

- Increase your self-esteem
- Gain support
- Recognize signs of abuse
- Create a safety plan

English:

Wednesdays from 6:00 - 6:55 pm

Location:

CALM (Child Abuse Listening Mediation)
1236 Chapala St, Santa Barbara, CA 93101

Spanish:

Thursdays from 6:30 - 7:30 pm

Location:

Miller Center
5575 Armitos Avenue, Goleta, CA 93117

To attend or for more information:

Contact Carolina Najera-Magana
at CarolinaN@DVolutions.org.

Upcoming Events



7th Annual 5K Run/Walk For Love

UCSB Sigma Alpha Zeta's annual Run For Love 5K is **this Saturday!**

100% of the proceeds collected from the run will be donated directly to DVS!

Please join us for an incredible event hosted by our wonderful longtime community partner.

When & Where?

- Saturday, March 2, 2019
- The UCSB Lagoon
- Check in 9:00 am, race begins 10:00 am

Course Description:

The course will be taking place on the beautiful UCSB Campus. It will begin on the UCEN Lawn and work its way toward the lagoon. Once the runner reaches the top, they will turn around and proceed on the same route.

[Click here](#) to register and to learn more info



40-Hour Training

Santa Maria - May 2, 3, 7, 9, & 10

Community Health Centers of the Central Coast
2050 S Blosser Road
Santa Maria, CA 93458

Santa Barbara - Date and location TBA

Trainings are \$225 per person, and run from 8:15 am until 5:00 pm.

Why Take Our 40 Hour Training?

- Trainings meet requirement for certification by the State of California for those who wish to work directly with victims or perpetrators of domestic violence
- Learn evidence-based strategies for counseling and client advocacy that support recovery
- Develop referrals and network with other professionals serving in the local community
- Learn about the legal system that protects the rights of intimate partner violence survivors

For more info or to register please email Eloisa Patterson at EloisaP@DVsolutions.org or visit our [website](#).

Community Partner Appreciation!

United Way - They have continued to support our organization throughout the years. We cannot express how grateful we are!



Macy's - Macy's continues to be a longtime supporter of DVS. We are forever thankful!



Please consider helping local victims
of Domestic Violence:
Donate Now

Domestic Violence Solutions | 805.963.4458 | dvsolutions.org

Safety. Shelter. Support.

CONNECT WITH US:



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Domestic Violence Solutions, 411 E. Canon Perdido St., Suite 12, Santa Barbara, CA 93101