



grateful for you

HAPPY THANKSGIVING FROM DVSI!

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*Jan Campbell***

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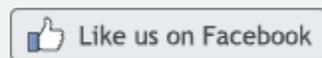
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Dear Friends,

This time last year, my November message focused on the season's theme - gratitude. Much research exists on the science of gratitude. Studies demonstrate that gratefulness can improve general well-being, increase resilience, strengthen social relationships, and reduce stress and depression. Grateful people have a greater overall well-being and life satisfaction, and more capacity for joy and positive emotions.



When there is an overabundance of bad news, seemingly entrenched social problems and just downright tough work, I sometimes have a hard time picking my head up off my desk to remember my own privilege and step outside of myself to embrace gratitude. Then something happens that reboots my psyche and a wave of gratitude breaks over me. Such a thing occurred on Monday evening, November 25. In the hills above Santa Barbara, the Cave Fire broke out and an entire swath of the city was under orders to evacuate. By the time I realized our emergency shelter was in the red zone and called to figure out what to do, our Director of Client Services and our Santa Barbara shelter advocates and clinical staff had mobilized and moved the clients safely to our transitional housing facility! "We got this," she said...and they did. I was awash in relief and gratitude.

The DVS staff is among the strongest, most dedicated group of people I have worked with in my very long career. Every day, they show up for our clients, for each other and for me. Like many of our partners in this milieu of crisis intervention work, we get discouraged from time to time. The trick is to keep going, stay positive and feel grateful every day for the opportunity to make a difference.

On behalf of the board and staff of Domestic Violence Solutions for Santa Barbara County, I wish you a joyful Thanksgiving.

All the best,

DVS in the News

[KEYT: Farm worker organization partners with domestic violence agency to reach out to victims](#)

Jan Campbell
Executive Director

Grassini Gives Back!



8th Annual

Grassini Gives Back Charity Wine Event

Drink wine and donate for a GREAT cause!

**Sunday, December 15
12:00 - 6:00 pm
Grassini Family Vineyards Tasting Room
24 El Paseo, Santa Barbara**

We are so excited to announce that [Grassini Family Vineyards](#) graciously asked DVS to be the recipient of their annual charity event, "Grassini Gives Back"!

Please come and support the wonderful work we do and enjoy wine tasting, light bites, a silent auction, and raffle prizes! Grassini will MATCH all donations, tasting fees and raffle/auction ticket sales.

Thank you from the bottom of our hearts, Grassini!!!

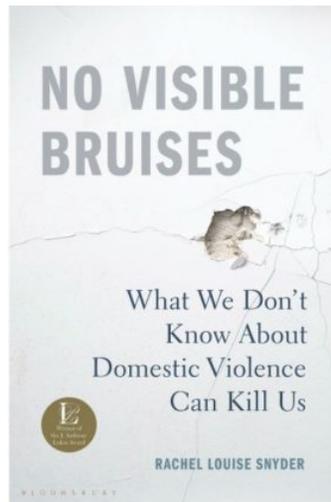
Click here for the [shareable flyer](#) and [Facebook event](#).

Mark Your Calendars!



12th Annual Luncheon
Strong Voices Together
Sunday, February 23, 2020
11:00 am - 1:30 pm
Four Seasons Resort The Biltmore

Tickets and sponsorship opportunities are available!



We are incredibly excited to announce our keynote speaker...coming all the way from Washington D.C.!

Rachel Louise Snyder
Best-Selling Author of "No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us"

Purchase your copy [here](#).

New York Times Articles:

[An Extraordinary New Book Dismantles the Myths That Surround Domestic Violence](#)

[The 10 Best Books of 2019](#)

40-Hour Domestic Violence Certification



Become 40-Hour Trained!

Our training is coming up **NEXT WEEK!!!**

Join us in Santa Maria on December 4, 5, 6, 9 & 10.

Learn more [here](#).

Spread the Word!

Drop-in Consultation and Support



Starting December 12!

We will now offer **informal, confidential consultation** with therapists from Domestic Violence Solutions. The service is free of charge and offered on a first-come, first-served basis.

More information, dates and locations are [here](#).

Community Partner Spotlight



MAD Fitness

MAD Fitness generously hosted donation-based charity workouts every Sunday in November! We are so appreciative of all they do in our community - such a caring and awesome local gym! Check them out at madfitnesssb.com.

Alpha Chi Omega - Delta Psi Chapter, UCSB



Special thank you to these wonderful ladies for granting DVS a generous \$10,400 grant!!



FoodBank of Santa Barbara County

Our Thanksgiving donors were suddenly unavailable and no longer able to donate. On a moment's notice, the [Foodbank of Santa Barbara County](#) was able to provide turkeys for every single one of our clients. We are beyond grateful!

Please consider helping local victims
of domestic violence:
Donate Now

Domestic Violence Solutions | 805.963.4458 | dvsolutions.org

Safety. Shelter. Support.

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