



# Safe Passage

No one deserves to be abused.

## Safe Passage's Monthly news & updates

July 2019

### July

**Welcome to Safe Passage:** In July, we welcomed 3 volunteers and 2 interns into our agency! This month, they have been participating in our domestic violence and sexual assault training and will become trained advocates on August 10.

**Client Outing:** Our clients were able to attend a cooking class at the Leishman Center for Culinary Health through Northwestern Medicine. It was an amazing opportunity for the clients and they were so thankful.

**We need your help:** In July, our emergency client fund ran out! These funds are primarily used to help our clients with things like deposit assistance for new apartments, vital car repair, educational courses, application fees for childcare and housing applications, and prescription medication. All of these things allow our clients the opportunity to get on their feet. Without it, it is much harder to help clients successfully transition out of the shelter! If you'd like to donate to our emergency fund, please call 815.756.7930.

### Upcoming Event

This year, our annual July 4th race, the Pokanoka's Run/Walk, will be held on September 28. Register now through September 20 to receive your free t-shirt!

[Register here.](#)

Have you heard? We partnered with the DeKalb Corn Classic to offer runners a discounted registration fee and special medals when you attend both races! [Learn more here.](#)



### Join Our Team!

[Check out our open job positions here.](#)

[Apply for a position on our Board of Directors here.](#)

## Staff Spotlight

**Congrats Kendal!**

In July, our agency recognized Marketing and



Communication Specialist, Kendal, in our Staff Spotlight. Kendal celebrated two years with Safe Passage on July 31st. She explains, "My favorite part of my job is the ability to be creative. I love organizing events, designing flyers, and marketing material to educate the community."

We're grateful for the hard work and dedication Kendal shows our agency!

## Counselor's Column

### Group Counseling

By Melissa McGraw

Group counseling can be a very effective way of helping trauma survivors heal. There are certain unique dynamics that exist in a group setting that can't be replicated in individual services. Those dynamics include the following (from Yalom's Therapeutic Factors):

- **Instillation of hope:** Many trauma survivors have had their hope stripped from them. Being with other people at different stages of healing can help survivors see that healing is possible.
- **Cohesion:** The feeling of belonging and connection with others in a safe space.
- **Universality:** "I am not alone. And I don't have to do this alone."
- **Altruism:** Survivors in a group can have the experience of helping and supporting others, increasing their self-esteem and their sense of having value and worth.



Safe Passage currently offers 3 counseling groups for adult survivors: domestic violence support group, self-esteem group, and an art studio group for sexual assault survivors. The majority of the group participants are also in individual counseling which allows them to focus on their individual needs and to process experiences in group that may trigger memories and feelings of trauma. To get connected with counseling services, contact our hotline at 815.756.5228.



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