

Safe Passage's Monthly news & updates

September 2019

September



Staff Wellness Day

Our staff members organized a wellness day complete with breakfast, self care activities, and journaling prompts. At Safe Passage, we understand and value the importance of self care and encourage everyone to practice it!

Client Outing

Our clients enjoyed an evening away from shelter at Kuiper's Apple Orchard! Together they picked apples, ate donuts, and visited the animals on the farm.



7th Annual Pokanoka's

Upcoming Events

Domestic Violence Vigil:

October 7, 6-8 PM at the Egyptian Theatre (315 N 2nd St)

Join us for our annual Domestic Violence Vigil to honor the pain and loss of abuse in the past year and celebrate the resiliency and strength of survivors. This year's vigil will include a brief program, survivor speak-out, and candlelight vigil. FREE and open to the public!

PAIP Facilitator Training:

DeKalb Police Department (700 W Lincoln Hwy)

October 25, 8:30 AM – 5 PM

October 26, 8:30 AM – 5 PM

October 27 9 AM – 1:00 PM

Safe Passage is currently offering a PAIP facilitator training. Cost of class: \$200. **[Click here to register.](#)**

At the Heart of Gold

Documentary Screening:

October 30, 7-9:30 PM at the Egyptian Theatre (315 N 2nd St)

At the Heart of Gold: Inside the USA Gymnastics Scandal," reveals a dangerous system that prioritized winning over everything else, including protecting young female athletes. Don't forget to join us for a panel discussion following the film. FREE and open to the public!

Thank you to our runners, walkers, and sponsors who supported our 7th annual Pokanoka's event! The weather and muddy trails made this year especially challenging, but as always, we had a great time at Shabbona Lake State Park!

[Join Our Team!](#)

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

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

Staff Spotlight



Congrats Mikaela!

Mikaela was our staff spotlight for September! Mikaela started her journey at Safe Passage as a Volunteer and has been a staff member for nearly 2 years. She explains, "My favorite part of my job is being able to work with clients when they are in a time of need. Being able to help them through these stages and see them become self-sufficient in their lives outside of shelter is one of the most fulfilling things."

Fun Fact! Mikaela is a fan of country singer, Eric Church, and got to sing on stage with him during his concert in Chicago!

Counselor's Column

Coping with Triggers

By Melissa McGraw

Many survivors of domestic violence or sexual assault encounter reminders of their trauma experiences in the form of triggers. Triggers of past abuse can make it difficult for some survivors to get through each day—they may isolate themselves or limit their activities in an effort to avoid re-experiencing the feelings associated with past abuse. A trigger can often bring back all of the emotions, thoughts, and experiences of an abuse incident—as if the abuse is occurring in the present.



This can be a terrifying experience for some survivors. Triggers often occur unexpectedly which is why it is important for survivors to have skills to manage them when they do occur. The counselors at Safe Passage assist survivors in identifying potential triggers and establishing a set of coping strategies to manage these triggers. Some of these coping skills may include grounding exercises (which allows a survivor to be brought back into the present when they are triggered into memories of past abuse), self-talk strategies ("This is just a trigger—I am safe now"), distraction techniques (focusing on or participating in an activity in the present until the intense feelings subside), and talking to someone who is supportive and

understanding.

Safe Passage counselors want survivors to know that experiencing triggers is normal when you have experienced trauma and we can help survivors learn ways to manage these events when they occur. If you or someone you know has experienced abuse and are struggling to manage the emotional after-effects of these events, please contact Safe Passage to schedule an appointment with a domestic violence or sexual assault counselor.



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