INSIDE THIS ISSUE:

- Shelter Kitchen Remodel
- October: Domestic Violence Awareness Month
- Bullying Prevention Month
- Staff Spotlight: Dana Powers

Photo Credit: Light It Up – The Murray Baker Bridge
**Connect With Carol**

**childhood trauma. we can help.**

Sam and Avery are siblings ages 4 and 8. They are a sweet pair. Typically Sam loves to play in the dirt with dump trucks and giggles a lot. Taylor is a voracious reader who likes to sit in the yard under their grandmother’s big maple tree consuming the latest find from the book fair or the school library. Recently they were both in their grandmother’s front yard, where they are staying temporarily. They were peacefully enjoying their time when they heard “pop, pop, pop” and a car drove very fast in front of their yard, steering up over the curb for a moment, coming near where Sam was playing. People started running from the neighbor’s house yelling that someone had been shot. Soon there were loud sirens and so many flashing lights in front of their yard, steering up over the curb for a moment, coming near where Sam was playing. People started running from the neighbor’s house yelling that someone had been shot. Soon there were loud sirens and so many flashing lights in front of their yard, steering up over the curb for a moment, coming near where Sam was playing. People started running from the neighbor’s house yelling that someone had been shot. Soon there were loud sirens and so many flashing lights in front of their yard, steering up over the curb for a moment, coming near where Sam was playing. People started running from the neighbor’s house yelling that someone had been shot. Soon there were loud sirens and so many flashing lights in front of their yard, steering up over the curb for a moment, coming near where Sam was playing. People started running from the neighbor’s house yelling that someone had been shot. Soon there were loud sirens and so many flashing lights in front of their yard, steering up over the curb for a moment, coming near where Sam was playing. People started running from the neighbor’s house yelling that someone had been shot. Soon there were loud sirens and so many flashing lights

Riley is 3-years-old and sits on the floor with a well-worn blanket, sucking a thumb, slowly rocking back and forth while Mom and Dad dart from room to room arguing violently.

Jaden is 5 and Uncle Rick often babysits. Uncle Rick gives no thought to what movies or video games are on full display in front of Jaden, who doesn’t really understand, but is deeply impacted by inappropriate images and sounds. Nightmares are often the result.

Trauma is a sensitive and deeply personal topic for just about everyone, but when it is childhood trauma, it is ominous and can cast a long shadow causing psychological consequences and even serious medical implications for years to come.

Many children experience trauma because of ongoing exposure throughout their early development - exposure to abuse, neglect, homelessness, domestic violence or violence in their communities. And it’s clear that chronic trauma can cause sobering problems, not just with learning and behavior, but in brain development, the immune system, hormonal systems, and even the way our DNA is read and transcribed. Nearly 30 years of research have established the connection between Adverse Childhood Experiences (ACEs) and long-term health.

The Safe From the Start (SFTS) program at the Center for Prevention of Abuse was established in 2001. CFPA’s SFTS is 1 of 9 such crucial programs in the state of Illinois. SFTS is here to nurture the smallest survivors, like Sam, Avery, Riley and Jaden. SFTS cares for children ages birth through five, and their families, identifying, assessing and providing comprehensive care.

So, how does the Center for Prevention of Abuse come to the aid of children of all ages affected by trauma? In a variety of ways, be it direct services like emergency shelter with their parent or guardian, assessments, support services, or even in-depth restorative care with one of our master’s level therapists. Not only does CFPA’s professional team work to help the child identify and express their feelings and process what has happened to them, we also enhance the parents’ or guardians’ ability to be safe and provide a secure and reliable environment for their children.

SFTS is also about coalition building and bringing public awareness. CFPA’s SFTS program connects with a large coalition of providers who meet regularly with CFPA’s team to share stories and best practices and forge vital relationships. It is always worth noting that all the work we do with survivors at CFPA is 100% free of charge and 100% confidential, because we don’t put a price on healing.

Sadly, childhood trauma can label a child for their whole life, but that doesn’t have to be that way. The really good news is that children have superpowers to achieve amazing things in life. We can help.

October is Domestic Violence Awareness Month. Keep watch for some important billboards in Peoria sharing word of CFPA’s Safe From the Start program, bringing awareness to the quality care that is available right here in Central Illinois.

If you know someone who needs help, you can start the conversation. Encourage those in need of care to seek the help of a trained professional. When needed, a mental health professional trained in evidence-based trauma, like CFPA’s Safe From the Start team, can help children and families cope and move toward recovery and a pathway to peace, achieving CFPA’s long-standing mission of helping all people, of all ages, live free from violence and abuse.

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**How to help:**

**Center for Prevention of Abuse**

100% free of charge and 100% confidential

(309) 691-0551

In Peace,
Adopt Our Families
Spread holiday cheer by adopting a CFPA family during the holiday season. Each year, generous members of our community purchase gifts for families served by CFPA who are in need. A “family” might be a single person, a senior, a parent/guardian with children, or others. Donors can indicate the size of family for whom they would like to purchase gifts and help. Donations of gift bags, wrapping paper, tissue paper and other wrapping items are greatly appreciated. If you would like to contribute this season or would like more information, please contact Grace Fritz by Monday, November 7 at gfritz@centerforpreventionofabuse.org or call 309-691-0551.

Join CFPA for the Adopt Our Families Wrapping Nights on December 7–8 from 5:00–8:00 p.m. Wrapping supplies will be provided, but feel free to bring your own. Snacks, drinks and holiday music will be provided. If you would like to volunteer, please contact Kelly Ward at 309-691-0551 or at kward@centerforpreventionofabuse.org to sign up for wrapping.

I Run With Survivors 5K/1 Mile Walk | 4/8
Join CFPA on Saturday, April 8, 2023 in the Levee District in East Peoria for the sixth annual “I Run With Survivors” 5K run/1 mile walk in honor of April as Sexual Assault Awareness Month. All ages are invited to participate and the course is stroller, wheelchair, and pet friendly. The race begins at 8:00 a.m. Registration will open in February. If you are interested in sponsoring the event, please reach out to Josh Cox at 309-691-0551 or at jcox@centerforpreventionofabuse.org.

shelter kitchen remodel
The Peoria shelter kitchen is stocked with all the necessities and officially open to our clients. Thank you to everyone who purchased items from our Amazon wish list. We are absolutely blown away by all of the support! Thank you to Impact Central Illinois for seeing the need and for funding these renovations for our kitchen. We are committed to our client-centered approach and this newly remodeled kitchen ensures accessibility, equity and an inclusive healing environment for all. Thank you to Kemper Construction Inc. for making this space so beautiful. We also want to thank Illini Plumbing Inc and Oberlander Electric Co for their work on this project! Next up: our shelter bathrooms.

Adopt Our Families Wrapping Nights | 12/7 & 12/8
Adopt Our Families 2021

Adopt Our Families 2021

Adopt Our Families Wrapping Night 2021

Adopt Our Families 2021

I Run With Survivors 2022

I Run With Survivors 2022

We still have items left to purchase for our kitchen, check our wish list out by scanning the QR code.

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We are so grateful for our friends at Ameren Illinois for supporting our Prevention Education curriculum with a $15,000 grant. With Ameren Illinois’ generous donation, CFPA is empowering children to keep themselves safe, stop bullying, prevent future violence and find help if they have already experienced it. Early intervention in the cycle of violence is a vital step in helping children grow up safe and healthy in our community. Thank you for being a partner in peace.

October: Domestic Violence Awareness Month
By: Fran Reyes, Director of Domestic Violence Family Centered Services

In the midst of Fall, October is typically known for pumpkins, leaves and football; however, for the Center for Prevention of Abuse (CFPA), it takes on a deeper meaning. Nationwide for more than 40 years, October has been designated to highlight awareness around all aspects of domestic violence (DV).

According to the National Domestic Violence Hotline, DV Awareness Month began in October of 1981 as a “Day of Unity.” This awareness month focuses on uniting survivors, advocates and all allies whose mission it is to end interpersonal violence. At CFPA we unite wearing purple to facilitate awareness on the severity of this issue and collectively come together to build our relationships with survivors and other community members with the ultimate goal of ending domestic violence.

Domestic violence is a pervasive problem that happens in our own communities affecting not only those experiencing abuse, but also society as a whole. The most recent statewide data reflects that in 2019 there were more than 45,000 adult survivors and nearly 9,000 child survivors of domestic violence (Illinois Coalition against Domestic Violence). These numbers only reflect the state of Illinois. On a larger scale, more than 12 million women and men are victims of physical abuse, sexual assault or stalking yearly (National Domestic Violence Hotline). We anticipate that requests for domestic violence services will continue to grow over the next few years, both across the country and locally. Emphasizing awareness of this topic is imperative to stopping abuse before it starts and can ultimately save lives.

While we recognize October for Domestic Violence Awareness Month, our specially-trained staff are prepared to assist all year round.

If you or someone you know is experiencing domestic violence and need support, please call the Center for Prevention of Abuse at 309-691-0551 or the crisis hotline, which is available 24/7, at 1-800-559-SAFE (7233).

Since 2006, October has been designated Bullying Prevention Awareness Month. The initiative aims to shift thinking away from bullying as a “rite of passage” to awareness of the lasting effects bullying behavior has on those who experience it. The Center for Prevention of Abuse invites you to participate in raising awareness to prevent this form of abuse and promote kindness, acceptance and inclusion.

How can you participate?
• Wear orange, the color of safety, on Unity Day October 19 to unite for kindness, acceptance and inclusion (pacer.org).
• Participate in Mix it Up at Lunch Day by enjoying lunch (or coffee!) with someone new to you. Studies show that when individuals interact with people different from them, biases and misconceptions can fall away (tolerance.org/mix-it-up).
• Download CFPA’s Bullying Prevention Awareness Month Toolkit entitled Lend a Hand to Stop Bullying and share it with people in your circles of influence. The toolkit is filled with ideas educators and parents/caregivers can use to start and/or continue the conversation about bullying behavior.
• Model Respect – treat others the way they wish to be treated.
• Seek to experience Empathy – take the time to notice and understand how others are feeling.
• Show Compassion – respond thoughtfully in terms of the things we say and do to show we care.
• Be an Ally for a child who is experiencing bullying by letting them know you are there to listen and offer assistance in ways they feel are most helpful.

Everyone has a role to play in helping stop bullying behavior. Together let’s unite to promote kindness, acceptance and inclusion.

Bullying Prevention Month
By: Laura Kowalske, Director of Prevention Education Services

40 Leaders Under 40
We are so proud to have a member of the CFPA family be inducted into the 2022 class of “40 Leaders Under 40” by Peoria Magazines! Congratulations to our Director of Domestic Violence Family Centered Services, Fran Reyes. We are grateful for your commitment to our mission and leadership in our agency and the community!

We are so grateful for our friends at Ameren Illinois for supporting our Prevention Education curriculum with a $15,000 grant. With Ameren Illinois’ generous donation, CFPA is empowering children to keep themselves safe, stop bullying, prevent future violence and find help if they have already experienced it. Early intervention in the cycle of violence is a vital step in helping children grow up safe and healthy in our community. Thank you for being a partner in peace.

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Honorariums and Memorials
Honorariums may be made to celebrate a special occasion and memorials may be given to acknowledge a lost friend or loved one.

Stock, Real Estate, and Insurance Policies
Donations can be made in the form of capital assets.

Donations that Leave a Legacy
Remembering CFPA in your estate plans can save and change lives for many years to come. A bequest can be designated to a certain program of CFPA or used at CFPA’s discretion. However, if a donor wishes, a bequest can be designated to one of two endowment funds. The Slane Endowment Fund supports the general operations of CFPA and the McPheeters Endowment Fund supports the Prevention Education program.

For more information about monetary donations, honorariums, memorials, capital assets, and legacy donations, please call 309-691-0551.

Pantry Restock: at your next grocery run, please consider picking up a few extra items for our pantry.

- Fresh meat, eggs, milk and fresh produce
- Canned tuna and chicken
- Coffee, cream and sugar
- Oatmeal
- Microwavable rice, pasta and other sides
- Peanut butter and jelly
- Bottled water and juice boxes
- Cereals, granola bars, Pop-Tarts
- Healthy snack items for children
- Canned fruits and vegetables
- Canned soups, stews and pastas
- Cleaning supplies: Anti-bacterial wipes, bleach-free cleaner, sponges
- Pajamas for a variety of ages and genders
- Packaged socks and underwear (new)
- Deodorant
- Shaving cream – women’s and men’s
- Full-sized toiletries
- Disposable razors
- Toothbrushes, toothpaste, floss
- Diapers and baby wipes
- Baby formula
- Laundry detergent and dryer sheets
- Paper towels and toilet paper
- Dish and hand soap
- Assorted sizes of Ziploc bags
- Full-size hand sanitizer
- Cling wrap, wax paper and aluminum foil
- Cotton swabs
- Large garbage bags
- New or gently used umbrellas

**gift cards or monetary donations to provide any of these items are also accepted**
CFPA is a proud partner of the Heart of Illinois United Way. This year our staff raised nearly $7,000 as part of our United Way Campaign Week. Heart of Illinois United Way partners with more than 40 local agencies including CFPA to help fund critical services that are so needed in our community. We are proud to be a partner agency and always excited to give back to United Way during our campaign week every year!

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When someone presents as a victim of domestic violence or sexual abuse/assault in local emergency departments, the hospital calls CFPA for a medical advocate. Our medical advocates go to the hospital to assist with the individual’s immediate needs and provide information about their rights as a victim. CFPA is currently in need of second and third shift volunteers. CFPA provides training for all interested medical advocates prior to volunteering on calls. For more information, please email Kelly Ward at kward@centerforpreventionofabuse.org.

Annual Santa Claus Parade
Every year, CFPA participates in the Santa Claus Parade in Downtown Peoria. This year, the parade falls on the morning of Friday, November 25. We encourage you and your friends or family to help represent CFPA and our mission by walking in the parade and tossing out candy, which will have a sticker of our logo and crisis hotline. For more information and to sign up to walk, please contact Kelly Ward at 309-691-0551 or at kward@centerforpreventionofabuse.org.

Adopt Our Families Wrapping Nights
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CFPA’s clients come from all walks of life and so do we. We hire great people from a wide variety of backgrounds because it makes our organization stronger. Join us in making a difference, helping all people live free from violence and abuse. Let’s start the conversation.
Clayton Frankel (CF): How long have you worked at CFPA, and what led you to working here?
Dana Powers (DP): It will be 25 years on March 2nd, 2023. I was working at a temp agency and CFPA needed a receptionist, so I applied for the job and was hired. I had always believed in CFPA’s mission and donated items over the years, so I was very familiar with the work at CFPA.

CF: What are your favorite things about working at CFPA?
DP: We all work as a team and do whatever we need to do to get the job done. The coworkers and friends I have made over the years and the fun awareness month activities stand out in my mind as some of my favorite things here at CFPA.

CF: Any milestones you are particularly proud of, for yourself or the agency?
DP: I am proud that I was able to start my job as a receptionist and work my way up to Human Resource Coordinator. My first career was a surgical technologist, so I had no knowledge of the Human Resources job. CFPA gave me the opportunity to learn a new career and be successful at it. I have also seen CFPA grow over the years and all of the services we offer to our clients is phenomenal.

CF: What do you wish people knew about the work environment at CFPA?
DP: We are very family-oriented. CFPA also believes in self care for our staff.

CF: Outside of work, what do you like to do when you have some free time?
DP: I am a very social person, so I like to stay busy. I enjoy getting together with friends, help raise funds for our veterans and play trivia at local venues. I love to travel and I am looking forward to doing more of that when I retire. I enjoy spending time with my grandchildren. My favorite past time activity is making jewelry. Working on a jewelry piece is very therapeutic for me and I feel fortunate that I can sell my jewelry locally.

Welcome to CFPA, Josh Cox!
Born and raised in Central Illinois, Josh’s career has spanned across many different aspects of non-profit work, including communications and marketing, volunteer management, event planning, recruiting and fundraising. Josh joined the Center for Prevention of Abuse in September 2022 as Director of Development, bringing with him a passion for service, building relationships and crafting a well-rounded giving program for CFPA. We are so excited to have you on the team, Josh. Welcome!
Thank you to our sponsors, volunteers, food vendors, the City of East Peoria, EastSide Centre, the East Peoria Fire Department, and everyone who sponsored a duck to help support the 34th Annual Duck Race! 100% of the proceeds from duck sales directly benefits client services and helps us continue to build a safe and peaceful community. See you in 2023!

30,000 DUCKS SOLD
15 PRIZES WON
$123,000 RAISED

CONGRATULATIONS TO THE $10,000 GRAND PRIZE WINNER:
KATHLEEN-DEGNAN DUDLEY – PEORIA, IL

*photo credit: CFPA
CFPA received a $15,000 grant from Ameren Illinois for Prevention Education

CFPA was awarded a grant from Peoria Township in support of CFPA’s Peoria shelter

Community Foundation of Central Illinois’ Opportunity Grant helped purchase a new ADA compliant washing machine for the shelter

CFPA was chosen for a Red Rover Safe Housing Grant for Pets for housing the pets of shelter clients

The Community Foundation of Central Illinois awarded CFPA a $15,000 Community Needs Grant for children’s therapy services

CFPA received a Women’s Fund Grant for Prevention Education from the Community Foundation of Central Illinois

Thank You!

June 1, 2022 – August 31, 2022

Barbara & Gary Johnson
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Ede & Jim Kidder
John & Judith Kluever
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Sheila Lawson
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Abigail Lovelace
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William White
Marie Whittaker
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IN MEMORY OF
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Jim Sliker

Thank you to all of our donors and supporters who contribute to the Center for Prevention of Abuse through the United Way. We are very thankful for your support of our mission to help all people live free from violence and abuse and our vision to build a safe and peaceful community!

coming soon...

CFPA Online Merchandise Store

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