

MT. GRAHAM SAFE HOUSE

January-March 2021

NEWSLETTER

Volume 28 issue 1

Wish list

Shampoo

Conditioner

Pillows

Kitchen utensils

Any Holiday items

Storage totes.

School supplies

Outside kid's toys

Kids and Adult Bikes



From the Desk of Executive Director: Jeanette Aston

Did you know that you could donate a vehicle to MGSB and we could then pass it on to a client who really needs a vehicle to get their life back on track? Over the years many vehicles have been donated to MGSB and more than one has been passed on to a participant who used it to better their situation. I know you can imagine going from being reliant on other people for transportation to the independence of having your own.

When donating a running vehicle to Mt. Graham Safe House all you have to do is let us know how you would like that vehicle to be used. We could sell it to provide cash assistance to the program in some cases we could use it for the program, but in other cases if it runs great we are happy to pass it on to provide freedom and independence to clients on the start to their new life. You still get the tax donation and you provide a big boost up to a family that needs it.

MGSB appreciates all donations given by the community and we are very happy to use that donation in the way you want it used, you just have to pass that information on to us. If you have questions feel free to call us at 348-9548.

Felicia Herbert: Outreach Coordinator/Advocate

Mt. Graham Safe House and the Graham County Attorney's Office have teamed up and will be hosting, for the first time, an annual Victims of Crimes Awareness Week. This event will be open to the community and all survivors/victims of crimes.

Event will kick off on Saturday, May 15, 2021 at 10:00 a.m. with a Victim Awareness March around Safford Town Square with registration beginning at 8:30 a.m. and opening remarks from Attorneys, Judges, Victim Advocates and Survivors at 9:00 a.m. Opportunities are available for businesses in the community to have a vendor table on the days of May 15 and May 19 only. Event will close on Wednesday, May 19, 2021 with a Balloon Release and Candlelight Vigil. Closing remarks from Attorneys, Judges, Victim Advocates, and Survivors beginning at 5:00 p.m.

Mt. Graham Safe House, and the Graham County Attorney's Office would like to thank the sponsors and the community for making this possible.

WE NEED
VOLUNTEERS!



Thank you Thatcher Junior High School for the amazing food donation! We are very appreciative of the time and effort that you took to gather 769 food items for our clients.

Felicia Padilla: Advocate Coordinator**APRIL IS SEXUAL ASSAULT AWARENESS MONTH****What is Considered Sexual Assault? A Guide on Sexual Assault.**

Trigger Warning: If you have been sexually assaulted, this guide may contain information that is painful or difficult to read

If you've been sexually assaulted, it can be hard to know what to do, whether the incident happened a few hours ago or a few years ago. You may be feeling a myriad of emotions, from shame to anger, or even guilt. You may need medical care, but feel too upset or humiliated to seek it. And you may want to seek legal help, but be unsure where to turn for support after such a traumatic experience.

Immediately following a sexual assault, your safety should be the number one priority. Beyond seeking immediate stability, it's important that you know your legal rights in case you want to file a sexual assault claim now or in the future.

Perhaps the most important thing to understand is that healing and recovery should be your greatest goal following a sexual assault, but legal recourse may be available, too. Whether you seek damages for physical, emotional, or psychological harm, a sexual assault claim may help with the recovery process.

What Is Considered Sexual Assault?

With so much stigma surrounding sexual assault, it's necessary to first have an understanding of the definition of sexual assault. This type of assault unfortunately takes many forms. When considering a sexual assault, it's important to remember that the incident is never the victim's fault and that if force or coercion was used and the actions were nonconsensual – not wanted or agreed to (having a person's consent), an assault occurred.

Types of sexual assault include any unwanted sexual activity:

- attempted rape
- fondling
- unwanted sexual contact or touching
- forcing victim to perform sexual acts (i.e. oral penetration or other forms of sex)
- rape: unlawful sexual intercourse or penetration of the victim's body by a body part or object

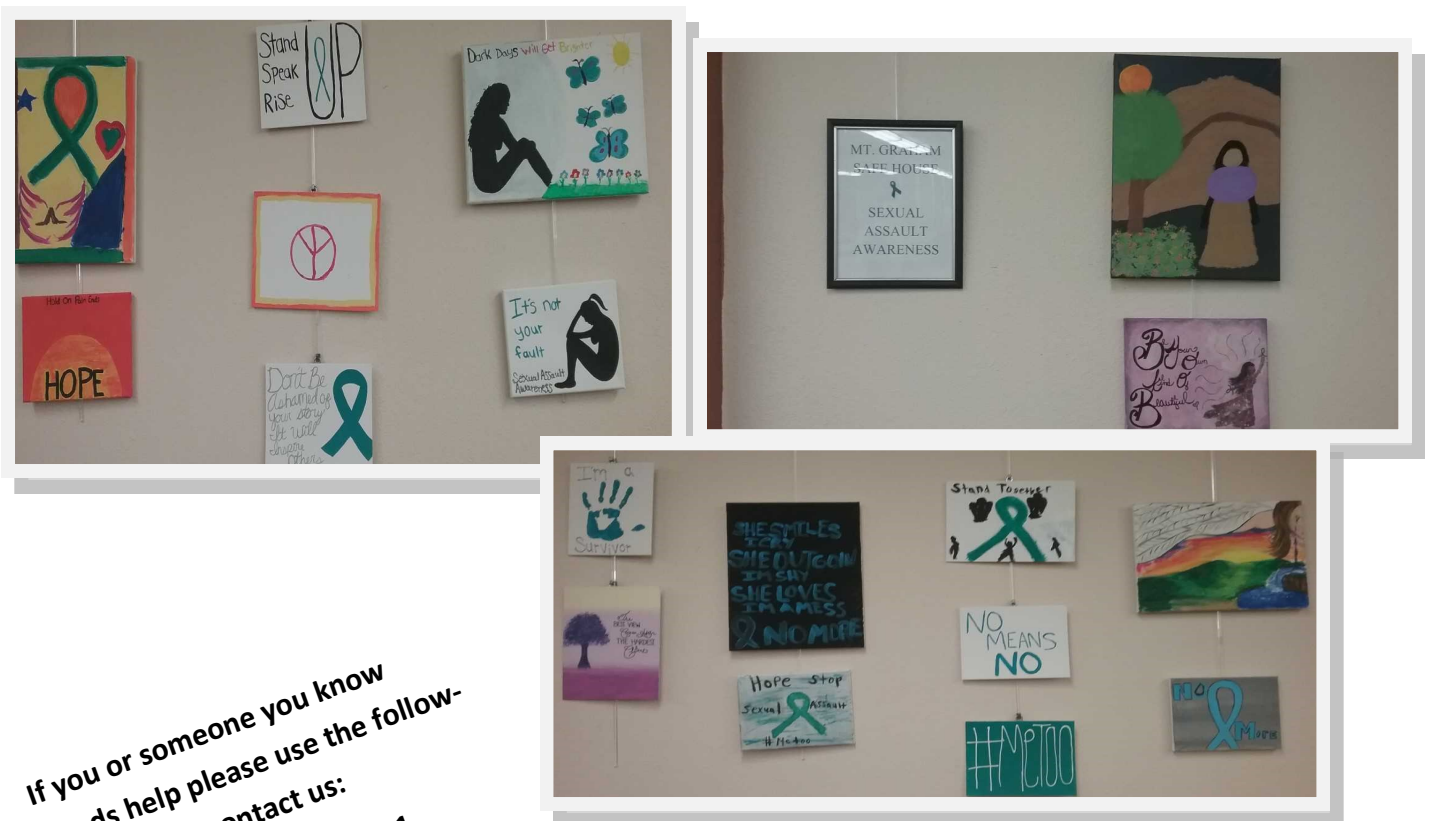


Sandy Garza-Sexual Violence Advocate

April is sexual assault awareness. During the first two weeks of this month Mt. Graham Safe House will display paintings made by sexual assault survivors in the Safford City-Graham Library. You can see the display during business hours and leave an encouraging message for sexual assault survivors in the box provided. If you would like to display a painting you've made for sexual assault awareness you can drop it off at the Safe House.

If you or someone you know is a survivor of sexual assault, please know that Mt. Graham Safe House is here to support you. We have an advocate available 24/7 to speak to or you can text our text hotline. Our advocates are here to help you get through this hard time and let you know that you are not alone. We can attend court proceedings, help get an order of protection or be that person you just need to vent to. At least half of our participants served have experienced sexual abuse, so we know that it is an issue in our community. Please reach out to us and know that we believe you and you are worthy.

Hotline number is 928-348-9104 or text hotline 1-626-733-8431



If you or someone you know
needs help please use the follow-
ing ways to contact us:
Hotline Text 626-733-8431
<https://mylivechat.com>
<https://voice.google.com/>



From Sherry's Corner

Greetings Gila Valley and beyond !! It's spring time once again, and I must say I am ready for it.

Mt. Graham Safe House has had a busy winter with all the Covid problems and trying to do our best for those who have come to get shelter.

We are once again having yard sales, but please keep wearing masks, and keep being diligent until we are safer. It has been a very long year but now we can see and hope that life is getting a little brighter.

We thank you all for the continuing donations, the food, and the gifts. Most of all we thank you for your thoughtfulness and kindness in the hard times as well as the good. We have some events coming up and we are looking forward to a great spring and summer.

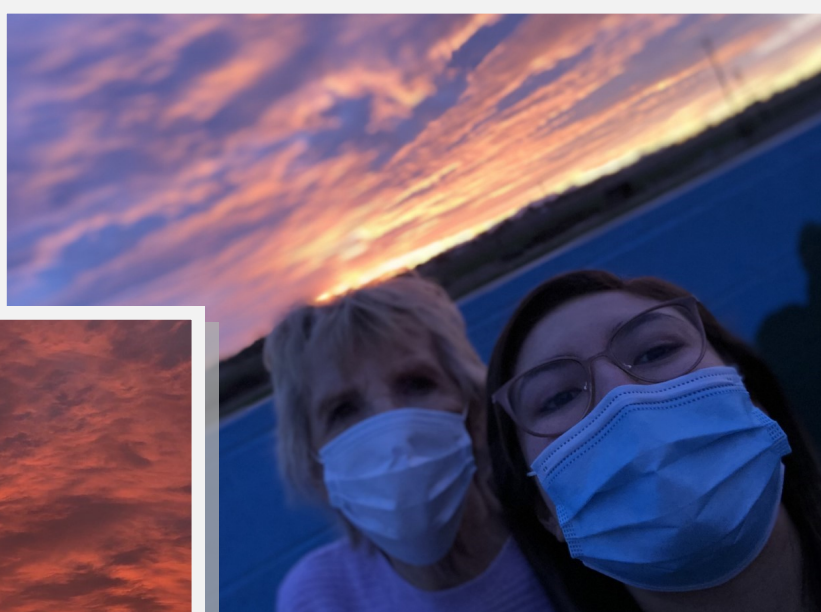
Quote to live by: You may have to fight a battle more than once, to win it--
Thatcher



Pictured above are the Service Missionaries. They donated 20 hygiene kits. Thank you very much for your kindness!



Pictured to the left is Lynn Smith . She donated Valentine's gifts for the kids this year. We appreciate everything that she does for the shelter.



Pictured above are Sherry Cluff and Savannah Torrez they both work the overnight shift. Sherry has been with MGS for 14 years and Savannah has been here for just under a year. As you can see one of the perks of the overnight shift is the beautiful sunrise's.



Recycle with us!

We accept the following items:

Used makeup containers

Plastic Solo cups

Old cell phones

Empty Ink Cartridges

Empty shampoo and conditioner bottles

Old toothbrushes

Empty toothpaste tubes

Empty dental floss containers

Cereal bags

Cereal box liners

Empty hand soap bottles

Any empty beauty or hygiene container

Old laptops

Empty laser cartridges

Any Febreze product container

Burt's Bee empties

Used Britta filters

Used razors

Used razor packaging

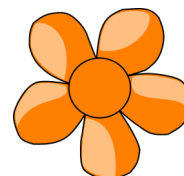
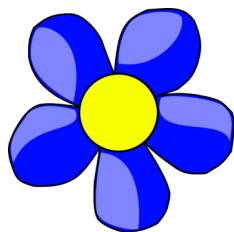
Empty razor cartridges

Orowheat bread bags

Thomas bagels or English muffin bags

Mysti Gradijan – Children's Advocate

Spring is here and it has been busy! We are always looking for fun things to help keep the children here happy and entertained. In our groups we have been talking about setting boundaries and learning more about consent, working on our coping skills as always, and trying to implement daily affirmations into our lives. We are on the lookout for craft supplies, we will be gearing up for the summer activities and it will be here before we know it! Any donation is greatly



Pictured above is the upgraded version of the children's swing set. Thank you Mr. Rasmussen and your son. You are both so much appreciated

Mt. Graham Safe House

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1-888-269-9104

1-928-348-9548

[Www.mtgrahamsh.org](http://www.mtgrahamsh.org)

Mt. Graham Safe House will provide compassionate, caring and confidential assistance to those impacted by domestic Violence



**VISIT US ON THE WEB OR SEARCH
US ON FACEBOOK TODAY.
WWW.MTGRAHAMSH.ORG**