



NEWSLETTER

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PO Box 240019 • Kansas City, Missouri 64124 • Ph 816.474.6446 • F 816.474.4157 • 816-HOTLINE

In Her Own Words...

The Newhouse Newsletter is published bi-monthly. With each issue we bring you the voice of a Newhouse resident as she shares her new beginning. (*Names changed to protect identity*)

I don't know what made him release his grip around my neck. Maybe it was the look of fear in my eyes; though that had never stopped him before. While he was choking me I thought, "My kids, who's going to take care of my kids if he kills me this time?"

For 15 years I'd keep this secret. The only people who knew in the beginning were my mother and sister. They didn't understand why I didn't just leave, so they stopped calling and visiting. The isolation was one of the worst things. Trying to keep the secret hidden was the other.

My abuser was an addict and he would do anything to get the money to get high. He would pawn the kids' and my belongings or steal money that was for bills. He would "rent" my car to the dope man without a care that the kids and I were stranded.

The day I thought he was going to kill me and leave my children without anyone to depend on; I knew I had to get out. In 24 hours, I packed everything and drove to the police station. I had no clue what living at Newhouse would be like, but it had to be better than the hell I was living in.

I didn't know then why I had stayed so long. Living at Newhouse for 10 months, I was blessed with safety, peace of mind, and people who were concerned about me. But the most important blessing Newhouse gave me was the answer to why I had stayed so long in that dysfunctional marriage.

I had stayed because my spirit was broken. Through group and individual therapy, I learned that things that happened to me many years ago had an effect on my life today. I was able to put all the puzzle pieces together and see the real me again. It wasn't easy, but I had to face the old demons that were taking up valuable space in my heart and mind. But I was able to forgive all the people who hurt me; I forgave myself and let go of all the guilt and shame.

Newhouse gave me the time and resources I so desperately needed to get my head together. Every day I know I've got God and my true self. That's all I need to take on whatever the day may bring. The staff at Newhouse may never fully know just how much they have done and are appreciated. The gift they've given to me is priceless.

—Maya

Read more of Maya's story at newhouseshelter.org

Deadly violence demonstrates need for safe shelter for women and children

With backyard barbecues and summer fun, it's easy to forget about victims of domestic violence. But these recent headlines remind us how dangerous domestic violence can be:

[Husband pleads guilty to murdering his wife...](#)

(Kansas City Star, June 28, 2010)

[Husband and wife dead in murder-suicide...](#)

(Kansas City Star, June 23, 2010)

[Ex-boyfriend charged in the killing of Raytown woman](#)

(Kansas City Star, June 22, 2010)

[Police: Teen Begged for Her Life Before Ex Stabbed Her with Hunting Knife](#)

(WDAF, Jan 19, 2010)

Reading these headlines is shocking enough. Now imagine being a child and witnessing violence just like this at home. How could a child go to school the next day and concentrate on common denominators and correct placement of periods?

[This August, help us reach our Back-to-School goal of \\$10,000 to help provide safe shelter for kids](#)

Studies show that children who witness domestic violence have difficulties in school, including problems with concentration, peer interactions, and poor academic performance. These children are more likely to develop symptoms associated with Post Traumatic Stress Disorder, such as high levels of anxiety, inability to focus, and nightmares (Brescoll & Graham-Bermann, 2000). Without treatment, these children are at significant risk for delinquency, substance abuse, school drop-out and continuing the cycle of domestic violence.

Newhouse provides a safe place, free from violence: a place where children work with a professional therapist to begin the healing process. **At Newhouse, children of domestic violence are given hope for the future.**

It costs \$70 to provide just one woman or child with one night safe from violence at Newhouse. Your donation of \$70, or any amount, this back-to-school season will help us continue to provide children with safe shelter and an opportunity to heal.

Thank you for your help!

Back-to-School Drive: Help provide safe shelter for kids

Help us reach our goal of raising \$10,000 this August.

Donate and track our progress at

www.newhouseshelter.org

Newhouse is a domestic violence shelter serving the KC metro area. Our mission is to break the cycle of domestic violence by providing the tools that allow women to make positive choices and lead self-sufficient lives.