

Spring 2021

connections

A Newsletter for our Donors & Volunteers



Our Vision

A community unified in peace and justice for the safety and well-being of every individual.

Our Mission

To offer resources for building healthy relationships and to work with community partners to provide services for healing the effects of interpersonal violence.



www.cbv.org | 960 McCourtney Road Suite E, Grass Valley CA 95949
24-Hour Crisis Line: 530-272-3467 | Text Line: 530-290-6555 | Web Chat: rc.chat/CBV

A Message from Our Executive Director

Dear Friends,

As we look back on 2020 with its myriad challenges, we understand that many of the same difficult conditions persist today. But now we approach a new spring, and we are looking toward the future with hope.

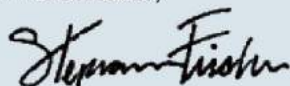
In fact, you, our heroic partners and supporters, have given the gift of hope to survivors of violence in our community. **Your financial support** helped us raise over \$24k at the end of 2020 to sustain programs that offer emergency shelter, housing, transportation, food, and counseling. These funds allow us to focus less on agency needs, like fundraising in 2021, and more on pivoting services so survivors of violence can access the resources they need. **You are our heroes!**

This year we are working toward making services even more accessible by hiring additional staff and expanding our client service center walk-in hours this summer. Stay tuned for details in upcoming newsletters!

Preventing and reducing violence can only be accomplished when a whole community takes action. So CBV partnered with the American Association of University Women-Nevada County Branch to present a virtual public forum, titled **“Domestic and Sexual Assault: How it Touches Us All”** that aired January 30th. A panel of local experts from fields like Law Enforcement, the District Attorney’s office, Behavioral Health, and others shared vital information on how their fields intersect with Domestic and Sexual violence. **You can watch the recording at CBV.org.**

From all of us at Community Beyond Violence, we wish you a warm and hopeful new spring.

In Gratitude,



Stephanie Fischer, Executive Director



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Feminist Movements
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If you are interested in learning about serving on the Board of Directors, please contact Executive Director Stephanie Fischer at stephanie@cbv.org,

#ThisIsCommunity

#ThisIsCommunity is a way of expressing our appreciation for those who are supporting clients, staff, and community members, especially during difficult times such as the COVID-19 crisis.

Helping others to serve the greater good is what community is all about. With your support, we will continue to serve those who are vulnerable in our community.



This month, we send our sincere thanks to the following:

Pacific Compensation Insurance for a generous gift of \$5,000 and to Networked Insurance Agents for their loyal support of survivors, who matched the gift with \$2,500. We are continually inspired by the generosity of those in our community who step up to meet the need.

Thank you so much!



Pacific Compensation presents donation to CBV Executive Director Stephanie Fischer.



Legal Aid Program

Thanks to a partnership between Community Beyond Violence and Agency on Aging Area 4 (AAA4), Nevada and Sierra County residents age 60 and over have improved access to legal services.

This program enables people to sign up for half-hour appointments with attorneys for free legal information and advice. We are grateful to AAA4 for helping fill the gap in legal supportive services in Nevada County, especially for those fleeing domestic violence and sexual assault.



The Nevada County Community Action Team (NCCAT), spearheaded by our Prevention Team, has been making strides in their mission to develop meaningful connections and design a project or campaign to help prevent violence in our community.

Interested in joining this conversation or becoming an NCCAT member and taking creative action to improve the safety of our community?

Contact our Prevention Coordinator **Craig Terry** at craig@cbv.org for more information.

Also, follow **NCCAT** on **Instagram**: [@nevco_cat](https://www.instagram.com/nevco_cat), and our **Facebook** page: [Facebook.com/nevcocat](https://www.facebook.com/nevcocat) to keep up to date on **NCCAT** activities and progress.

April is Sexual Assault Awareness Month & Child Abuse Prevention Month

Every 73 seconds, an American is sexually assaulted. And every nine minutes, that victim is a child. Sexual assault includes any type of unwanted sexual contact, either in person or online. It is a crime that can affect anyone, regardless of age, gender, sexual orientation, or socio-economic status.



Sexual Assault Survivors Are...

3x more likely to suffer from depression

6x more likely to suffer from PTSD

13x more likely to abuse alcohol

26x more likely to abuse drugs

4x more likely to contemplate suicide

Prevention is Possible

Sexual assault can have traumatic effects on survivors, their families, and loved ones. We can all take action to prevent this crime by increasing our understanding about sexual violence and becoming involved in supporting survivors, their families, and organizations that provide crisis intervention throughout the year. Sexual violence prevention requires many voices and roles.

There is Help

Survivors need to know that there is help, and that they are not alone. Here in western Nevada County, Community Beyond Violence trained advocates are available 24/7 via our Crisis Line (530-272-3467), Chat (rc.chat/cbv), and text (530-290-6555). Help is also available through the National Sexual Assault Hotline: 800-656-HOPE.

How You Can Help

Everyone has a role to play in preventing sexual assault—and in helping a loved one who has been assaulted.

Listen – Communicate without judgment.

Be There – If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.

Offer Support – Encourage the survivor to get support.

Be Patient – Remember, there is no timetable for recovering from trauma. Avoid putting pressure on them to engage in activities they aren't ready for yet.

Encourage Self-Care – Following an assault, it is important to practice good self-care.

For more information about how you can help prevent sexual violence, visit cbv.org.



Community Partner

Financial contributions help off-set increased expenses to provide services during the COVID-19 pandemic.

Now you can easily support survivors by texting **COMMUNITY2021 to **44321**, or visit www.cbv.org to make a donation online.**