

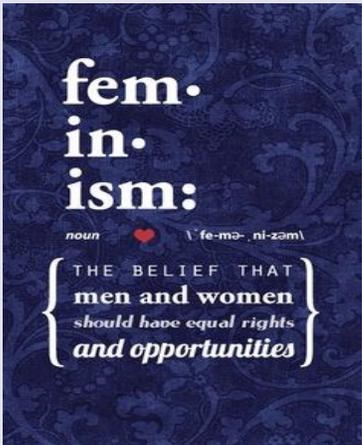
# THE VOICE OF HAVEN

#HANDPX

Summer 2015  
Volume #3 Issue #2

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## New Offices Open in Tioga County

This summer, HAVEN of Tioga County expanded their reach throughout the county when they opened two new offices: one in Elkland and the other at Mansfield University. The main office, located in Wellsboro, remains.

For those living in the western part of Tioga County, HAVEN's newest offices are in Room 112 in a recently renovated space located in the Elkland Business Community Center. The office is open every Tuesday from 9am to 4pm. Those in the community who need assistance on other days are encouraged to contact the office and schedule an appointment with an advocate.

The Elkland office number is 814-302-4173.

The office at Mansfield University is scheduled to open for students sometime in August. On campus, you can find HAVEN in Room 101 of Pinecrest. The office will be open to students, staff, and community members.

HAVEN will present a panel discussion about healthy relationships during the University's new student welcome opening weekend and will participate in first year seminar classes during the first six weeks of the semester.



# What HAVEN Can Do For Your Organization

Whether you belong to a community organization, service club, church group, scout troop, or school, the workshops and trainings conducted by HAVEN can help raise awareness, foster change, and inform your members. We can help you to identify the workshop or training that best meets your needs or to develop one specifically tailored to your requirements. However, most of the trainings do require several sessions in order to be effective and to create the actual change we are looking to create in our communities.

**Domestic Violence & Sexual Assault Awareness:** An introduction to the issues and HAVEN's role, understanding how these issues affect people in our community, and how groups and individuals can help. (One session, lasting anywhere from 15 minutes to 1 hour)

**Healthy Relationships For All Ages:** Identify components of healthy relationships, look for signs of an unhealthy relationship, and practice what do if you or someone you know is in an unhealthy relationship. We offer the *Safe Dates Program* and are prepared to bring it to your group in either 4, 6, or 10-week training sessions of 1 hour each. We also offer a four session, one hour, training developed by HAVEN staff and presented within a 6-month period of time.

**Consent Training:** Learn what consent sounds like, what it is not, and the ways you can become an ally in the fight to prevent sexual assault. Appropriate for high school and college age students.

**Bullying Bystander Awareness:** Learn the definition of bullying and helpful bystander behaviors, and practice becoming an engaged bystander. (One 90 -minute session OR two sessions, 2 1/2 hours each)

**7 Steps to Preventing Child Abuse:** Learn how, as a community and as individuals, you can prevent children from being abused. (One 2 1/2 hour session)

**Mandated Reporter Training For Child Abuse:** Learn the signs of child abuse, your role as a mandated reporter, and what the new laws dictate. (One 3-hour session, fee to be determined)

**Medical Personnel: Learn to Identify Domestic or Sexual Violence:** An introduction for medical professionals. Learn, among other things, the warning signs of interpersonal violence, the questions to ask, and how to connect with someone who may need your help. (Four 1-hour sessions within a year)

**All of our trainings are offered to you FREE of charge!**

Would you like to schedule an educational event for your group?

Please call us at 570-724-3549

Or send an email to: [info@havenoftiogacounty.org](mailto:info@havenoftiogacounty.org)

# Springtime Happenings



HAVEN's Board President, Jeff Himes, monitors the ducks' progress down the creek during the Duck Day Fundraising Event.



### Children's Health Fair

A father signs the Father's Day Pledge to help end violence in our community.

FIRST FRIDAY trivia night  
at  
From My Shelf Books



## Rattlesnake Round up!



## Volunteer Training

Interested in volunteering @ HAVEN to work directly with clients?

Want more in-depth training on domestic violence and sexual assault?

We offer comprehensive training on domestic violence and sexual assault which includes empowerment counseling skills and advocacy skills. There are 80 required training hours before someone can work directly with clients. A significant portion of this training is available online, with less than 40 hours of in-class training required. All clearances are provided free-of-charge to volunteers.

To register for this training please contact us at  
[info@havenoftiogacounty.org](mailto:info@havenoftiogacounty.org)  
 or call 570-724-3549.

Only individuals who complete this training are able to work with survivors of domestic violence or sexual assault at HAVEN.

### **Remember:**

If you are not interested in direct client contact volunteer work, you are not required to attend all of this training! You must do a portion of the training, but we can put you to work in outreach, education, or other community events that do not involve client contact!

## Women's Equality Day

Women's Equality Day is a day proclaimed each year as a reminder of when women were granted the right to vote: August 26th 1920.

Women's Equality Day was proclaimed in 1971 when Representative Bella Abzug of NY provided a resolution to Congress. Every year since then each President of the United States has honored Women's Equality Day.

Women's Equality Day also calls attention to women's continuing efforts towards full equality, to include victim's rights, equal pay, and access to healthcare issues, among others.

<http://www.nwhp.org/resources/commemorations/womens-equality-day/>



# Gay and Lesbian Pride Month

From the Library of Congress Website:

On June 1, 2014, President Barack Obama made a proclamation to the United States that the month of June would be Lesbian, Gay, Bisexual, and Transgender Pride Month.

“Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is currently celebrated each year in the month of June to honor the 1969 Stonewall riots in Manhattan. The Stonewall riots were a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as “Gay Pride Day,” but the actual day was flexible. In major cities across the nation the “day” soon grew to encompass a month-long series of events.

Today, celebrations include pride parades, picnics, parties, workshops, symposia, concerts, and LGBT Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual, and transgender individuals have had on history locally, nationally, and internationally.”

<http://www.loc.gov/lgbt/about.html>

HAVEN is making many changes this summer. We are opening two new offices and are in need of a new parking lot at our Wellsboro office.

We are expanding and repaving our parking lot for our employees and clients to more easily access our office without having to park on the street. One of our shelters is also in need of a new furnace.

HAVEN is looking for support from our community. We appreciate any donations you can provide to support HAVEN of Tioga County. Please mail donations to *HAVEN of Tioga County, 48 East Avenue, Wellsboro, PA 16901*. If you prefer to designate a particular project for your donation (such as helping with advocacy, the new offices, one of the shelters, or with special projects such as our parking lot) please specify your preference in a letter and your donation will be used in the category you wish.

HAVEN of Tioga County is a nonprofit organization that is dedicated to helping victims of Domestic and/or Sexual Abuse. All services are free and confidential. To get help, please call our office at 570-724-3549 or our 24-hour hotline at 800-550-0447.

For questions, comments, or information on changes mentioned, please contact HAVEN of Tioga County at [info@havenoftiogacounty.org](mailto:info@havenoftiogacounty.org).

## BOARD OF DIRECTORS

PRESIDENT  
Jeff Himes

VICE PRESIDENT  
Vacant

TREASURER  
Susan Fletcher

SECRETARY  
Kristen West

### MEMBERS AT LARGE

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Debora Clark  
Amanda Collins  
Maryann Fisher  
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Jenna Townsend

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Machelle Suttle

ADVOCATES  
Elizabeth Blanton  
Kelly Christman  
Tricia VanGorden

VOLUNTEER & OUTREACH COORDINATOR  
Christina Rinnert

INTERN  
Teaka Frank

## Join Our Board!!

With the new year come changes to our board membership. Some members have resigned, leaving our board with empty positions. If you, or someone you know, is interested in being on our Board of Directors, please contact Karen Harvey. You can reach her by phone at 570-724-3549 or email at [Karen@havenoftiogacounty.org](mailto:Karen@havenoftiogacounty.org).

## List of Summer Events:

### July 10 & 11

- ☀️ Lawrenceville Mile Long Yard Sale
- ☀️ Elkland Jubilee

### July 25 & 26

- ☀️ **PA Grand Canyon Marathon - Volunteers still needed. Contact the office.**

### July 29 through August 1

- ☀️ Westfield Event

### August 7

- ☀️ First Friday Trivia Events at From My Shelf Books in Wellsboro

### August 12 & 13

- ☀️ Tioga County Fair at Whitneyville Fair Grounds

### August 15

- ☀️ Tioga Old Home Days

### August 20-22

- ☀️ New Student Welcome at Mansfield University Campus

### September

- ☀️ Look for us at MU Homecoming and 1890s weekend.

# Healthy Relationships

## Consent

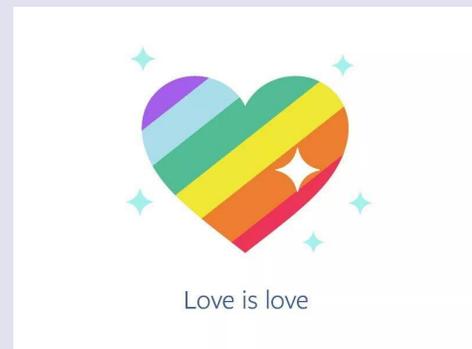
Consent allows both partners to express what they do want to experience.

- Consent is ongoing. You need it every time for every act.
- It's not consent if you're afraid to say no or if you're being manipulated, pressured, or threatened to say yes.
- Your relationship status does not make consent automatic.
- There's no such thing as implied consent. The absence of a "no" does not equal a "yes."
- Your partner cannot consent if they are under the influence of drugs or alcohol.
- Consent is not a free pass. Saying yes to one act doesn't mean you have to consent to other acts or that you have consent to do an act in the future without asking.
- Non-consent means STOP.

## Boundaries

Each person should express to their partner what they are and are not comfortable with, when it comes to sex life, finances, family and friends, personal space and time. In a healthy relationship with boundaries, both partners:

- Allow each other to spend time with friends and family.
- Do not abuse technology to check on a partner.
- Trust each other and not require their partner to "check in."
- Do not pressure the other to do things that they don't want to do.
- Do not constantly accuse the other of cheating or being unfaithful.



If you are interested in receiving our newsletter in your email inbox, please let us know by emailing [newsletter@havenoftiogacounty.org](mailto:newsletter@havenoftiogacounty.org).

# HAVEN of Tioga County

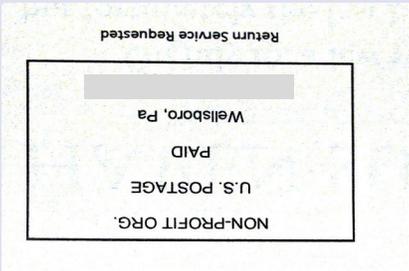
**24-Hour Crisis Hotline: 1-800-550-0447**  
Office: 570-724-3549  
E-mail: [info@havenoftiogacounty.org](mailto:info@havenoftiogacounty.org)

**We're on the Web!**  
[www.havenoftiogacounty.org](http://www.havenoftiogacounty.org)

**HAVEN's office is open:  
Mon thru Fri: 9 am to 6 pm  
Saturday by appointment**  
  
**The Hotline is available 24/7.**

HAVEN is a private, non-profit organization committed to helping all individuals affected by domestic and sexual violence. We provide services to men, woman, and children, regardless of age, sex, class, ethnic background, or sexual orientation. Our services include: 24 hour rape/abuse hotline, advocacy, children's programs, Hope House emergency housing, medical and legal accompaniment, community education, empowerment/options counseling, legal services and information, as well as referrals to other community organizations.

All of our services are free and confidential.



HAVEN of Tioga County  
48 East Ave  
Wellsboro, PA 16901

