



April is Child Abuse Prevention Month

Since 1983, when April was designated as Child Abuse Prevention Month, communities across the country have used this month-long observance to increase awareness of child abuse and its prevention. It is a time when individuals, schools, businesses, hospitals, religious organizations, and social service agencies join together to raise awareness of child abuse and neglect.

Child Abuse Awareness Activities/Events

The Blue Ribbon Task Force of Knox County consists of representatives from several social service agencies in Knox County. Each year, the Task Force sponsors a variety of activities throughout the month of April in order to raise awareness of the child abuse that exists in our community. This year's events include:

- Panel discussions on WGIL April 2nd at 5:15 pm, and April 4th at 8:15 am
- Panel discussion on FM 95 Morning Show April 23rd
- Hands Around the Courthouse April 25th at 2:30 pm. Take a few minutes out of your day to take a stand against child abuse by joining hands in an attempt to reach all the way around the Knox County Courthouse.
- Proclamations of April as Child Abuse Prevention Month in Abingdon, Galesburg, Knoxville, and Knox County
- Child Abuse Prevention Poster Contest in cooperation with Knox County YMCA PALS programs. Posters will be on display at the Galesburg Public Library April 16th-27th. Stop by and vote for your favorites! Prizes provided by Kiwanis, Pizza House, McDonald's, Family Video, and Jimmy John's.
- Blue Ribbons will be on display along the fences at Abingdon High School and Hedding Grade School. Sponsored by Abingdon Junior Womens Club and Abingdon High School Student Council.
- Pinwheel displays. The pinwheel has been chosen as the symbol for child abuse prevention. Blue pinwheels will be on display on the boulevard in Knoxville from April 2nd-6th, and at Carl Sandburg College from April 9th-13th.

The Story of the Blue Ribbon

The blue ribbon campaign began in 1989 when Bonnie Finney, a grandmother in Virginia, tied a blue ribbon to the antenna of her van. When asked why, she shared a tragic story about the abuse of her grandchildren, resulting in the death of her grandson. "My grandchildren had suffered and battled so much throughout their young lives that it sickened me. My efforts to understand became a plea to stop abusing children. I tied a blue ribbon on my van antenna to make people wonder. Why blue? I intend never to forget the battered, bruised bodies of my grandchildren. Blue serves as a constant reminder to me to fight for protection for our children."

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Hands Around the Courthouse
April 2009

Pinwheel display in Knoxville
April 2010



Blue Ribbon display in Abingdon
April 2011

How Can I Help Prevent Child Abuse?

- 🎗️ Wear a blue ribbon to raise awareness.
- 🎗️ Plant a pinwheel in your front yard.
- 🎗️ Learn the signs of child abuse at www.preventchildabuseillinois.org.
- 🎗️ Offer to help a parent who seems stressed.
- 🎗️ If you see it, report it! Call the Child Abuse Hotline at 1-800-25-ABUSE.



For more ideas, visit www.preventchildabuseillinois.org.

Helpful Tips for Parents

No one said it would be easy being a parent. When everyday pressures build up to the point there you feel like lashing out, STOP. Try the following instead:

- Calm down. Take several deep breaths. Put yourself in time-out until you're calm. Remember, you are the adult.
- Stop and think about why you feel so angry. Is it the child or is he just a convenient target for your anger?
- Close your eyes and pretend you're hearing what your child is about to hear.
- Sit or lie down. Close your eyes. Think of a pleasant place in your memory for several minutes.
- Press your lips together and count to 10. Better yet, count to 20.
- Call a friend, relative, or neighbor to talk about your frustration, or see if someone can take over for a while and go for a long walk.
- Do something for yourself. Listen to soft music, exercise, take a hot shower or bath.
- Hug a pillow.
- Write down the ten best things about yourself. Write down the ten best things about your child.
- Write down as many helpful words you can think of. Save the list.

If you feel yourself losing control, try some of these tips to let your anger out in a safe way: shake a rug, do dishes or laundry, scrub a floor, or just sit down and have a good cry. It's okay to feel frustrated, as long as you don't take it out on your child.

www.preventchildabuseillinois.org



It shouldn't hurt to be a child.

safe harbor's annual flower sale!

Spring has sprung! It's time to fill your garden with beautiful flowers, and help a great cause while you're at it! Safe Harbor is now taking orders for our 20th annual flower sale. Just fill out the order form and receipt on the following pages, and return them to Safe Harbor by Monday, April 16th. Pick up your order at Safe Harbor on Saturday, May 5th, between 10am and 3pm. **Don't forget to specify flower colors or accent plant variety when ordering!**



Order forms can be dropped off at or mailed to Safe Harbor at

Safe Harbor Family Crisis Center

Twentieth Annual Spring Flower Sale

Online Order Form

PLANT/FLOWER	SIZE	PRICE	QUANTITY	SUB-TOTAL
<u>Accent Plants</u> Spikes, Asparagus & Vinca Vine Please Specify	3.5" Pots	\$2.00		
<u>New Guinea Impatiens</u> Assorted Colors	4" Pots	\$4.00		
<u>Non-Stop Begonias</u> Bright-Red, Rosepink Salmon & Yellow	4" Pots	\$4.00		
<u>Geraniums</u> Red, White, Deep Salmon & Violet	4" Pots	\$4.00		
HANGING BASKETS				
<u>Double Impatiens</u> Purple, Apple Blossom, & Salmon	Basket	\$17.00		
<u>Fuchsia</u> Purple-Red & Snowfire (Red-White)	Basket	\$17.00		
<u>Non-Stop Begonias</u> Orange, Yellow, Bright- Red & Pastel Pink	Basket	\$17.00		
<u>Geranium</u> Salmon, Red & Violet	Basket	\$17.00		
<u>New Guinea Impatiens</u> Assorted Colors	Basket	\$17.00		
<u>Combination Flowers</u>	Basket	\$17.00		
<u>Ferns</u>	Basket	\$17.00		
Please Specify Colors			TOTAL:	

NAME _____

SAFE HARBOR FAMILY CRISIS CENTER, LTD.

20th ANNUAL SPRING FLOWER SALE

Online Order Form

ORDER BLANK

Name of Purchaser: _____

Address: _____

Phone Number: _____

(We MUST have a phone number to reach you)

Amount Due: _____

Paid in Full: _____

----- detach here -----

GIVE TO PURCHASER

Online Order Form

PURCHASE RECEIPT

Name: _____

Amount Due: _____

Paid in Full _____

Pickup will be on Saturday, May 5th, 2012, at the Safe Harbor Family Crisis Center office, 1188 W Main, between 10 a.m. and 3 p.m. All items must be paid in full at time of pickup.

Please Bring This Receipt With You

Thank you for your purchase.

All proceeds go to Safe Harbor Family Crisis Center, Ltd. – Galesburg.

~Serving Knox County Survivors of Family Violence and their Children for Twenty-Two Years ~

We are so grateful to members of the community whose thoughtfulness and generosity allow us to continue to provide services to our clients.

Thank You!

We would like to thank Heights Finance for collecting pantry items for Safe Harbor during the month of March.

Thank you, Lois, for making a much-needed donation to our food pantry.



Thanks to the Northwoods Community Church Sisterhood Group for donating a variety of items for our clients, including paper products, cleaning products, and personal hygiene products.



Thank You, Volunteers!

Volunteers are essential to Safe Harbor's ability to provide support to our clients. Volunteers assist our staff in a variety of ways, including taking shifts on our 24-hour crisis hotline, assisting Legal Advocates at court hearings, providing childcare and other assistance at our weekly Children's Group, and sorting donations at The Purple Hanger.

For more information about volunteer opportunities at Safe Harbor, contact Hope at 343-7233.



Josh and Nicole, interns from Knox College, prepare for Children's Group.

Volunteer Appreciation Week is April 15-21, 2012

Save the Date! Our Annual Fall Fundraiser will be November 3rd, 2012



We are already collecting items for our silent auction. A few of those items are pictured here. Check out our Facebook page for updates as more items come in.



Safe Harbor Family Crisis Center

The mission of Safe Harbor Family Crisis Center is to support and respond to the needs of survivors of domestic violence and their dependents in order to avoid further abuse.

1188 W. Main St. Phone: 309-343-7233
P.O. Box 1558 Fax: 309-343-3956
Galesburg, IL 61401 E-mail:
info@safeharbordv.org



Services

- Court Advocacy
- 24-hour Crisis Hotline
- Emergency Safe House
- Weekly Support Groups for Adults and Children
- Children's Therapy
- Clothing and Food
- Social Service Referrals
- Community Education



Find us on Facebook!

Purple Hanger News

We're Expanding!

Thanks to the overwhelming support of the community, we are able to expand our sales floor.

Look for some changes beginning in late Spring/early Summer, including discount and holiday sections.



367 E. Tompkins St.,
Galesburg, IL
309-343-0065
Hours: Mon-Fri 10am-5pm,
Sat 10am-2pm

DAILY SPECIALS (Some exclusions apply)

- Monday** - Books - Buy one, get one FREE (equal or lesser value)
Tuesday - Shoes - Buy one, get one FREE (equal or lesser value)
Wednesday - Children's clothing and toys -
Buy one, get one 50% OFF (equal or lesser value)
Thursday - Accessories (Purses, Belts, Scarves, Socks) -
Buy one, get one FREE (equal or lesser value)
Friday - Household items - 50% OFF
Saturday - Adult clothing - Buy one, get one 50% OFF
(equal or lesser value)



Find us on Facebook!