

SPRING NEWSLETTER

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Treasurer, Sally Webster

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Paul Conrado

Mark Puthuff

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Lucille Garcia

Pat Champion

Coast:

Carol Grass

Cheryl Dupre

Diana Naal-Sallinen

Jennifer Johnston

Jenna McCorkle

Inland:

Ana Araiza

Carissa Johnson

Debbie Ramirez

Kathy Asher

Lia Holbrook

Linda Davidson

Maria Aguilar

Porter Dinehart

Victoria Plattner

Walk– A-Mile In Her Shoes– Saturday, April 25th

In recognition of April as National Sexual Assault Awareness Month, please join us at **10am, Saturday, April 25th** at Project Sanctuary Inland Offices for this year's Walk-A-Mile In Her Shoes: A March to End Sexual Violence. We are located at 564 South Dora Street, in between the cross streets of Mill and Clay.

2009 marks the 7th annual march sponsored by Project Sanctuary to raise awareness about ending sexual violence in our community. If you are a newcomer to this event, expect high spirits and high heels!

From flowery flip-flops to sky high platforms, we provide styles to fit men who will symbolically walk in a woman's footsteps. Participants raise donations for this brief walk-a-thon to with us too. The more the merrier!

60-second thank you's

Coast Volunteer Coordinator Jennifer Johnston would like to thank **D'Ann Garcia**, coast volunteer, for the amazing presentation D'Ann gave at the volunteer training! ♦ Inland Volunteer Coordinator Carissa Johnson thanks **Santiago Simental** of MAV (Men Against Violence) for his well received & informative presentation to the inland volunteers in training. ♦ Even though he doesn't like make a big fuss, Executive Director Dina Polkinghorne would like to thank **George Conormon** and his family for donating all the fixins for another holiday dinner for the women and children in the shelter. Thank you again George—you're wonderful!

Curves comes through again!

The members of Curves of Ukiah are big supporters of the work we do here at Project Sanctuary. They always think of our clients throughout the holidays and beyond. This April they presented PS with \$250 in food vouchers, and collected many bags of groceries for our food pantry in the nick of time. The shelves were just about bare. Manager Terry Phillips also donated proceeds from a recent Avon drive. Thank you ladies.

provide services for sexual assault victims in Mendocino County. Although this is a Men's March, we encourage women and children of all ages to walk

There Are Several Ways You Can Participate

- Organize a team and collect pledges
- Collect pledges as an individual
- Sponsor a team (\$100 minimum)
- Do nothing, just join in & march

Prizes go to participants who raise the most funds! To register, please call 462-9196 or visit us at www.projectsanctuary.org

Board News

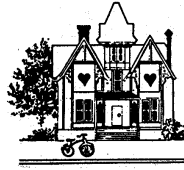
In February the PS Board of Directors held their annual elections and Director Steve Conway was named the new Chair. Congratulations Steve! A big thank you goes out to outgoing Chair, Anne Boyes, who held the position for 3 years before passing the gavel to Steve. Director Boyes will now serve as Vice Chair, and Director Webster was appointed Treasurer. This April PS sadly bid a fond farewell to outgoing member Peggy Richards. Project Sanctuary is currently accepting applications for membership. Please see our website for more info or contact Dina at 462-9196 or via email at dina@prejectsanctuary.org.

Please help us reach our goal

A sincere thanks to all who have donated \$30 in our **\$30 for 30 Campaign**—an anniversary celebration in recognition of the 30 years Project Sanctuary has been providing services to victims of sexual assault and domestic violence in Mendocino County. So far we've raised \$2,500 towards our goal of \$3,000 but we're almost out of time. **We're only 17, \$30 donations away!** Please consider sending in \$30 to help us reach our goal. \$30 can provide one family in the shelter with food for a week or fill a clients gas tank so they can get to their job for a month. Thanks again to all who've contributed so far. \$3,000 here we come!

PROJECT SANCTUARY

UKIAH:
PO Box 450 / 564 S. Dora St. Ukiah 95482
Phone—707.462.9196 Fax—707.462.5869
Crisis Line—707.463.HELP

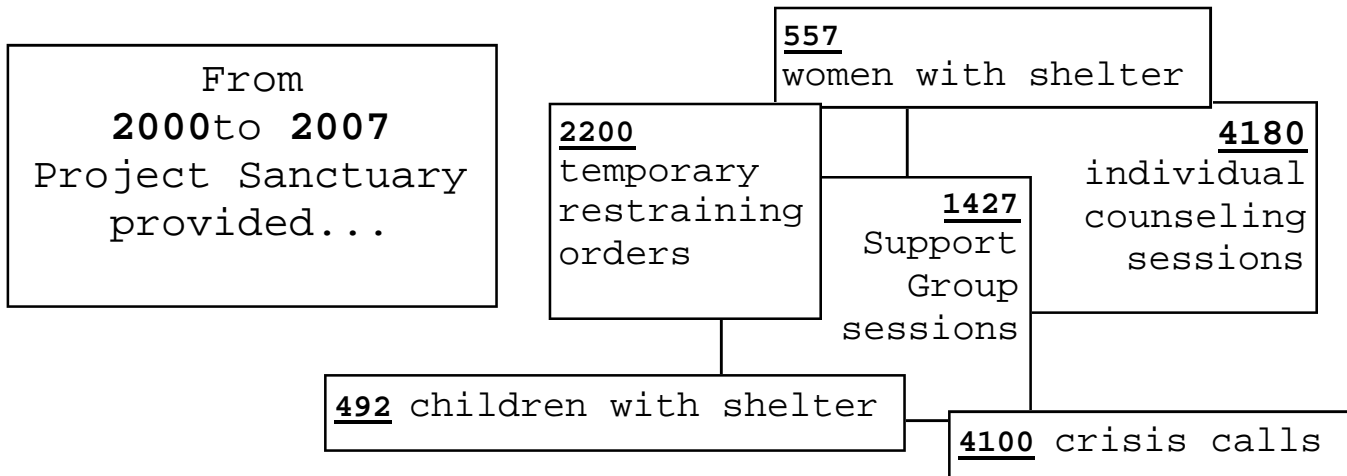


Nonprofit Org.
US Postage
PAID
Permit # 499
Ukiah, CA 95482

FORT BRAGG:
461 N. Franklin St., FB, 95437
Phone—707.961.1507 Fax—707.961.1539
Crisis Line—707.964.HELP

www.projectsanctuary.org

Return Service Requested



Project Sanctuary offers...

24 HOUR CRISIS LINE

Immediate, supportive information and services to victim, families and concerned friends. Collect calls are always accepted. 1 800 575-HELP

SAFE SHELTER

Project Sanctuary offers women and their children a safe and supportive environment to leave an abusive relationship and a starting place to restructure their lives. A staffed residence in a confidential location offers sanctuary for women and their children who are at risk of domestic violence. Shelter residents get help from staff to find housing, employment, education or legal and social services. Counselors and in-shelter support groups are provided. Children get help as well with on-site family therapy. Men needing shelter are also supported.

COUNSELING

Project Sanctuary provides no cost, one-to-one counseling for anyone who has experienced sexual abuse or violence in their lives no matter how long ago the assault occurred.

SUPPORT GROUPS

Project Sanctuary offers support groups in Ukiah, Willits, Covelo, and

Fort Bragg for those who would like the support of others in a safe and positive environment. Groups include: "Women's Empowerment," "Anger Management," and "Adult Survivors of Sexual Molestation."

LEGAL SERVICES

Project Sanctuary's legal advocates provide assistance with domestic violence restraining orders and sexual harassment, as well as advocacy and support in court for victims of domestic violence and sexual assault.

PREVENTION EDUCATION

Project Sanctuary offers a sensitive, age-appropriate curriculum designed for students from pre-kindergarten through college. The program addresses safety, healthy dating relationships and who to ask for help and how.

COMMUNITY EDUCATION

Project Sanctuary staff provide information and presentations about domestic violence and sexual abuse for community members and organizations.

TRANSITIONAL HOUSING

Transitional housing is available for up to a year for a limited number of clients. This program provides support to victims who are transitioning to a life free of violence, allowing the time and shelter to work towards being independent.