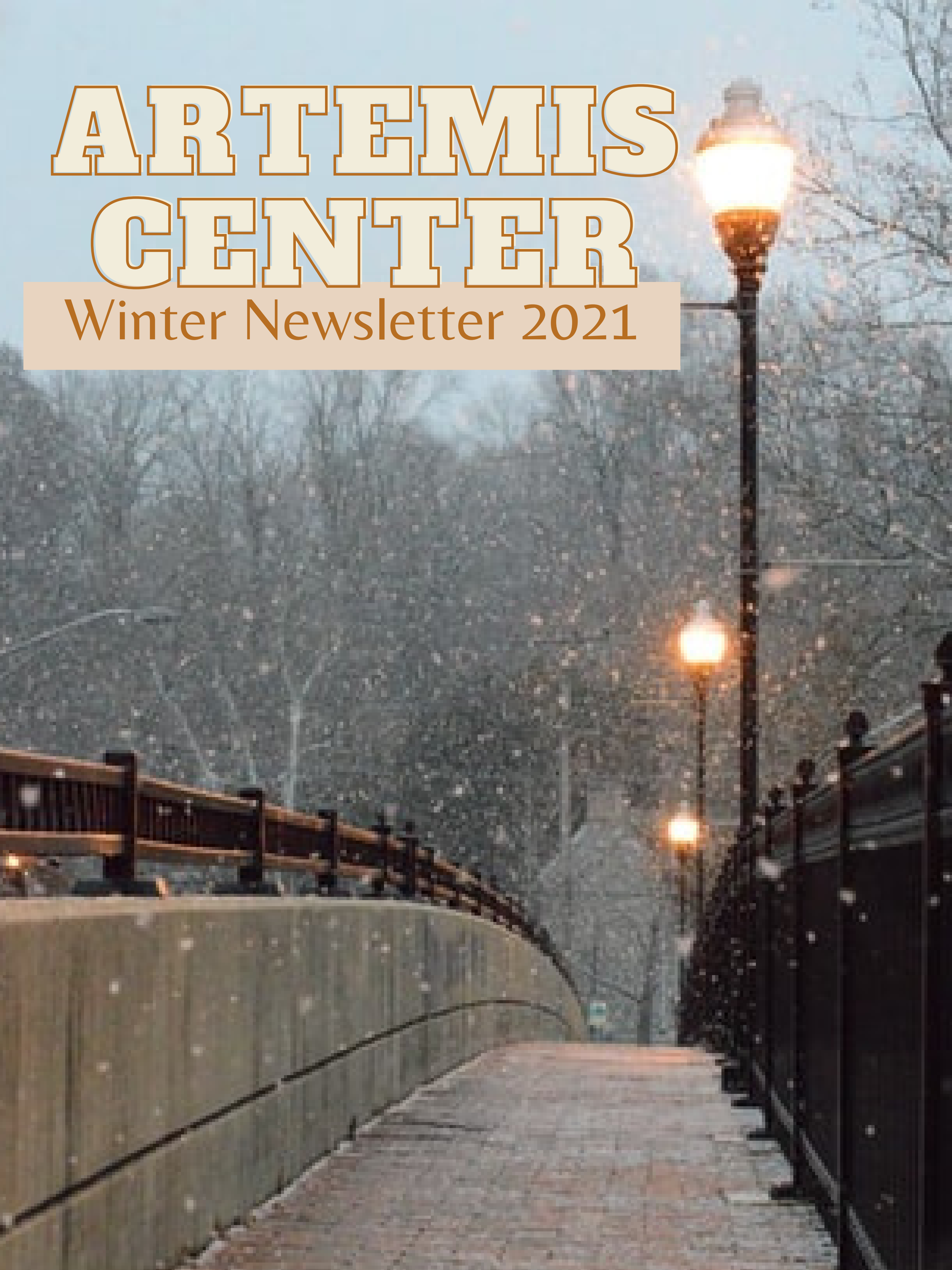


# ARTEMIS CENTER

Winter Newsletter 2021



# Executive Director's Corner



I would like to begin 2021 with a positive story that illustrates the strong collaborations we have in our community. Recently, I received a phone call from a fellow nonprofit director seeking help for one of their employees, Michelle\*. Michelle was experiencing domestic violence in her home. The director reached out to Artemis to get information to help Michelle feel more comfortable calling our 24/7 domestic violence hotline. We were able to connect her to an advocate and reduce her fear.

While I spoke with the director, they shared that they would take on Michelle's responsibilities while she spoke to Artemis advocates in a private office space.

This director also mentioned that they would continue paying Michelle while she did next steps to increase her safety. Michelle's supervisor was aware that if the abuser noticed a change in pay, it would be problematic for Michelle and possibly lead to violence.

Michelle and the advocate connected and worked on a safety plan for her next steps. It took the initiative, care, and understanding of this director to help Michelle increase her safety and find strong support systems.

May 2021 be a year filled with connecting, building bridges, and working together to create a safer community for all.

Jane Keiffer, MSW, LISW-S  
Executive Director

A handwritten signature in blue ink that reads "Jane Keiffer". The signature is fluid and cursive, written over a light blue horizontal line.

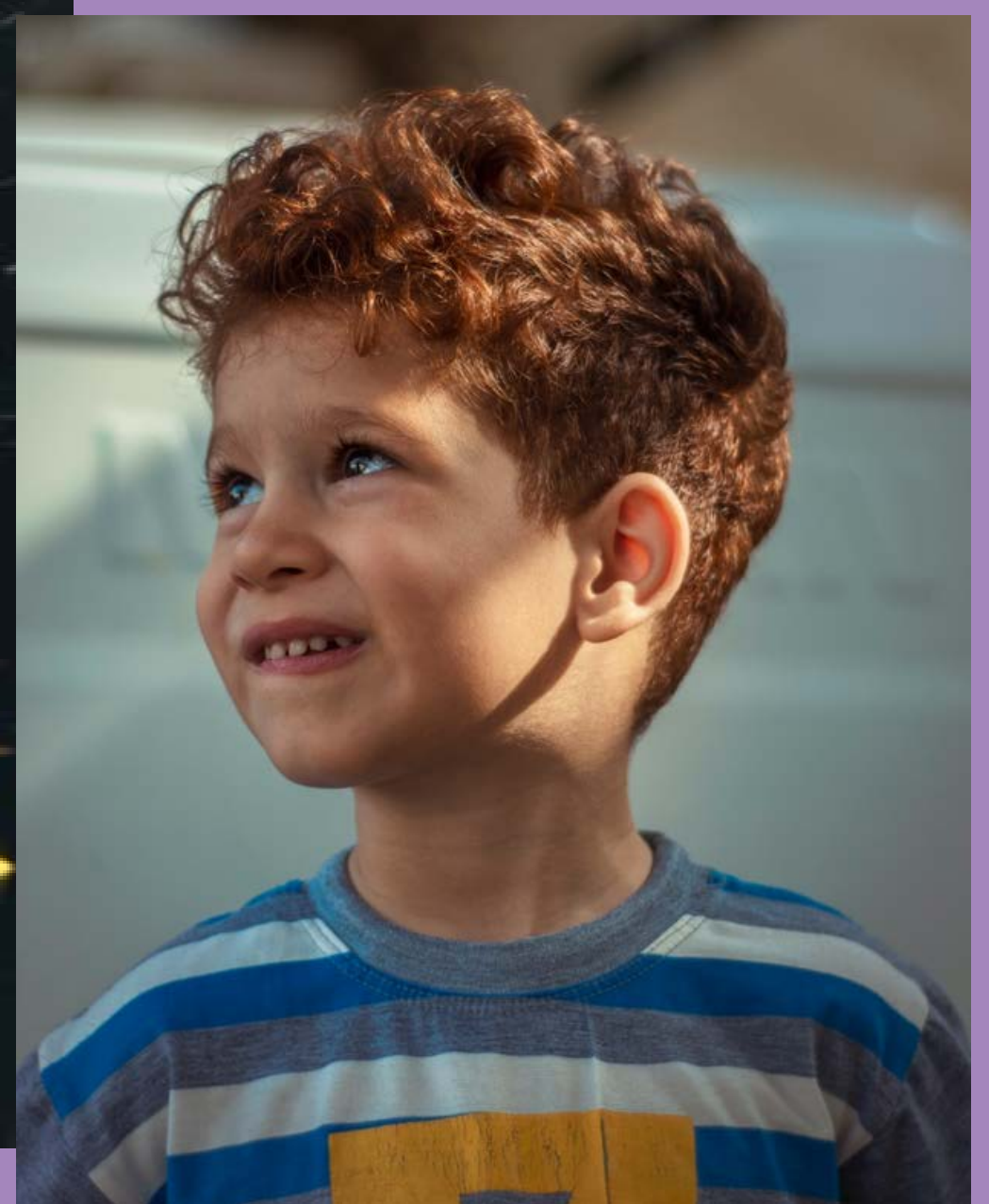
\*name changed for privacy and safety



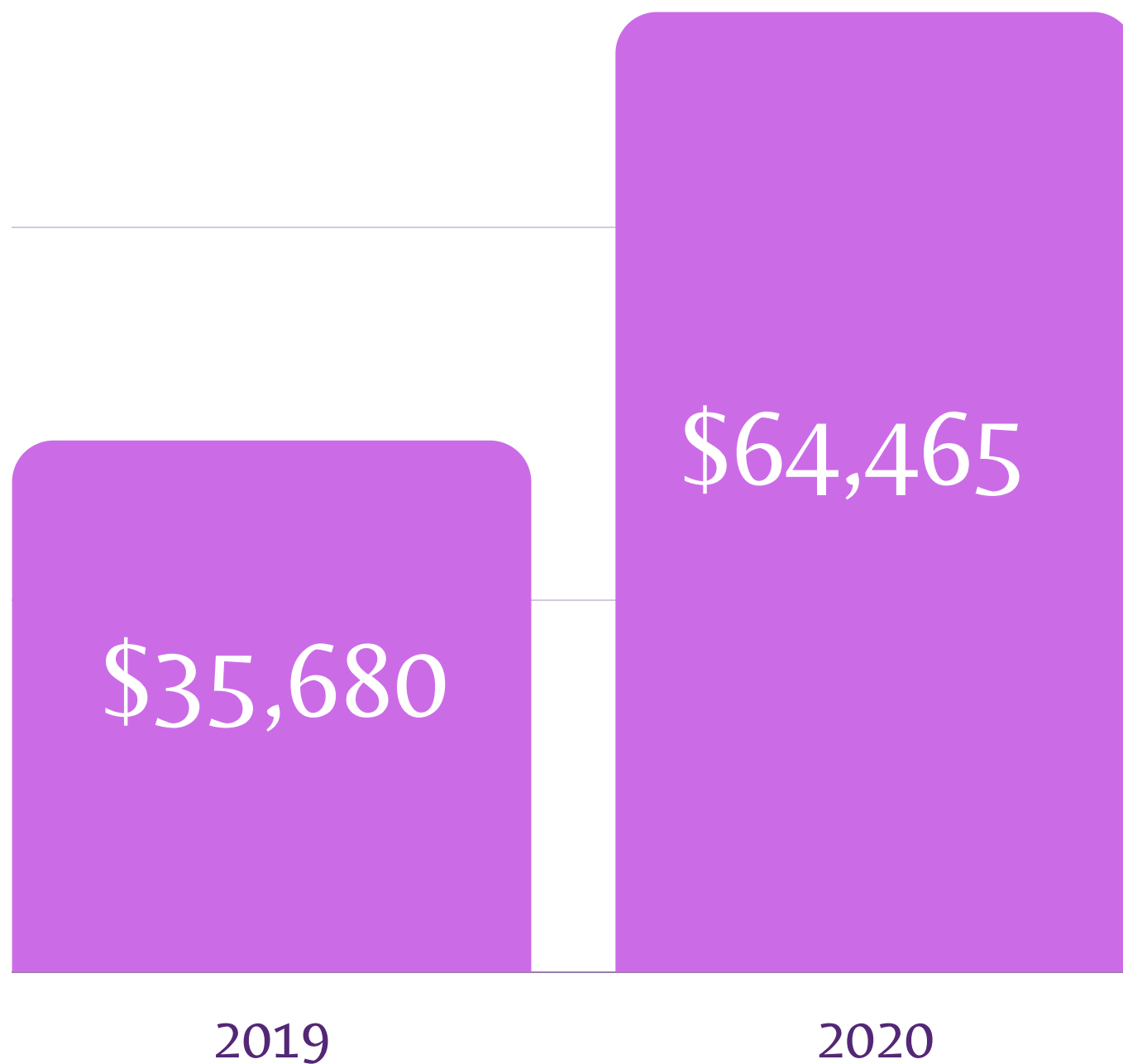
# Conquering The Monster

## An Artemis Center Client Story From Our Children's Therapy Advocate

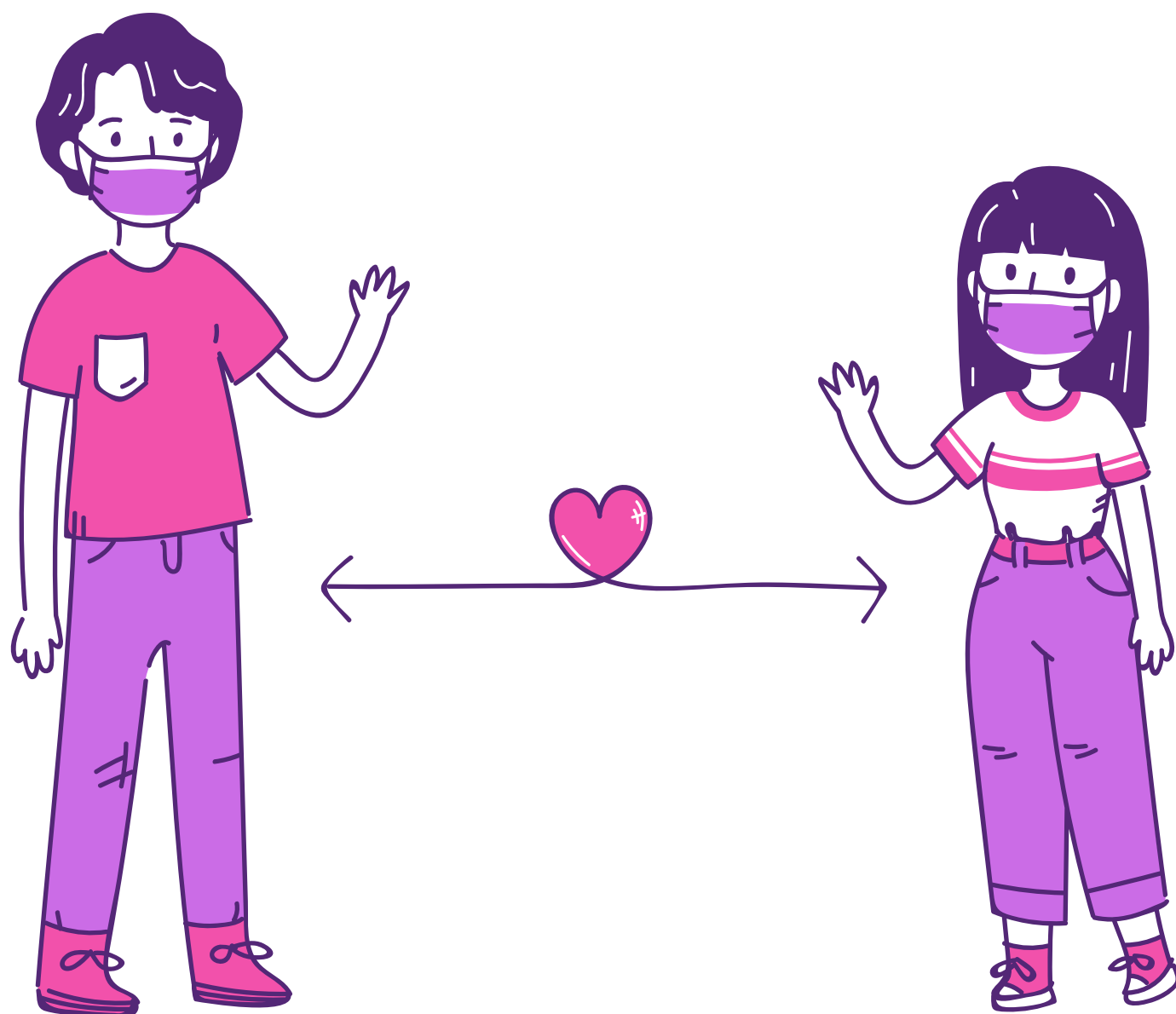
A few years ago, I began working with a six-year-old boy who witnessed domestic violence in his home. His parents divorced, and he lived with one parent while attending visitation with the other, abusive, parent. The little boy began attending the Children's Therapy Program at Artemis due to concerns about his behaviors. He cried frequently, had nightmares often, would bite his nails down to the core, and fought daily with his three siblings. He was having difficulty in school, wanted to sleep a lot, and often labeled himself as "bad". He was afraid he would always have "the anger". The boy would say to me, "I am always mad but I don't know why," and often talked about a monster that he called "Angsad," which reflected his feelings of anger and sadness. For the next few years, the boy worked on how to express feelings in healthy ways, learned anger management skills, improved his relationships with his siblings, and came to understand that the domestic violence was not his fault. Over time, I watched as this little boy became less little, and began to see the confidence that had been buried by the effects of trauma and abuse. The boy started to thrive in school, and themes of hopefulness were followed by more episodes of smiles and laughter. The boy, now not so little, told me toward the end of our time together that he was going to go to college and work for NASA. He had replaced his nightmare with big dreams. And it's dreams like these that hold the power to change a child's outlook on himself and on life.



# Thank you for helping us reach new heights with our **2020 Year End Campaign**



We raised \$64,465 with this year's end of year campaign,  
that's over \$28,000 more than last year!



The average donation size was

# \$334

Every dollar helps!

65% of donations were mailed or delivered in person  
35% of donations were made online

You can donate to Artemis Center  
year-round by visiting  
[www.artemiscenter.org/donate](http://www.artemiscenter.org/donate)



# Building Hope Holiday Program 2021

Every year, Artemis Center works with donors and volunteers in the community to make the holidays brighter for our clients. For many, December is "the most wonderful time of the year," but for survivors of abuse, it is one of the most challenging and stressful times. The Building Hope Holiday Program provides survivors of domestic violence with gift cards so they can purchase gifts for their children as well as providing bonus gifts to make the season even merrier. Our goal is to help our clients feel empowered to create new traditions with their loved ones, free of worry and turmoil. With the help of our community, we come closer to realizing this goal each year.





# BUILDING HOPE HOLIDAY PROGRAM

BY THE NUMBERS



**399**

gift cards donated worth

**\$15,140**



**35**

**FAMILIES  
BENEFITED**

over  
**\$6,000**

received from our amazon wishlist

# Congratulations to Annie D. on her promotion to Clinical Supervisor!

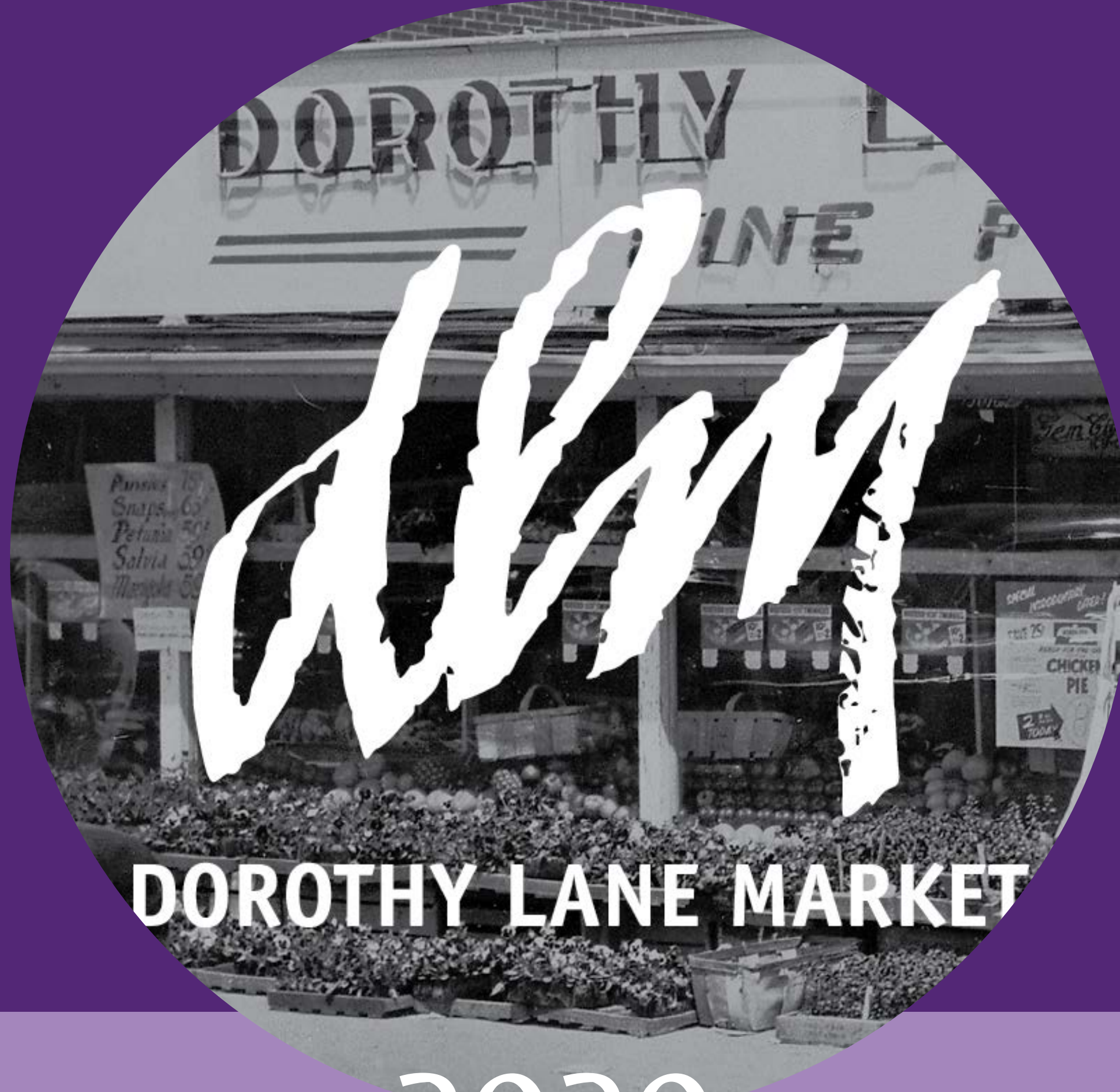


As a scholar of Jungian and archetypal psychology my research has focused on trauma in women with an emphasis on healing modalities that engender both meaning and psychological transformation. Carrying this knowledge with me in my work at Artemis has given me a unique perspective on the complexities of trauma that survivors must grapple with in the aftermath of domestic violence. Throughout my work as an advocate, I have appreciated the opportunity to walk with survivors in their fearless strides to break from the cycles of violence. Taking on the position of clinical supervisor this past December has offered me a new responsibility in fulfilling the commitment of our organization's mission by empowering a new cohort of advocates. As I reflect on what I find most rewarding about this work, I try to outweigh the travail with the joys, which I am sure all helpers in the field must feel more acutely than ever these days. As the effects of the pandemic have made our work evermore challenging I have struggled to maintain a sense of balance and hope amid the disconnected and brutalized state of our world. In spite of these difficulties, I am continually reminded of our survivors' strength, their creativity, and most of all their resourcefulness and resilience, that of which, I believe our agency has mirrored in these difficult times.

Annie D., PhD  
Clinical Supervisor

**STAFF SPOTLIGHT**





2020

# Good Neighbor Program

Did you know you can support Artemis Center while buying your groceries? Thanks to the community members who took part in the Good Neighbor Program last year, Dorothy Lane Market has awarded us with \$262 to support our mission. If you want to support us while you shop at no additional cost to you, go to [dorothylane.com/goodneighbor](https://dorothylane.com/goodneighbor) and select Artemis Center for Alternatives to Domestic Violence



# 100 HOURS

In 2020, volunteers committed over 100 hours of service to Artemis Center! Without volunteers, our mission would not be possible. If you are interested in giving your time in 2021, email our Volunteer Coordinator, Andrea, at [andrea@artemiscenter.org](mailto:andrea@artemiscenter.org)





Thank you for your support in  
2020, we can't wait to make  
2021 our best year yet!



follow us!



@artemis\_center

Artemis Center