

# Turning Point

*Freeing Families From Fear*



**SISTERCARE**

Freeing Families From Fear

Sistercare is an organization that provides services to survivors of domestic violence and their children residing in Fairfield, Kershaw, Lexington, Newberry and Richland counties in South Carolina.

Domestic violence is a far larger problem than most people realize. Sistercare is here to help and give hope.

## Know the Warning Signs

- ◆ Consistently ridicules you
- ◆ Is jealous or possessive
- ◆ Destroys your property
- ◆ Restrains you
- ◆ Threatens you with weapons or objects
- ◆ Physically abuses you
- ◆ Gets angry when you disagree
- ◆ Throws objects at you

Winter 2016

## Sistercare Spotlight: Family Counseling Program

By: Tara McLean, NCC, LPC/I, Family Counselor

My position at Sistercare was created because of Sistercare's dedication to children exposed to intimate partner violence and our organization's expansion of counseling services. Children are receiving a range of counseling services specifically designed to overcome the impact of exposure to domestic violence.

As Family Counselor for Richland and Lexington counties, I engage families in individual, family and children's counseling. My approach is predominantly Trauma-Focused Cognitive Behavioral Therapy with fun interactive activities incorporating play therapy and art therapy techniques. Through these mediums I am able to target specific goals relating to safety, emotional regulation, grief and loss associated with domestic violence or other loss, and their future and identity development. Part of this includes teaching and practicing coping skills such as deep breathing, progressive muscle relaxation and meditation. In addition to this, I hope to create a safe place in which the children can speak freely without judgment and have a positive relationship with another adult. As I work with the children, I also work with the parent, teaching them how to regularly use the skills their child is learning in counseling. I get so much satisfaction when I hear my young clients say their favorite part about counseling is sitting down and being together with their family. By fostering a better relationship with child and parent, providing a safe place for self-expression, and being a positive influence in these families' lives, I hope to help them transition to a life without violence and grow as a family.

Being Sistercare's Family Counselor has also offered me the opportunity to fulfill a lifelong goal of working with my ethnic group, the Latino/Hispano population. So often Latinos experiencing intimate partner violence are in fear of asking for help or have no idea where to find it. As a bilingual counselor, I am able to extend Sistercare's services to survivors with limited English. As a woman of color, I am proud to be a part of Sistercare's efforts to break down barriers that have long oppressed women. I myself feel empowered to do the hard work we all do at the organization; working to really have an impact on people's lives and especially the lives of children.

Serving these families in our community, I have a front row seat to see the impact Sistercare's assistance has on the lives of these children; the smiles when I deliver a care package or the hug after someone shares their story. Survivors are empowered when they see their children and their family overcoming trauma and all the changes they might be going through. This is such an essential element for resiliency.

In my old behavior modification days, we always stressed setting the child up for success. Because, of course, it's easier to praise and reinforce success, therefore, leading to more positive outcomes. A part of what we all try to do at Sistercare is set up our families for success. In a time when some of our clients are experiencing their hardest struggles, we step up to be there for them....to help them achieve their success.



Sistercare's Family Counselor, Tara McLean



Sistercare



@SistercareSC

## Holiday Volunteers are the Best!

By: Shatoyia Todd, Volunteer Coordinator

### Thank You and Happy Holidays to Sistercare's Volunteers!



Friends and family of Will Hewitt along with Sistercare's Volunteer Coordinator, Shatoyia Todd

The holidays are in full force and our volunteers are showing their spirit of giving. We are constantly amazed by the generosity of our volunteers and donors. This holiday season they have ensured that our clients have been able to enjoy Thanksgiving with amazing meals. Our donors have adopted families who will receive gifts, winter clothing and accessories to prepare mothers and their children for the cold months. Sistercare is currently accepting Christmas gifts, wrapping paper and holiday cheer for those clients who have been affected by domestic violence. It has warmed our hearts to see the outpouring of community support.

We recently had the pleasure of meeting Will Hewitt, a third grader who completed an altruism project to benefit the women and children that we serve. Will collected over 500 pairs of socks, one of the least donated items, and selflessly donated them to Sistercare and other local charities. It was such a joyous occasion to see the excitement on Will's face as he handed over two huge bags of socks and spoke about his school project. Will saw a need within

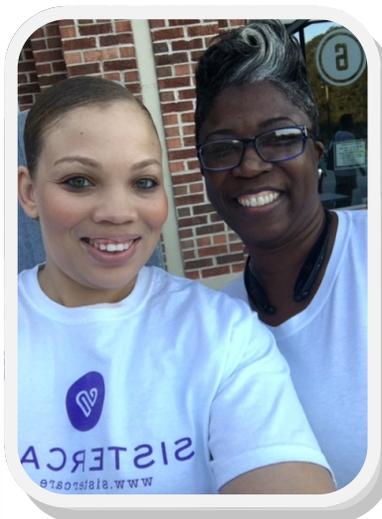
his community and was proud to assist Sistercare. Many survivors who are fleeing abusive relationships focus on getting to a safe place and do not have the opportunity to pack clothing and other necessary items, like a pair of socks, which most of us take for granted. Sistercare is extremely grateful for Will's efforts.

Although the holidays are increasingly busy, our volunteers have still managed to give over 100 hours of their time to reach over 2000 people through community awareness events, speaking engagements and the annual Mayor's Walk Against Domestic Violence. Our volunteers have shared Sistercare's resources with others, forwarded our needs to their neighbors, and supported our mission, which is one of the greatest gifts Sistercare can receive this holiday season. If you or someone you know would like to volunteer, please contact Sistercare at 803-926-0505 or [volunteercoord@sistercare.com](mailto:volunteercoord@sistercare.com).

### Sistercare's Wishlist

Sistercare is always in need of donations! Here is our wishlist:

- ◆ Baby Products
  - ◆ Nonperishable Food
  - ◆ Paper Towels
  - ◆ Bedding
  - ◆ Car Seats
  - ◆ Cell Phones (any condition)
  - ◆ Cleaning Agents (Ajax, etc.)
  - ◆ Home Goods
  - ◆ Strollers
  - ◆ Dish Sets
  - ◆ Toilet Paper
  - ◆ Trash Bags (extra-large)
  - ◆ Gas Cards
  - ◆ Vehicles (used & running)
- \* We are unable to accept clothing donations at this time.



Sistercare's Woman of the Year and Volunteer, Lucinda Mosley, right, with Volunteer Coordinator, Shatoyia Todd, at the annual Mayor's Walk Against Domestic Violence on October 29th, 2016.

## Sistercare's Song Bird Café: A Successful Evening of Food, Fun and Music



**Presented by Lexington Medical Center**

By: Paula Howell, Director of Development

A sell-out crowd was entertained with excellent music and culinary delights on October 20, 2016 at Sistercare's 14th annual Song Bird Café, held at the beautiful My Carolina Alumni Center.

The evening began featuring a unique dining experience donated by Jimmy Stevenson, owner of Southern Way Catering, bar by Black Tie Affair, and valet service donated by Southern Valet.

Ricky Wright, with Mr. Tint Window Film, secured the talented musicians, Ken Block and Andrew Copeland of Sister Hazel, and Javier Colon, winner of "The Voice" Season One, who took the stage to perform acoustic music and share their personal stories of songwriting.

The Song Bird Café is modeled after Nashville's Blue Bird Café, where many musicians find their start in the music industry. The Song Bird Café is Sistercare's annual signature event. Sistercare thanks all of our donors, sponsors, and attendees whose support assures that Sistercare can provide services to approximately 7,000 survivors of interpersonal violence and their children each year.

## Thank You to the Sponsors of Sistercare's 14th Annual Songbird Café

### Presented by:

Lexington Medical Center

### Signature Sponsor:

Southern Way Catering

### Eagle Sponsors:

BlueCross BlueShield of South Carolina

Mr. Tint Window Film

### Blue Bird Sponsors:

Greta Zimmerman, D.O., Columbia Skin Clinic

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NBSC

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## Yes!

I will donate to help prevent domestic violence.

Pledge Amount: \_\_\_\_\_

Monthly  Yearly

My tax-deductible contribution is enclosed:

\$500  \$50  
 \$100  \$25  Other

Please make checks out to: **Sistercare.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please contact me regarding shares of stock.

My company will match my gift.

Company Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

To donate online through PayPal, please visit

[www.sistercare.org](http://www.sistercare.org)

Sistercare is a not-for-profit 501(c)3 partner agency of  
the United Way.

## Songbird Café Fun!

“The Voice” Season  
One winner, Javier  
Colon, performing for  
the crowd.



Sistercare Board President, Eboni  
Nelson, right, enjoying the evening with  
a friend.

## Sistercare Board of Directors

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