

Safe & Sound

A PUBLICATION OF TRANSITIONS FAMILY VIOLENCE SERVICES

Mark Your Calendar:

Shopping Fundraiser:
The Wardrobe,
Williamsburg
May 2, 2007

**Fashion Show
Fundraiser:**
City Center at Oyster
Point
May 20, 2007

2nd Annual Dad's Walk
June 2, 2007

**Domestic Violence
Awareness Month Day of
Unity Candlelight Vigil**
October 1, 2007

Be sure to visit our web-
site at [http://
www.transitionsfvs.org](http://www.transitionsfvs.org)
for updated event infor-
mation and details.

Contact Julia Campbell at
(757) 728-0025 or
jcampbell@transitionsfvs.org
for information on
events and how you can
get involved.

***Are you or someone you
love being abused?
Call our 24-hour Hotline
for information
and referrals:
(757) 723-7774
Need help? Call now.***

Transitions celebrates 30th Anniversary serving adult and child victims of family violence

In 1977 the Virginia Peninsula Council on Battered Women (VPCBW) was founded. .

1982 brought the opening of a 12-bed shelter by the First Presbyterian Church of Hampton. The 24-hour operation of the current hotline (757-723-7774) and the client service program began.

State legislation regarding protective orders and police response to domestic violence strengthened in 1984. Hotline calls and requests for shelter doubled overnight.

In 1987, a developer loaned an 8-bed facility for 1 year—Second Stage was “born”!

Grant funding was found to renovate a building, NEXT STEP, as a transitional housing facility for nine families; it opened, in June, 1990.


REACH ((Resources, Education, Advocacy for Children who are Homeless), an after school volunteer tutoring program for children began in 1995.

In 1997, Transitions’ Client Services Center in Hampton opened. WISER (Women In Need of Services, Education, and Resources), an older battered women’s outreach program, began in 1998. The agency was renamed Transitions Family Violence Services.

In 2000, Protect Our Kids was chosen as one of 19 programs in the nation to be funded by The Robert Wood Johnson Foundation.

In 2001, the emergency shelter added a playroom and two new offices.

In 2003 Transitions was selected to begin prevention projects, DELTA, in Newport News and in Hampton by the Virginia Sexual and Domestic Violence Action Alliance and the Centers for Disease Control. Replicating Protect Our Kids and other prevention programs became the focus of 2004 and 2005. Community partnerships and community education efforts became priorities in 2006 and 2007.

Thirty years of intense efforts by staff and volunteers, directed by visionary Boards of Directors, have led to provision of more than 160,000 nights of shelter for more than 16,000 women and children. Countless families have grown healthier and happier, three shelters have been constructed, awards and recognition have been received for the excellence of Transitions’ volunteer and programming efforts, and lives have literally been saved by Transitions. Without the efforts of tens of thousands of persons supporting our efforts, safety, peace, and happiness would not have been brought to these Peninsula families. 



Visit us at: [http://www.transitionsfvs.org!](http://www.transitionsfvs.org)

Safe & Sound is a publication of Transitions Family Violence Services. Our mission is to build safe and healthy families on the Virginia Peninsula. Our vision is of a community which supports healthy, violence-free family life.

Visit <http://www.transitionsfvs.org> for more information.

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A Message From the President

Happy 30th Anniversary! I am pleased and proud to be the Chairman of the Board of Directors of Transitions Family Violence Services, especially in 2007, as we celebrate **30 years** of building safe and healthy families and providing services to the adult and child victims of family violence.

Since 1977, when volunteers started Transitions, our services have expanded dramatically. Transitions now employs 34 people and has 118 dedicated volunteers who provide comprehensive services that range from offering child care, answering our 24-hour hotline, engaging in fundraising efforts, and providing advocacy services. We also work to increase awareness of domestic violence and provide opportunities for community members to participate in our mission.

In addition to providing vital intervention services, Transitions has increased its efforts in the area of prevention and helping youth to learn about healthy relationships.

February 5 – 9, 2007, was **National Teen Dating Violence Awareness and Prevention Week**. Transitions' staff, volunteers, and other community members formed a Teen Dating Violence Task Force to raise awareness and address prevention of relationship violence among teens and pre-teens. It is our responsibility

to help young adults, families, and communities work toward the day when our children can live in a safe and healthy environment that is free of fear and abuse.

To celebrate and promote healthy relationships and strengthen bonds between fathers and their daughters, the Newport News Domestic Violence Task Force (NNDVT) partnered with Transitions to host an extremely successful **Father & Daughter Dance** on February 17, 2007. Currently the NNDVT is planning the upcoming **Dad's Walk for Healthy Families** on June 2, 2007. For more information about these events, please contact Julia at (757) 728-0025.

As always, your generous and committed support is critical in our efforts to offer these important programs. Because of the generosity of community donors and supporters such as yourself, we can continue to provide the services people count on for their safety, while developing new programs to break the intergenerational cycle of violence.

Together we can make a dramatic difference in the lives of families on the Virginia Peninsula. Once again, I sincerely thank you for your continued support.

Sincerely,
Linda Curtis, Esq.
Chair, Board of Directors
Transitions Family Violence
Services



Learning to forgive, by an anonymous Transitions' client

I would like to share something about forgiveness. Forgiving myself and then learning to forgive others.

How we are raised as children to think about ourselves – that is so crucial. We don't get to this place as an adult, living with someone who is dysfunctional and violent, overnight. Some of us are taught at a very early age that this is all they deserve.

I was raised by a very negative and harsh person, so even though I am 50 years old now, that "little voice" still tells me how stupid, ugly, and selfish I am, and how nobody can really love me. I was molested as a child and his voice keeps telling me how I am only good for one thing, and how I will get fat, and how no one will want to be with me.... There is no medicine to cure

a broken spirit. A couple of years of therapy helps; it teaches a few steps to take to counteract that bad self image. But the most valuable thing I have learned is to not pass that on to children.

One person from my childhood meant everything to me, because she always told me I was special to her, that I was loved, that there would be a whole future ahead... But living the way my family did, moving constantly, going from school to school – that was difficult because I learned to know better than to make friends. First, no way would they be able to come home, and second, once they saw how "bad" I was, then they wouldn't be a friend anymore anyway. I learned this by the time I was 9 or 10.

It is important to stress that learning to stay away from drinking, from drugs, from "guy to guy to guy" relationships, was the only thing I did right. These terrible destructive acts were the next logical step. But, learning to forgive, it is the visible act of showing forgiveness of myself, for what others did to me, and how I took the blame onto myself. But, NOT doing what would have been very easy to do – to take that drink, for instance, was *not* easy, or comfortable. I knew things would have only gotten worse; I did not want the memories of that one special

person who encouraged me to be drowned out. It meant the difference between today, and what would have been death in slow motion, living as a victim.

We just never know what we say to these children,

what will be remembered and what will be believed later on in the middle of the night, in our darkest hours.

It is my firm desire, belief and mission, to pass on the encouragement that each child has worth and has good inside. Even the child that is still hidden somewhere inside the women that I meet in Transitions' Domestic Violence support group. I cannot speak for other women in similar situations. We may have gotten here, to the support group at the same time, but the choice is a new one every day, to do what is right for today.






SPECIAL ANNOUNCEMENT

This is Transitions' last print newsletter!

Due to increasing postage and printing costs, Transitions Family Violence Services will cease printing the quarterly *Safe & Sound Newsletter*.

This way, more of your donations can go directly towards programs and services for adult and child victims of family violence. We will distribute an *Annual Report to the Community*, so please make sure your contact information is correct in our database in order to receive a copy.

Please visit www.transitionsfvs.org and sign up for our e-mail newsletter to stay up-to-date with news and events!

Call Julia at (757) 728-0025 with questions. 

TRANSITIONS

FAMILY VIOLENCE SERVICES

A pathway to safety...a source of hope

P.O. Box 561, Hampton, VA 23669

Hotline: (757) 723-7774

Office: (757) 722-2261

Fax: (757) 723-2717

[Http://www.transitionsfvs.org](http://www.transitionsfvs.org)



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