

SHALOM BAYIT

ENDING DOMESTIC VIOLENCE IN JEWISH HOMES

Fall 2010 ~ Tishrei 5771



Support Groups

Offered in San Francisco, the East Bay, and the Peninsula, all healing groups are free and open to women who have been abused in a current or past relationship. For details call our Bay Area Toll-Free Helpline

1-866-SHALOM-7

San Francisco groups made possible by the Jewish Community Endowment Newhouse Fund.

East Bay groups made possible by the Civic Foundation and by a joint grant from the Jewish Community Foundation and Jewish Federation of the Greater East Bay. Thank you!

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Shalom Bayit is a beneficiary of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties, a project of the Tides Center, and a proud member of the San Francisco Domestic Violence Consortium.

18 Years of Changing Lives

It's our Chai Anniversary!

Eighteen. Chai. The Hebrew symbol for life. In celebrating our 18th year, it is fitting to reflect on the many ways that Shalom Bayit is a life-giving force in our community. In the United States an average of three women a day are murdered by an intimate partner. We simply cannot allow that staggering statistic to remain true. That's why domestic violence programs like Shalom Bayit are literally saving lives. Within the pages of this newsletter you can read about the lives we touch, transform, and heal. Whether helping a family flee for their safety or talking with a teen about her troubled relationship, we are helping people change their lives for the better.

Please join me in celebrating Shalom Bayit's *chai* anniversary at our *Creating Hope* benefit luncheon on October 17th. It's a great way to give vital support to our programs and see how our work is changing lives. Read on about how we'll be giving special honors this year to three organizations that have transformed many lives through their national advocacy and local support of Shalom Bayit.

I am honored by the daily opportunity to help women and families transform their lives for the better. I look forward to marking our 18th anniversary with you, and to a future where every human being has a safe place to call home. --Naomi Tucker, Executive Director



Upcoming Events *Details on p.6*

October 17, 11:45am (Cong. Beth Shalom, SF)
Creating Hope annual luncheon
Join us to celebrate
Shalom Bayit's 18th anniversary!

October 4 (Confidential San Francisco location)
Spiritual Healing Support Group for women
8 session group begins Oct 4th. Free.

Hadassah, JWI and NCJW to receive 2010 Changing Lives Award at Creating Hope

Shalom Bayit is pleased to recognize three organizations that have played a significant role in our history and in the larger national movement to end violence in Jewish homes. This year at our *Creating Hope* benefit luncheon, we will present the Changing Lives award to The Hadassah Foundation, Jewish Women International, and the National Council of Jewish Women for their work to place domestic violence on the public agenda of Jewish concern. Each has taken a strong public stance to break the silence about abuse in Jewish homes. We're thrilled to celebrate the many ways that NCJW, JWI, and The Hadassah Foundation have truly changed lives.

A PLACE IN OUR HISTORY

Our three honorees have each supported and collaborated with Shalom Bayit to help us reach the place where we are today. JWI, through its BBW West Coast Regional staff and volunteers in the early 1990s, helped launch our very first community education programs on domestic violence in Bay Area synagogues; National Council of Jewish Women has supported many important aspects of our women's program. The Hadassah Foundation helped launch our teen program. Each of our honorees has helped develop one of our primary program areas.

THE NATIONAL PICTURE

• **Jewish Women International** (JWI, formerly B'Nai Brith Women) took up the issue of domestic violence as its main focus in the mid 1990s. When a national membership organization hones in on one primary issue as its mission, we know it must be an issue of relevance to many people. JWI's innovative initiatives protect the fundamental rights of girls and women to live in safe homes, thrive

—continued on p.2

in healthy relationships, and realize their full potential. Local JWI chapters support battered women's shelters and awareness programs around the country. JWI has also created important widely-used resources such as the *Resource Guide for Rabbis on Domestic Violence*, and a teen dating violence educational video *When Push Comes to Shove...It's No Longer Love*. In 2003 they brought together key leaders in Jewish domestic violence programs, including Shalom Bayit, to begin convening the bi-annual International Conference on Jewish Domestic Abuse—which has since helped coalesce a national movement.

In the early 1990s JWI helped Shalom Bayit start our community education programs. Our focus at that time was simply to break the silence, to make it safe for battered women to come forward and seek help. But it was difficult to bring this topic to synagogues and Jewish groups. Most were reluctant to raise the issue, believing it was not a Jewish problem.

It was JWI that helped bring Shalom Bayit panel discussions into to community: to synagogues, sisterhoods, Sunday Schools and Shabbat services. JWI formed alliances that helped us get in the doors to spread the message that domestic violence can indeed happen in Jewish homes. *We celebrate JWI for boldly devoting its mission and programs to the prevention of domestic violence.*

• **The National Council of Jewish Women (NCJW)** is an action-oriented, social justice advocacy group that strives to improve the quality of life for women, children, and families. One of their top priorities is *"The elimination of, and protection from, all forms of harassment, violence, abuse, and exploitation against women."* Naming violence against women as a national priority emphasizes how central this issue is to our lives.

NCJW's domestic violence advocacy includes both national public policy and local programming. They recently launched a "Higher Ground" initiative focusing on combating domestic violence by improving women's economic status.

NCJW has provided invaluable support to our counseling program. As Shalom

Bayit spoke to synagogues and groups in the 1990s, women began to come forward and ask for help. Out of this need our direct services were born. Shalom Bayit provided counseling, accompanied women to court hearings, met with rabbis to brainstorm safety plans. The results were life-changing. But we needed a way to let more women know that we were there to help.

NCJW helped us publicize our services by sponsoring our first outreach brochures. This was extremely valuable at a time when Shalom Bayit had no funding, paid staff or office. NCJW sections in San Francisco and Contra Costa County also funded our bathroom post-it project. Placing Shalom Bayit information in bathroom stalls gives people a private opportunity to take

Join us on October 17th to celebrate 18 years of life-saving programs at Shalom Bayit, and to recognize our 2010 Changing Lives award recipients for their years of local support and national advocacy.

Together, we are changing lives – one woman, one child, one family at a time.

our number if they need it. Later these dedicated women went on to organize holiday gifts for our families at Chanukah, sponsor our new women's and teen outreach brochures, and raise funds to help our counseling program flourish and grow. Today the counseling program empowers nearly 100 women to safety each year.

Thank you NCJW for recognizing that women's safety at home is paramount.

• **The Hadassah Foundation** enables Hadassah, the Women's Zionist Organization of America (HWZOA) to address unmet societal needs in Israel and the U.S., and to engage in cutting-edge initiatives that improve the status and well-being of women and girls.

The Hadassah Foundation helped launch our teen program. As our education and counseling programs grew through the 1990s, the paradigm was shifting. Rabbis sought our advice to help congregants in need; women were calling for help;

the community wanted to know more about domestic violence. Our programs were well established, but a critical element was missing: prevention. In addition to the important work of helping those who had experienced abuse, we wanted to reduce the incidence of domestic violence in the first place. To do that we needed to reach people *before* they entered into adult relationships. In 2002 we began developing prevention programming for teens and *Love Shouldn't* was born: the first youth-led Jewish dating violence prevention program in the country.

The Hadassah Foundation provided seed funding in 2005 and has since helped grow *Love Shouldn't Hurt* into a nationally-recognized leader in dating violence prevention. Thanks to Hadassah Foundation's belief in our vision, *Love Shouldn't Hurt* is used in over 30 communities around the country. In the Bay Area, over 5,000 Jewish youth and youth influencers (those who teach, parent or work with teens) have participated in *Love Shouldn't Hurt* workshops.

Hadassah includes abuse prevention among its funding priorities because they recognize that domestic violence impedes women and girls' full participation in society, *We salute The Hadassah Foundation for putting teen dating violence on the national Jewish agenda, and for supporting programs that teach teens tools for building healthy relationships — forever changing the lives of Jewish women and girls.*

It is because of these three organizations' outspoken activism that women are safe to come forward and ask for help, that preventing relationship violence among youth is now a reality; that programs like Shalom Bayit have gained the support of the Jewish community.

Please join us in honoring The Hadassah Foundation, JWI and NCJW for paving the way for women's voices to move from the margin to the center of Jewish communal conversation and leadership. Through their unique programs each has carved an enduring path to improve the lives of Jewish women and their families – making the world a better place for us all. 🌍

Thank you! Donations & grants received December 2009 - June 2010

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THANK YOU

to the many individuals, foundations, businesses and organizations who make our programs a success. We couldn't do this without you! Any omissions are unintentional.

A WARM WELCOME

Please give a warm welcome to our newest member of the team: Paulette Dolin, Community Educator. Paulette comes to Shalom Bayit with a deep appreciation of our work and a wealth of experience in community organizing. As a lay service leader and religious school teacher, she brings her background of Jewish learning into her position as Community Educator. Paulette is also a certified Feldenkrais® practitioner who loves to move and dance. Cooking is one of her passions; she loves making Shabbat dinners and giving cooking advice to her middle school son, Sam. If the weather is good, you may find her biking, hiking or planting trees. Originally from Southern California, Paulette has lived in the Bay Area for over ten years and now calls the Peninsula her home. She can be reached at our Peninsula office at (650) 574-SAFE. Welcome, Paulette!

A Lifeline. A promise. A voice of hope.

Shalom Bayit Counseling Program Saves Lives

Shalom Bayit is a lifeline to the women, children and families who come to us for help. We are there for the woman fleeing for her life with nowhere to go; for the Dad trying to help his 18 year old daughter out of a bad relationship; for the child coping with the trauma of what he's seen at home. Whether we are finding shelter, food, or financial resources for a newly-single mom, or providing a spiritual refuge to heal from the emotional devastation of a family coming apart, Shalom Bayit is here to offer hope and a way out.

But don't just take our word for it that Shalom Bayit makes a difference. Ask someone who's been here.

Because we believe strongly in delivering quality programs and making sure Shalom Bayit is accomplishing what we set out to do, we regularly evaluate our many programs to measure their effectiveness. That's how we know, for example, that after attending a *Love Shouldn't Hurt* workshop, most teens can distinguish between characteristics of healthy, unhealthy and abusive relationships.

This year we set out to interview clients to find out how our counseling programs are measuring up and making a difference in women's lives. Professional evaluators at Harder+Company Community Research conducted anonymous interviews with 15 women who had received services here over the past five years.

Our clients have spoken: in June Harder+Company released their report, "A Feeling of Home," which compiles their findings from evaluating four years of Shalom Bayit programming as well as this year's interviews with our clients. Here are some things we learned:

WHO COMES TO SHALOM BAYIT FOR SERVICES?

Jewish affiliation: The top four Jewish affiliations of women surveyed were Reform (44%), Conservative (39%), Orthodox (11%) and "Cultural Jew" (11%), with some identifying in more than one category.

Age: 90% of clients in the study were over 40

Geographic area: Clients surveyed came all around the Bay: 26% Peninsula, 21% San Francisco, 21% East Bay, 16% South Bay, 16% North Bay

HOW DO CLIENTS FEEL ABOUT OUR SERVICES?

- 100% of those surveyed rated our counseling and support groups as good or excellent
- Interview participants gave overwhelmingly positive feedback about Shalom Bayit. Most expressed that the services went far beyond their expectations. Women described Shalom Bayit as a "life saver" and a "life raft," and talked about how Shalom Bayit "saved my life."

What do people love most about Shalom Bayit?

☑ Shalom Bayit is a place to turn to.

Clients emphasized the importance of knowing they can depend on Shalom Bayit when in need of support. A number of participants maintained that compared to other services, Shalom Bayit staff were more available in a time of crisis. Participants described the comfort and relief they felt "knowing somebody is really there for you," and "knowing I can call them for anything."

- "It's a little bit like having an escape button to press. When things are really bad, I just call them. It's nice to know they're there, even if I'm not always going to use it."
- "Knowing that someone's there and someone cares gives me a little more calm in my life."
- "Without them I don't know where I'd be. They are everything to me. They're my wailing wall, my rock of Gibraltar, my family."

☑ Shalom Bayit is different from other organizations.

Many interview participants spoke about the "Shalom Bayit difference" – describing that our staff and organizational culture felt more welcoming, accepting and nurturing than other agencies where they had sought assistance. Two participants described that Shalom Bayit was the first organization where they felt the staff truly cared about them. One woman elaborated, "The [counselor] I met with is beyond compare – lovely, talented, kind, generous." Another stated "I never expected to get so much support from any organization. It was so personal, really geared to what [my] needs were."

We also learned some areas where we can improve our services. We heard requests for more legal assistance (family law attorneys on staff or working with Shalom Bayit in the community), housing help, longer term counseling, and more outreach to Orthodox families. These priorities are important to us, and we are continually addressing areas where we'd like to grow.

The overwhelming message our clients shared with us is that Shalom Bayit is a lifeline.

Because of our support, battered women and their children are turning their lives around. In the aftermath of great personal devastation, by coming here they find expert assistance, gentle healing, and a voice of hope. As we help abuse survivors walk a path to wholeness, we are glad to know that our programs continue to succeed in making a difference and changing lives.

Many thanks to all the women who participated in the interviews and shared their honest feedback with us. You are our guides and our reason for being here.



Shalom Bayit

P.O. Box 10102
Oakland, CA 94610
www.shalom-bayit.org
www.love-shouldnt-hurt.org
Phone: 510-451-8874

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AROUND THE BAY...Announcements & Regional Programs

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Creating Hope

*A benefit for Shalom Bayit
Celebrating 18 years of changing lives*

Luncheon, Silent Auction, & Raffle
Dietary laws observed

*Sunday, October 17, 2010
11:45 a.m.*

Congregation Beth Sholom
301 - 14th Avenue, San Francisco



2010 Honorees
The Hadassah Foundation
Jewish Women International
National Council of Jewish Women

Individual tickets: \$118

For sponsorship opportunities, more information or to order tickets, call (510) 451-8874 or email info@shalom-bayit.org

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Resolve conflicts peacefully.
Bring Shalom Bayit to your synagogue, school or work-
place. Encourage a friend or relative to call for help.
We all can take part in saving a life today.



Wish List ~

Flat screen computer monitor, food gift cards (Safeway, Albertson's, or Trader Joe's), Powerpoint projector, small TV & DVD player, phone cards, kiddie couch, 4-drawer locking file cabinet, household goods, office supplies, computer desk, and used cell phones.

In-kind & financial contributions are fully tax deductible.

Please send your gift to "Tides Center / Shalom Bayit" at PO Box 10102, Oakland 94610 or **donate securely online at www.shalom-bayit.org** Page 6

NEW SUPPORT GROUP BEGINS IN SAN FRANCISCO OCTOBER 4TH

Thanks to support from the Jewish Community Endowment Newhouse Fund, Shalom Bayit and the Bay Area Jewish Healing Center will start a new spiritual support group this fall for women in San Francisco in need of our services. The group will provide peer support, education, counseling, and Jewish spiritual healing to women coping with unhealthy or abusive relationships, including issues of divorce, parenting and safety planning. The group will meet in a confidential location on Monday evenings from 6:00-8:00PM.

For more information or to sign up, call (866) SHALOM-7

Shabbat Shalom: A Sabbatical from Domestic Violence



Announcing Shalom Bayit's 9th annual domestic violence sermon campaign, "Shabbat Shalom: A Sabbatical from Domestic Violence."

Rabbis will unite on Friday night, October 29th through Saturday morning, October 30th to give a sermon on abuse in Jewish homes for Parshat Chayei Sara.

To find out if your congregation is participating or for more information, call (650) 574-SAFE

Love Shouldn't Hurt

The Youth Program at Shalom Bayit

Love Shouldn't Hurt workshops reach adolescents & young adults with dating violence prevention & healthy relationships education. In 2010 we have already reached over 650 teens, parents, & educators!

Our newly developed college toolkit for Hillel campuses is being distributed nationwide as a companion to our successful national curriculum, thanks to support from The Hadassah Foundation.

To bring *Love Shouldn't Hurt* to your synagogue or youth group, contact teen@shalom-bayit.org