

**We build healthier relationships because of YOU! Please consider assisting us in our goal.**

*(Please check if applicable)*

Please keep me up-to-date with current FSI News.

Please add me to the FSI email list.

I would like to make a contribution to help FSI.

**Amount: \$** \_\_\_\_\_

*(Make checks Payable to: Family Services Incorporated)*

**Charge to my credit card:**

Card # \_\_\_\_\_

Name on Card: \_\_\_\_\_

Security Code: \_\_\_\_\_

Expiration: \_\_\_\_\_

**(Please provide the following information. Please print)**

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

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

Phone # (opt): \_\_\_\_\_

E-mail (opt): \_\_\_\_\_

## Our Services & Success Stories, Because of your support!

### Counseling

*Family Services Incorporated (FSI) provides counseling services for individuals, families, partners and groups. (Children 14 and older may request services without the consent of their parents.)*

*FSI partners with other community services and may also refer you to these other resources, if needed. The goal of this program is to help you improve life skills, such as: problem-solving, decision-making, resolving grief and conflict, communicating, and life management*

#### PROVIDING STRENGTH

“I want to take a moment to tell you how much this program has meant to my daughter and me. Last May, my daughter’s partner committed suicide. We were devastated. I was scared for my daughter’s life when I saw how she reacted to this crisis.

Your counselor gave me the skills, strength and guidance I needed to get my daughter and myself through this crisis.

I will be forever grateful for the services provided by family services. This program is very valuable and necessary for the community. I am comforted to know there is someone and somewhere I can go where I can find compassion, understanding, and help if I am ever in a crisis again.”



~ Lisa

## Domestic Abuse Project

*The Domestic Abuse Project, offers our community the services of professionals and trained volunteers to assist victims of domestic violence.*

#### SWINGING FOR HOPE

Playing on the playground is a normal activity for most children every day during the summer months. Swings, slides, and see-saws are constantly in motion with the smiles and laughter of children.

On any given day, however, women and children flee their homes trying to break the cycle of living with domestic violence. **1** in every **4** women will experience domestic violence in their lifetime. The Domestic Abuse Shelter, located in Altoona, is a place for those affected by domestic violence to go to find a safe haven. As part of those utilizing the shelter an average of four children stay there on a daily basis with no place for them to play.



Thanks to a grant provided by Ronald McDonald House Charities – Mid Penn Region and the work of our tireless volunteers, these children now have a playground in the back yard of the shelter to just have a good time! Before the new playground, children played in little children’s houses and only had a large yard to run around.

“It’s the best day ever!” remarked one of the kids staying at the shelter. Sheila Pringle, Shelter Supervisor said, “I am so excited to provide the children with a safe place to play. The kids love every aspect of the play yard and often have trouble deciding which item to play on first.”

The Domestic Abuse Shelter is open 24-hours, 7-days a week, 365-days a year and there is no charge for any service rendered. If you are in need of assistance, call the 24-Hour Victim Services Hotline at 1-800-500-2849 or 814-944-3585.

## Crime Victim Support Services

*Presenting our community the services of professionals and trained volunteers in support of victims of crime.*

Offering: Crisis Intervention, Supportive Counseling, Information & Referral, Hospital Accompaniment, Court Accompaniment, and Support Groups.

Victims need to understand that the crime was not their fault, they are not alone, and help is available. Our services are available to anyone affected by a traumatic crime including: murder, rape, robbery, aggravated assault, child sexual abuse, and other violent crimes.

Sexual violence violates a person’s trust and feeling of safety. It occurs any time a person is forced, coerced, and/or manipulated into unwanted sexual activity. The continuum of sexual violence includes: rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, statutory rape, marital or



partner rape, sexual exploitation, unwanted sexual contact, sexual harassment, exposure, and voyeurism. In 80% of the cases, the rapist will not take

“NO” for an answer. NO ONE “asks” to be raped. No means NO. Rape is a crime.

What should victims do?

**CALL THE 24-HOUR VICTIM SERVICES HOTLINE 1-800-500-2849 or 814-944-3585**

A counselor will give you the information you need and, if you like, will accompany you to the police station, hospital, or doctor’s office.

## Youth Services

Youth Services are specifically designed to address the problems of homeless, runaway, and at risk youth ages 12-17.

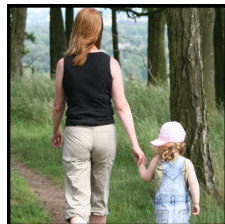
### FAMILY RECONNECTION

Cindy came to the Teen Shelter when the conflicts at home escalated. Her mother was struggling with mental illness and was very controlling. Cindy was not permitted to have friends, make contact with older siblings who had left home, or participate in any activities outside of school.

Her social skills were lacking to the point where she had trouble making eye contact and struggled with simple tasks such as making phone calls. Though very shy, Cindy was quite intelligent.

The shelter staff worked with Cindy on life skills: cooking, cleaning, laundry, grocery shopping, menu planning, job hunting, and money management.

While in the Teen Shelter, Cindy was able to reconnect with her aunt. The aunt invited Cindy to



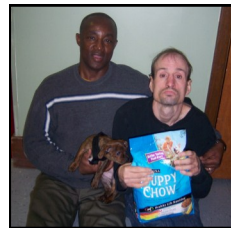
live with her. Shortly after leaving the shelter, Cindy called to let staff know that she had found a job. Staff had several aftercare visits with Cindy and found she was very happy living with

her aunt. She was also working full-time and had passed her driver's exam. She now is in the process of buying a new car!

## Intellectual Disabilities

Family Services Incorporated strives to enhance people's lives with intellectual disabilities, through personal experiences in community integrated activities to live a more successful and fulfilling life.

### SOFT SPOT FOR ANIMALS



Patrick thinks of Gary, his support staff person at Family Services as his friend. But he really likes Samson, the new puppy that Gary brings to play with him. Patrick has a soft spot for all animals and tries to help in any way he can.

Patrick collects soda cans at Family Services Incorporated to trade them in for cash. With the help from the staff of the Alternative Day Program, Patrick crushes the cans.

Once a month, Patrick takes the cans to Caracciolo's Steel and Metal Yard to turn them in for cash. Patrick then goes to the Dollar Store with the money he receives and purchases pet food and supplies. He also likes to use a little bit of money to buy a small item for himself. Patrick then delivers the pet food and supplies to the Central Pennsylvania Humane Society.

## Emergency Shelter Project

Offering those without a place to call home in our community a safe, clean, supportive environment, to create a new direction on their journey.

### MOVING FORWARD

We received a call regarding a woman and her two children that were homeless. At the time there was nowhere for her and her children to stay with any relative in Blair County. Thankfully, Pam and her children were able to stay with a friend until space opened up at the Emergency Shelter. Two days later Pam and her children arrived at the Emergency Shelter Project and a shelter service plan was implemented, for a new start.

Pam started to look for employment and was referred to Blair County Community Action for Housing. In turn they approved Pam for the transitional housing program. Pam then was able to obtain employment with a local company. She moved out two days before Christmas, so her children could spend the holiday at their new home. Pam is still working at the same company and is looking to attend higher education to become a certified registered nurse.



## Inside-Out Update 2011

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