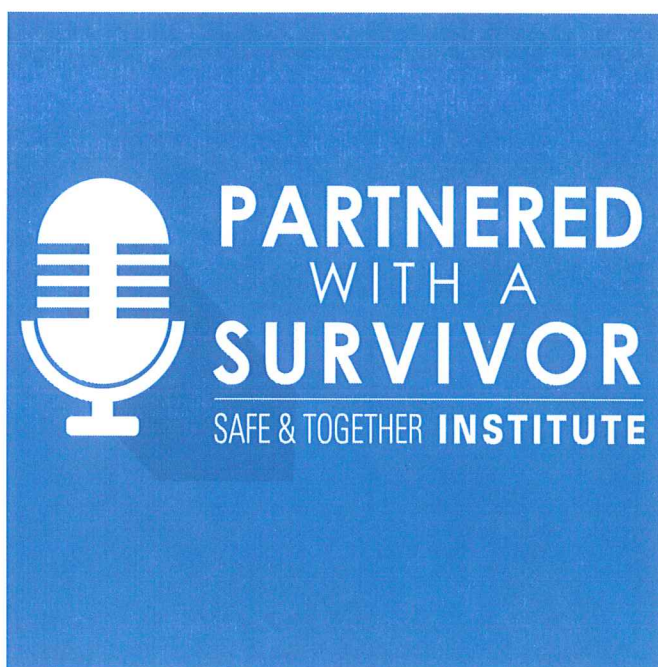


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Embrace Newsletter December 2020



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Podcast with Embrace and Leigh Goodmark on Advocacy in a Time of Police Reform

In December 2020, Embrace's Domestic Violence Program Coordinators were invited by the Safe & Together Institute to participate in a podcast discussion with Leigh Goodmark, professor and author of *Decriminalizing Domestic Violence*, on the realities of advocacy within the context of the carceral system and calls for police reform. Click [here](#) or on the image to the left to listen to episode 32 of the Partnered with a Survivor podcast.

Program Highlights

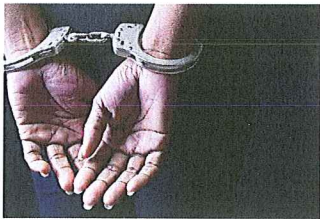
Consent During this Unique Holiday Season

Do you know what Embrace advocates think of when we hear "Christmas" or the "holidays"? CONSENT! The many gatherings that take place during the holiday season provide the opportunity to talk

about and practice consent. Consent is asking and gaining permission to do something and includes respecting personal and emotional boundaries in everyday activities... [Read more.](#)



Survived and Incarcerated in Wisconsin

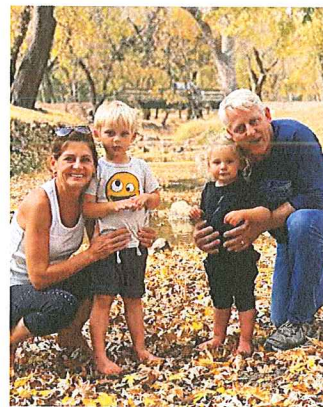


Current and former incarcerated survivors of domestic and sexual violence have stated how important letters of support are to their well-being. To educate the community about how survival is often criminalized and support incarcerated survivors of domestic violence, Embrace Program Coordinators facilitated a virtual letter writing event on October 27th as part of the organization's Domestic Violence Awareness Month activities called Survived and Incarcerated in Wisconsin. [Read more.](#)

Volunteer Spotlight

Shout out and THANK YOU to our volunteer, Eivind, for helping us with the roof at the shelter in Ladysmith! When we asked Eivind his "Why?" for volunteering with us, his response was, "I have enjoyed my association with the Embrace team and your mission over the years - I feel so privileged to be able to volunteer in small ways as you are all so dedicated, innovative and hardworking in your mission to meet the needs of an underserved and deserving population of victims, survivors and family members. You don't accept status quo, but you continue to expand your shelter, counseling and advocacy support for those in need. Thank YOU!"

Embrace is looking for 2021 summer interns and volunteers, including volunteer board members. If you're interested in applying to volunteer or intern with Embrace, please contact [McKenzie.](#)



Thank You to Our 2020 Donors

The Embrace Staff and Board are completely blown away from the outpouring of kindness and support

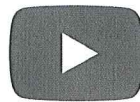


we received this fall. The loss of funding from Barron County could have been a real disaster for our community. But, because of you, **all** survivors can continue to find help, safety, and hope here. Thank you for taking a stand when it was needed most. You have been a crucial part to creating the change to end the hatred and racism in our communities. You can find our thank you video [here](#) or by clicking on the image to the left.

"Positive Environment and Great Sense of Community"

Ever wondered what it's like to work or intern with Embrace? Check in with our fall 2020 intern, Mia, in this video to learn more about her experience and why you should get involved as an intern or part-time On-Call Crisis Advocate in rural Wisconsin! More information can be found at Embracewi.org/careers. Congratulations on your graduation this past weekend, Mia!

Embrace Volunteer and Internship Program - UWEC Interns...

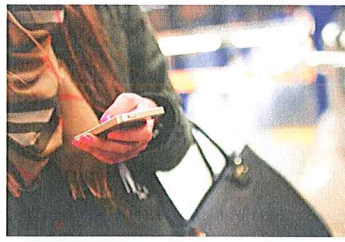


Make a Donation!



Events Calendar

Anyone is welcome to join the events listed in our [online calendar](#). You can click on the individual event for location, times, and session topic details. You can also call our [offices](#) if you have transportation or child care concerns during the event.



Follow Us!

It'd be great to connect with you on social media! We post updates, and it's one more way to reach out for confidential support. Our handles on Facebook, Pinterest and Snap Chat are [@EmbraceWI](#), and [@EmbraceWisc](#) on Instagram.



Make an Impact!

Are you ready to get involved and make a difference? There are numerous ways to spend your time with Embrace. Consider joining us as a board member, intern, or volunteer as a group on a specific project. To get started, [contact us](#).



"For we have been socialized to respect fear more than our own needs for language and definition, and while we wait in silence for that final luxury of fearlessness, the weight of that silence will choke us."

- Audre Lorde, The Transformation of Silence into Language and Action

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800.924.0556 (phone) / 715.532.6976 (text) Rusk County Shelter and 24/7 Office: 107 Lindoo Avenue East Ladysmith, WI, 54848

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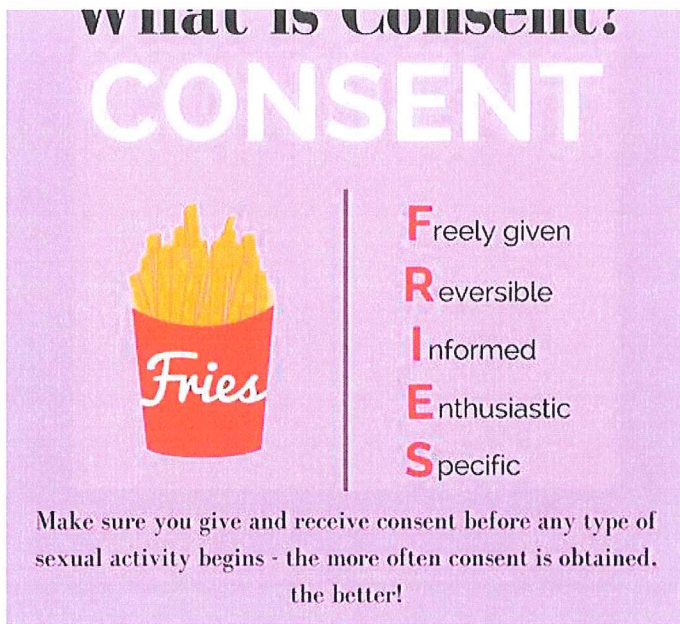
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[EVENTS \(/EVENTS-CALENDAR\)](#)
[ARCHIVED NEWSLETTERS \(/ARCHIVED-NEWSLETTERS\)](#)
[ANNUAL REPORT \(/ANNUAL-REPORT\)](#)
[HOW ARE WE DOING? \(/HOW-ARE-WE-DOING\)](#)
[GET INVOLVED](#)
[VOLUNTEER \(/VOLUNTEER\)](#)
[INTERNSHIPS \(/INTERNSHIPS\)](#)
[CAREERS \(/CAREERS\)](#)
[SUPPORT GROUPS](#)
[SUPPORT GROUPS \(/SUPPORT-GROUPS\)](#)
[ONLINE GROUPS \(/ONLINE-GROUPS\)](#)
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CONSENT DURING THIS UNIQUE HOLIDAY SEASON

Do you know what Embrace advocates think of when we hear “Christmas” or the “holidays”? CONSENT! The many gatherings that take place during the holiday season provide the opportunity to talk about and practice consent. Consent is asking and gaining permission to do something and includes respecting personal and emotional boundaries in everyday activities. Consent and boundaries are important all 365 days of the year, but with the pandemic this holiday season, setting boundaries has become even more necessary and visible. This year, we are each having to more intensely consider the boundaries around our own health and safety, the boundaries of our loved ones, and those of neighbors and community members whom we encounter in public spaces.

What is Consent?



Consent needs to be freely given, reversible, informed, enthusiastic, and specific. For example, you may have previously planned to attend a holiday gathering but have now decided not to go. It is okay for your loved ones to feel disappointed, but they should never pressure you to change your mind or do something you are not comfortable with. We all have the power to make our own choices for the safety of ourselves and our

bodies which is the core of consent. It is okay to feel all the feelings of disappointment, anger, sadness, joy, relief, and more about your situation, and it is okay if these feelings conflict.

Other ideas and questions to consider when setting your personal boundaries for the holidays during a global pandemic:

- What do I need to do to stay safe physically and emotionally?
- What specific boundaries do I choose?
- How do I tell people in my life my specific boundaries?
- How to keep the boundaries I set if someone does not want to accept or respect my boundaries?

To learn more about setting boundaries and consent, call, or text 715.532.6976. Embrace advocates are available 24/7 for free and confidential support.

Current and former incarcerated survivors of domestic and sexual violence have stated how important letters of support are to their well-being. To educate the community about how survival is often criminalized and support incarcerated survivors of domestic violence, Embrace Program Coordinators facilitated a virtual letter writing event on October 27th as part of the organization's Domestic Violence Awareness Month activities called Survived and Incarcerated in Wisconsin (https://www.facebook.com/events/342822833595573/?acontext=%7B%22action_history%22%3A%5B%7B%22surface%22%3A%22page%22%2C%22mechanism%22%3A%22page_admin_bar%22%2C%22extra_data%22%3A%22%7B%5C%22page_id%5C%22%3A209862212536600%7D%22%7D%2C%7B%22surface%22%3A%22events_admin_tool%22%2C%22mechanism%22%3A%22recommended_actions%22%2C%22extra_data%22%3A%22%5B%5D%22%7D%5D%2C%22has_source%22%3Atrue%7D) . Sara Krall, the Homicide Prevention Program Director at End Domestic Abuse Wisconsin and guest speaker at the event, provided her expertise about domestic violence homicides in Wisconsin explaining that a female perpetrator's use of deadly force is rarely used in response to a first or one-time abusive event. The fear and isolation many victims experience can push them to the edge and many of the homicides occur from the victim acting in self-defense protecting themselves or their children.

The purpose of the event was to connect and express solidarity with incarcerated survivors resisting their disappearance from society while also providing education to attendees about domestic violence homicides. Attendees learned about self-defense and gender differences in domestic violence homicide cases, adverse outcomes to the victim's safety resulting from dual arrests after a domestic violence incident is reported to law enforcement, and how the 'perfect victim' stereotype undermines victims' safety and justice. The event also served to highlight the disproportionate criminalization of People of Color noting that, in Wisconsin, according to the DV Homicide Reports, Black victims account for 22 to 30 percent of all domestic violence homicide deaths in recent years despite only 6% of our state's population being Black.

Attendees who wrote letters to incarcerated survivors through this event received positive feedback from the survivors regarding the letters they received.

“You ladies just don't know that [the letters] really touched my heart and I'm glad someone believes me and my story.” said one letter recipient. “I've been told only the strong survive and I did that.”

Embrace looks forward to hosting this creative and impactful virtual event again in 2021! Follow us on Facebook (@embracewi) and on Instagram (@embracewisc) for future event information.

To learn more about female incarceration rates, including how the number of incarcerated women is over seven times higher in 2019 than in 1980 and that American Indian girls are more than four times as likely and African American girls are more than three times as likely as white girls to be incarcerated, read The Sentencing Project's fact sheet (<https://www.sentencingproject.org/wp-content/uploads/2016/02/Incarcerated-Women-and-Girls.pdf>).

