

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network

January, 2024 and 2023 Year-End Report

WHEN is a non profit organization founded in 2008. **WHEN** focuses on education for the long-term recovery from abuse. Our team of educators, counselors, clergy, and other professionals conduct seminars, consult with various organizations and participate in programs, services, and activities designed to facilitate healing and empowering initiatives for individuals, homes, schools, churches and the community.



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WHEN Give-A-Way — January 15, 2024

It was a cold, wintery afternoon, yet several volunteers and staff organized the first Give-A-Way event for this year. We were absolutely delighted to have Police Chief, Brad Richmond, and several of his officers attend the event. They helped to give out donations to clients who braved the cold weather to get food, clothing, hygiene products, dog food, Amazon products, etc. (Staff, volunteers and the police officers are pictured below). Our appreciation to Mike Ellis for the picture!

WHEN is blessed to have the overwhelming support of the Airway Heights community. Our sincerest, heartfelt gratitude to our volunteers, community organizations, businesses, farmers, neighbors and friends who have helped **WHEN** to provide programs and services to many individuals and families. (See page 16 for statistics). It is because of you that we are able to continue our mission to **Help Empower Abused Lives**.



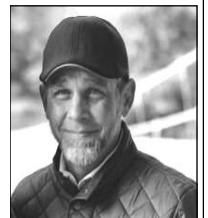
On behalf of the Board, Staff and Volunteers of **WHEN**, we hope for you and yours a very happy and prosperous New Year! **THANK YOU!**



Mable C. Dunbar

Mable Dunbar,
President/CEO

Craig Fruin,
Board Chair





Craig Fruin, Board Chair

Craig Fruin is the General Manager/Operating Partner of Spokane Hyundai. A commercial pilot by trade, 9/11 forced Craig to consider other career options, which has led to a 20-year career in retail automotive, sales, and service. Before Spokane Hyundai, Craig ran successful Honda, BMW, and Infiniti dealerships to record growth and market share in Calgary, Alberta, Canada. With the acquisition of Spokane Hyundai, Craig and his wife Amber moved their family from Calgary to Spokane in 2018. As a proud employer in Spokane Valley, Craig, his family and staff are committed to supporting the community, giving back to those in need.



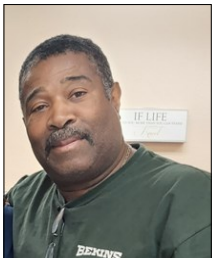
Lorenda Rae Edwards, Vice-Chair

Lorenda Rae Edwards hosts the midday show on Shine 104.9FM in Spokane and Coeur D'Alene as well as hosting a Christian morning show in California for The Promise FM. Lorenda has been in the broadcasting business for over 30 years. She started out with a love for music and has played piano since she was 8 years old. Lorenda chairs the Marketing and Public Relations Committee of WHEN.



Ashley Heird, Treasurer

Ashley Heird is excited to be part of the Airway Heights Community and looks forward to serving as an advocate for WHEN. Ashley currently works for First Interstate Bank in Airway Heights as the Branch Manager. She has over 16 years' experience in the retail banking industry. Ashley has previously volunteered with Habitat for Humanity, Junior Achievement, and R.O.E.E.



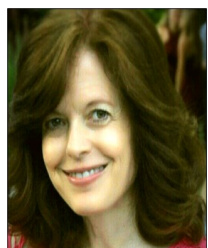
Ed Ashley, Member

Ed Ashley lives in Spokane, Washington, and is currently doing sales, and credit card processing for businesses. He testifies that "By the grace of God I finally got it, but only keep it by staying diligent on a daily basis." He is the father of two daughters, one 24 and the other 4. He plays the piano, bass guitar and sings to God's honor and glory. Because of the deliverance he has received through the grace of God he wants to help other individuals find freedom from addictions and plans to facilitate recovery groups. Ed coordinates the Men of Compassion Program of WHEN.



Mable C. Dunbar, CEO

Mable is Founder, President and CEO of Women's Healing and Empowerment Network. She is a Family Life Mediator, Counselor, Cognitive Behavioral Therapist, Domestic Violence Counselor, Professional Counselor and Crisis Intervention Specialist. Mable is the author of "*The Truth About Us*", a contributing author to "*Intimate Violence*", "*Peace and Healing*", "*We Suffered in Silence*" and co-author with her husband of "*No More Excuses*." She has written numerous articles on the topics of domestic violence, sexual abuse, and related abuse.



Tamara Schreven, Bookkeeper (Ex-Officio)

Tamara is President of **Haven of Hope Ministries**, a ministry for abused women and children. Having survived an abusive marriage, she has a heart for women and children living in abuse, in silence, and behind closed doors. Personally experiencing the journey of healing, she comes along side those who have lost their identity, their dreams, and their souls, and share how individuals who have been abused can resurrect their buried dreams and experience their amazing value in Christ.

ABUSE PREVENTION EDUCATION



Educating individuals, families, pastors, teachers, and the community is the key to prevention of, and long-term recovery from abuse. **WHEN**

has put a heavy emphasis on this very important aspect of our program Our educational team conducts support groups, educational events and training programs on a national and international basis.

-Coordinator: *Mable Dunbar*

FRIEDA'S HEALING CENTER (FHC)



When women find themselves in an abusive situation, where do they go for protection, support and help? **FHC** and

Transitional Home wraps them (and their children) in arms of love and protection, providing professional in-house individual and group counseling, referrals, spiritual support, and other support services.

Manager: *Maritza Oquendo*

MEN OF COMPASSION (MOC)



Coordinator:
Ed Ashley



MOC provides life skills, spiritual support, mentorship, healing, empowerment, etc. in a safe environment for abused and abusive men through support groups, crisis counseling, educational forums and other support services. Groups are held at the Hillyard Baptist Church each 2nd and 4th Friday evenings.

Asst. Director: *Colin Dunbar*

CLEONE'S CLOSET FOOD PANTRY (CCFP)



CCFP provides clothing, furniture, houseware, etc. for the community. Cleone's Closet partners with Amazon and other organizations to give away other donated items to the community. Through the food pantry free food is distributed to the Airway Heights and surrounding communities. Food is donated by 2nd Harvest, Safeway, Yokes, Grocery Outlet, Starbucks, farmers, etc.

Manager: *Rachelle McNelly*

GIVE-A-WAY PROGRAM



Through its Give-A-Way Program, **WHEN** partners with Amazon and other organizations to give away items to the Airway Heights Community and surrounding cities in Spokane County, WA. Community members are able to fill out a form requesting items that they need. When we receive requested donations individuals are contacted and given the items.

Manager: *Donovan McNelly*

STUDIO - "Empowered"



"Empowered" is a series of videos that features interviews with individuals who share their journey of healing and empowerment. We will also be providing educational videos on various topics relating to the causes, effects, treatment and prevention of domestic violence and related abuse. These videos are available on our website and YouTube.

Managers: *Joe and Cherry Stanfill*

YADDA [Youth Against Dating and Domestic Abuse]



The aim of YADDA is to provide education, programs and services that help increase the awareness of domestic abuse and dating violence for youths and young adults. YADDA also sponsors a yearly contest/scholarship program that gives 2-3 awards of **\$2,000 scholarships** to seniors in high school or college students attending educational institutions in Spokane County. Each contestant must submit information (article, song, creative activity, etc.) on abuse prevention.

Coordinator: *Cierra Schreven*

VOLUNTEER PROGRAM



Volunteers are at the heart of **WHEN**. **WHEN** would not be able to function as effectively and efficiently as it does without the loyalty, dedication, commitment, and consistency of our faithful volunteers. They willingly and joyfully give of their time, financial resources, and efforts to help **WHEN** succeed in its mission and vision.

Coordinator: *Emma Johnson*

WHEN FELLOWSHIP



WHEN Fellowship provides spiritual support for Christians in Recovery. Group sessions focus on relevant issues that individuals are facing, including topics such as "Communication: Key to a Healthy Relationship", "Temperaments", "The Christian's Response to Grief", "The Christians Response to Setting Boundaries", etc. The Fellowship meets each Saturday at 10:30 a.m. at the Hillyard Baptist Church, and have a potluck following group sessions.

-Coordinators: *Colin and Mable Dunbar*

RECOVERY CELEBRATION FORUM (RCF)



RCF is held each 1st and 3rd Friday evening at 6:00 p.m. During this time individuals are given the opportunity to share their journey of healing and empowerment.

-Coordinator: *Jan Ashley*

YADDA (Youth Against Dating and Domestic Abuse) Scholarship Award Dinner



Journey of Healing Support Group for Women and Men Outline

Orientation

- Session 1: Dynamics of Domestic Violence
- Session 2: Coping With Grief and Loss
- Session 3: Family of Origin Issues
- Session 4: Codependency and Setting Boundaries
- Session 5: Self-Esteem/ Empowerment
- Session 6: Dealing With Anger/ Conflict Management
- Session 7: Assertiveness Training Skills
- Session 8: Forgiveness/ Reconciliation/
- Session 9: Emotional Abuse and Messages
- Session 10: Building and Maintaining Healthy Relationships
- Session 11: Temperaments
- Session 12: Stress Management/ Goal Setting and Reality Testing

Celebration

Goals and Objectives

CHALLENGE

negative messages, beliefs, and assumptions about your right to an abuse free environment

CONFRONT

your own fears about who you are and what you can think, feel and do

CHANGE

negative behaviors and patterns of relating to self and others

CHOOSE

positive, functional and empowering experiences and relationships

Being There Conference

A Healing and Empowering Christian Forum for Women, Men of Compassion, and YADDA with Open Discussions toward an Abuse-Free Community





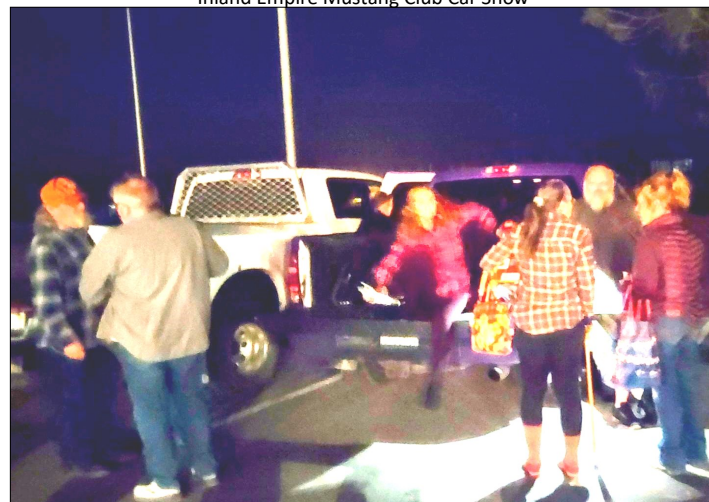
Shine 104.9 Fest



Inland Empire Mustang Club Car Show



Special Olympics



Donations to fire victims of the Elk Fire



"Christmas In July," (Shine 104.9) at Grocery Outlet, Airway Heights

The event raised over 1,324 lbs. of food and \$288.00 for Cleone's Closet Food Pantry. Our thanks to Jimmy John's for donating sandwiches. Even Santa showed up and gave gifts to the children.



WHEN's annual car show was held at the Garland Theater. Our thanks to the Mid Shifters Car Club under the direction of Charity Rotinski who helped to raise \$1,447 for WHEN. Approximately 100 cars registered for the event. Many gifts, given out through WHEN, is a result of our partnership with Amazon.

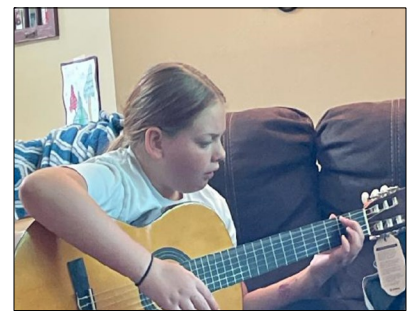


Amber Fruin, owner of The Qi Room, coordinated an awareness event for WHEN. She gave out coffee packages with our logo and distributed rack cards describing the programs and services offered by WHEN.





Pictorial Highlights - WHEN Give-A-Way Program (Cont'd)





2nd Harvest
 ABC Mini Storage (Spokane Valley)
 Airway Heights Foursquare (The Hub)
 AgWest Farm Credit
 Amazon
 Avista Foundation
 Beulah Andrews Trust
 Catholic Charities
 ChristKitchen
 Conseal Containers
 Crescent Electric Foundation
 Empire Health Foundation
 Eyes For Life P.S.
 First Interstate Bank (Airway Heights)
 First Interstate BancSystem
 Graham Resources
 Grocery Outlet, Airway Heights
 Haven of Hope Ministries
 HMS Host
 Inland Empire Mustang Club
 Inland Power
 Innovia
 JM Construction
 Jimmy Johns (Airway Heights)
 Jevin Studios
 John R. Solomon, General Contractor
 Kalispel Tribal Economic Authority
 Kroger Zero Hunger/Zero Waste fund
 KXLY Extreme Makeover
 Les Schwab, Airway Heights
 Liberty Tire
 Longhorn Barbecue (Airway Heights)
 Liberty Clinic
 McMaughton & Nate Insurance
 Maasai Development Project
 Miss Shifters all Girl Car Club
 Mount Spokane Midwifery LLC
 Muckleshoot Indian Casino Charity Fund
 Napa Auto Parts (Airway Heights)
 Noodle Express (Airway Heights)
 Pizza Hut (Airway Heights)
 Parks and Recreation (Airway Heights)
 Pharoah Car Club
 Project Beauty Share

Qlispé Raceway Park
 Richland S.D.A. Church
 Rusty Moose
 Shine 104.9
 Spokane Hyundai
 Spokane Tribe Business Council
 Steve's Body Shop
 Teen Kid Closet
 The Heights Church (The Hub)
 The Hillyard Baptist Church
 The Man Shop (Airway Heights)
 Total Security
 Upper Columbia Conference Corporation
 U-Haul Neighborhood Dealer

Walmart, Airway Heights
 Wilmot Living Trust
 Yoke's, Airway Heights
 Zedx Video Productions
 Zeigler Lumber Company
 Zips (Airway Heights)

We also thankful and grateful for the many individual donors who have helped us to provide healing and empowerment to individuals who accessed our programs and services. Because of confidentiality we chose not to list their names.



To All Our Donors Who
Help
Empower
Abused
Lives





Corporate Volunteers



2023 Statistical Report

Conferences/Forums/Recovery Groups.....	53
Women and Children Residing at Frieda’s Healing/Transitional Center.....	16
Women served (Support Groups and Crisis Counseling).....	167
Men served (Support Groups and Crisis Counseling).....	45
Hours of Consultation.....	178
Crisis Calls.....	278
Hours of Crisis Counseling.....	253
Educational Programs/Training/Presentations.....	15

CCFP Food Distribution

Clients Served:	
Families.....	5,571
Individuals.....	2,621
New Clients.....	353
Pounds of Food Distributed:	
2nd Harvest, Grocery Outlet, Yokes, Walmart, etc.	177,339

WHEN Volunteers

Volunteers	145
Volunteer Hours.....	5,870
Appreciation Events	4

WHEN Give-A-Way Program

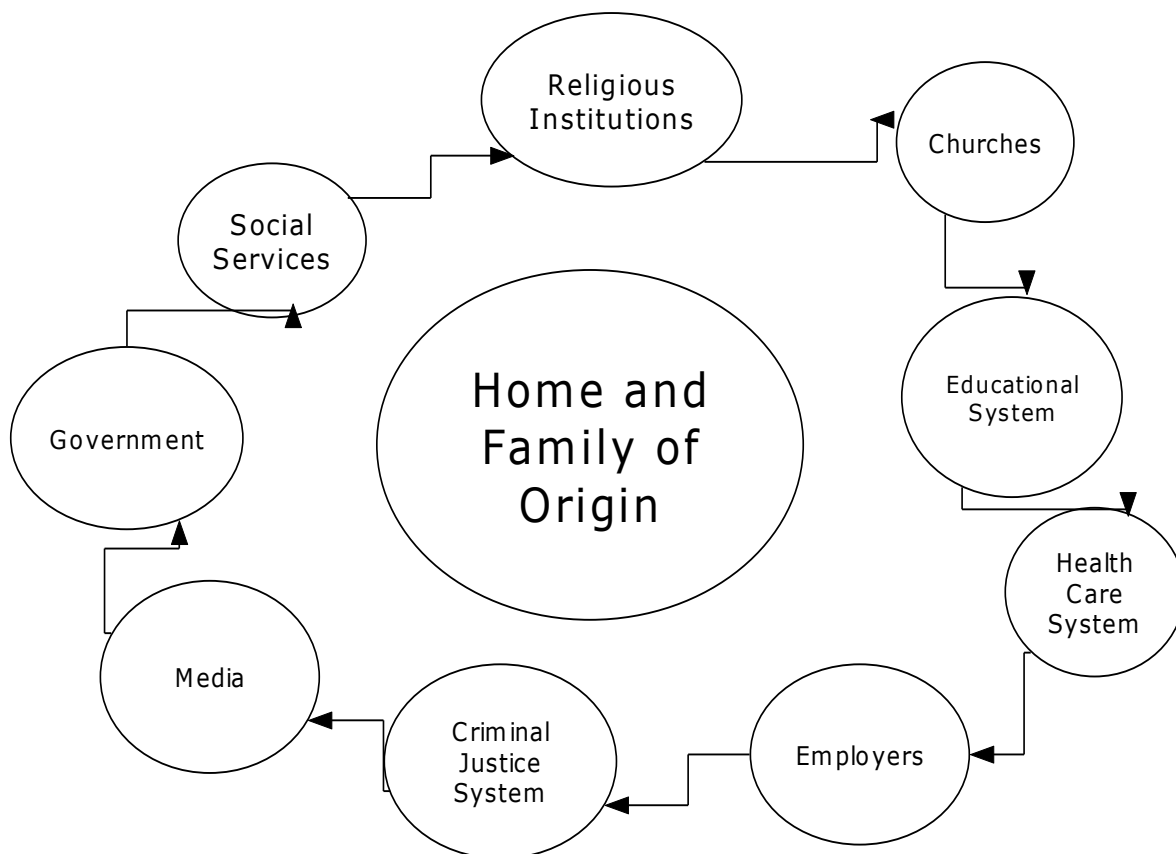
Pallets received.....	344
Organizations receiving food from CCFP.....	35
(Includes: homeless camps, churches, schools, nursery and a sober living facility)	
Community Events.....	10



WHEN collaborates with homes, schools, churches, and community organizations to help eradicate domestic violence and sexual abuse. **WHEN** also serves as an advocate for victims and seeks additional support services for them by:

- Heightening awareness and understanding of the dynamics of domestic violence for families, church members, and the community through presentations, workshops, and seminars.
- Researching regional programs and social services available to individuals.
- Training and educational opportunities for CEOs, business leaders, and staff.
- Seeking avenues for reaching and networking with community leaders, lawyers, judges, police officers, social services, and other community members.
- Conducting forums for reaching change agents who, by nature, will propagate something each values.
- Providing workshop presenters and trained group facilitators throughout the nation.
- Educating corporate, organizational, and thought leaders and empowering them to become facilitators of growth and healing for others.
- Establishing effective forums for continually communicating the effects, dangers, and dynamics of domestic violence, while providing information about services.
- Developing and maintaining intervention and prevention strategies.

Following are entities that have the greatest impact perpetuating or eradicating domestic violence and abuse. **WHEN** endeavors to network and collaborate with as many of these entities as possible to help fulfill our mission.





Jacob Powers and his wife Kym are co-pastors for the Heights Church (The Hub) located in Airway Heights, WA



Cordially Invites You to Attend the Annual

Annual Purple Ribbon Banquet

“Flying With Broken Wings”

Sunday, March 10, 2024
5:00 pm

Keynote Presenter: Jacob Powers

Center Place Regional Event Center
2426 N Discovery Pl,
Spokane Valley, WA 99216

Free Admission and Door Prizes
Registration Deadline: March 1, 2024
Sponsoring Information and Registration available at at
www.whennetwork.com

Jacob Powers is a husband, father, pastor, wrestling coach, church-planting coach, and chaplain. He and his wife Kym planted The Heights Church ten years ago in Airway Heights. They have been married for 17 years and have two boys, two dogs, and a cat. Jacob's life changed directions at age 25 when he encountered Jesus. His favorite quote is from Jeremiah 29:7: "If we seek the peace and prosperity of our city, we will see peace and prosperity in our lives."

For Jacob, that meant seeing his community through different lens: caring about what Jesus cares about. That path led him to start The Heights and coach others in the church planting process. He also has the privilege to be the hands and feet of Jesus in the community as the current Airway Heights Park Board president, a member of Kiwanis and serving as a police chaplain for the Airway Heights Police Department. One of Jacob's favorite passions is wrestling. He has been coaching at Westwood Middle School for the last 10 years. He helped launch a new Little Guy wrestling program (Kingdom Wrestling) to reach youth in Airway Heights, now entering its third year.

Jacob was instrumental in securing a facility to re-open Cleone's Closet, Food Pantry and Resource Center when it was forced to closed when the building that previously housed the closet and pantry was sold.

Jacob's mission is, and will continue to be, helping people follow Jesus.



Purple Ribbon Banquet 2024 Sponsorship Form

Sunday, March 10, 2024 | 5:00 p.m.
at CenterPlace Regional Center
2426 N Discovery Pl, Spokane Valley, WA 99216

Name: _____

Address: _____

Telephone: _____ Email: _____

Please check your sponsorship level:

[] \$5,000 (Platinum Sponsor) Includes:
Media ads announcing your company as our event sponsor (radio, print, social media)
Full Page Ad in the Event Program
Ad in the Event Slideshow
Table for 8

[] \$2,500 (Gold Sponsor) Includes:
Half Page Ad in the Event Program
Ad in the Event Slideshow
Table for 8

[] \$1000 (Silver Sponsor) Includes:
Quarter Page Ad in the Event Program
Ad in the Event Slideshow
Table for 8

[] \$500 (Copper Event Sponsor) includes:
Eighth Page Ad in the Event Program
Ad in Event Slideshow
Table for 8

[] \$250 includes:
Listed in the Event Program
Ad in Event Slideshow

I/We have enclosed a check in the amount of \$ _____ Date: _____

I/We have donated \$ _____ online at whenetwork.com Date: _____

Signed: _____

If you have any questions please feel free to contact Emma Johnson at (208) 446.7013 (efbritish@gmail.com)
or Mable Dunbar at (509) 998-5332 (mablecdunbar@gmail.com.)
We would appreciate receiving your donation by March 1, 2024.

Our Mailing Address:
WHEN
P.O. Box 9637
Spokane, WA 99209



P.O. Box 9637
 Spokane, WA 99209
 Phone: 509-323-2123
 Toll Free: 1-877-276-5597
 E-mail: whenetwork@gmail.com
 Website: www.whenetwork.com
 Instagram: WHEN_Network
 Twitter: @NetworkWhen

Contact us for more information about our programs and services

2024 Important Dates to Remember

February 25

WHEN Give-A-Way

First Interstate Bank in Airway Heights

March 10

Purple Ribbon Banquet

-Center Place Regional Event Center

July 18

Annual Neighborhood Barbecue

WHEN Give-A-Way

-The Hub in Airway Heights

September 28

Being There Conference

-Hillyard Baptist Church

HOW YOU CAN HELP!

We rely on supporters and donors like you to help us continue our mission to:

Help Empower Abused Lives.

Please consider assisting us if you are able:

- () \$10 monthly to purchase writing materials
- () \$25 monthly to purchase educational materials
- () \$50 monthly to help purchase cleaning/maintenance supplies
- () \$100 monthly to help with personal items for clients
- () \$200 monthly to help with support group expenses
- () \$300 for transportation expenses
- () \$500 to help with utilities/telephone expenses
- () \$750 to supplement food expenses
- () \$1,000 to support a client at Frieda's Healing Center for 2 months
- () \$1,500 to support a client with children at Freida's Healing Center for two months
- () \$_____ online gift at www.whenetwork.com for _____
- () One time gift of \$_____ for _____
- () I am unable to give a donation at this time but will PRAY for

WHEN

- () I would like more information about volunteer opportunities

Ways to Support:

1. Donate online at www.whenetwork.com
2. Check or money order to: WHEN, PO Box 9637, Spokane, WA 99209
3. Volunteer
4. Pray for WHEN



P.O. Box 9637
 Spokane, WA
 99209

