

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network

January, 2023 and 2022 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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HAPPY NEW YEAR!

Last year we were able re-open most of our programs and provide limited services due to the after effects of COVID-19. Our residential program, "Frieda's Healing Center" remained full. We currently have a waiting list of clients wanting to enter the program. We were able to conduct the "Being There Conference." A heartfelt thanks to our presenters for the women: Charity Rotinski, Jan Latsha and Tanasha Gray. Jason Gray, Colin Dunbar, Dr. Jon Mundall, were presenters for the men. Our featured presenter for both men and women was Paul Coneff. Our thanks to Celina Richards and Ed Ashley for coordinating the Youth Against Dating and Domestic Abuse (YADDA) during the conference.

One of our goals for this year is to expand our Abuse Prevention Education by facilitating more support groups in the community. Our sincere thanks to Pastor Ron Ulmer and members of the Hillyard Baptist Church for allowing us to use their facility to educational groups, seminars, forums, and conferences.

We are especially appreciative of our wonderful donors and dedicated staff who give of their means, time, resources and talents to keep WHEN operative. We have been blessed with fantastic volunteers who work tirelessly to operate and support the various programs and services conducted by WHEN. We could not and would not exist without them. (You can view statistical information on page 10 to see the valuable contributions made by our volunteers.)

Again, we thank you, all of our supporters for giving us the opportunity to continue to **Help Empower Abused Lives**. We are looking forward in great anticipation to 2023 and believe that it will be our best year ever!

We solicit your prayers and continued support during 2023. We wish for you and yours a happy and prosperous New Year!



Mable C. Dunbar
Mable Dunbar,
President/CEO



[Signature]
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

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.



Billy Joe Brayman

Billy Joe Brayman received an AAS Degree in Management from Spokane Community College in 1998 and is currently pursuing another AAS degree as a PC Specialist. BillyJoe has worked in the United States Army as Supervisor of the Maintenance Department; Property Manager for the Coast Management Company; Site Supervisor for the Power Company of Washington Kettle Falls; Property Manager for Olympic Management in Tacoma, WA; Generator Technician for the Power Company of Washington, Marysville, WA; Driver of Spokane Public School Transit; a Property Manager; and Branch Manager for Professional Transportation Inc.



Mable C. Dunbar, CEO

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.

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. Each year we conduct the *“Being There Conference”* that provides a healing experience for men, women, and young adults who have been abused, are abusive or caregivers for individuals dealing with abuse issues. Our educational team conducts support groups, educational events and training programs on a national and international basis.

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.

MEN OF COMPASSION (MOC)



Ed Ashley, Director

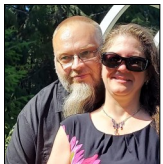


Colin Dunbar, Ass. Director

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 evening.

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.

Managers: *Donovan and Rachelle McNelly*

CLEONE’S CLOSET



Cleone’s Closet provides clothing, furniture, houseware, etc. for the community. Community members are able to fill out a form requesting items that they need. When we receive any requested donations individuals are contacted and given the items. and donated to the closet. Cleone’s Closet partners with Amazon and other organizations to give away donated items to the Airway Heights Community and surrounding cities in Spokane County, WA.

Managers: *Billy Joe Brayman and Charity Rotinski*

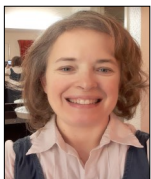
WHEN STUDIO - “Empowered”



“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. Again we are thankful that the Hillyard Baptist church has given us space to set up a studio for this purpose.

Managers: *Joe and Cherry Stanfill*

YADDA: [Youth Against Dating and Domestic Abuse]



The goal of YADDA is to provide education, programs and services that help increase the awareness of domestic and dating violence in the community. YADDA also sponsors a yearly scholarship program that awards to seniors in high school or college students attending educational institutions in Spokane County. This year we hope to give away 2 scholarships of **\$2,500 and other awards**. The Awards Dinner will be held this year on May 21 at the Hillyard Baptist Church.

Coordinator: *Celina Richards*

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*

- 2nd Harvest
- 384th Air Refueling Squadron
- ABC Mini Storage (Spokane Valley)
- Airway Heights Foursquare (The Hub)
- Amazon
- Avista
- Catholic Charities
- ChristKitchen
- Community Health Plan of Washington
- Conseal Containers
- Empire Health Foundation
- Excelsior Holistic Schools
- First Interstate Bank (Airway Heights)
- Graham Resources
- Grocery Outlet, Airway Heights
- Haven of Hope Ministries
- HMS Host
- Inland Empire Mustang Club
- Inland Power
- Innovia
- J M Construction
- Jimmy Johns (Airway Heights)
- Jevin Studios
- Kalispel Tribal Economic Authority
- KXLY Extreme Makeover
- Les Schwab, Airway Heights
- Les Schwab, (Spokane on Francis)
- Liberty Tire
- Longhorn Barbecue (Airway Heights)
- Liberty Clinic
- Maasai Development Project
- Miss Shifters all Girl Car Club
- Napa Auto Parts (Airway Heights)
- Noodle Express (Airway Heights)
- Northwest Farm Credit Services
- Parks and Recreation (Airway Heights)
- Pizza Hut (Airway Heights)
- Project Beauty Share
- Retro Bros, Inc
- Rusty Moose
- Shine 104.9
- Spokane Hyundai
- Spokane Tribe
- Qlisper Raceway
- Steve's Body Shop
- Teen Kid Closet
- The Heights Church (The Hub)
- The Hillyard Baptist Church
- The Man Shop (Airway Heights)
- Total Security
- U-Haul Neighborhood Dealer
- Upper Columbia Conference Corporation
- Walmart, Airway Heights
- Wilmot Properties
- Yoke's, Airway Heights
- Zedx Video Productions
- Zips (Airway Heights)

We also want to thank the many individual donor who have helped us provide the programs and services that no doubt have helped to provide healing and empowerment to individuals who accessed our programs. Because of confidentiality we chose not to list their names.



Staff members from Northwest Farm Credit Services volunteered to clean Cleone's Closet Food Pantry and gave a large donation to WHEN to support our programs and services.



Cleone's Closet received a check from Chris and Jessica, representatives of 2nd Harvest to assist with food distribution.

Pictured L-R: Chris Houglum, Jessica Bayne, Donavan McNelly, Rachelle McNelly, Mable Dunbar and Jessica Bayne.



Darin Patzer, Manager of Shine, 104.9 presented a check to Mable Dunbar for WHEN.

Dear Ms. Dunbar,

It is a privilege and my honor you have allowed me to donate to Frieda's Healing Center. That is something that is vital to both girls, women as well as boys and men. Abuse must be eliminated through education, training and hard work for both victims and abusers. As you know most abusers were themselves abused or witnessed abuse in their formative years. That is why education, training and therapy is so important as well as kind, caring, loving safe places be available for both victims and abusers as well.

For victims they need a safe place away from their abusers and the abusers need a safe, quiet place to stop and reflect and realize the damage they have been doing. Victims need to be taught to say "No" and fight! Abusers need extensive therapy, education, and training so they understand why they do abusive behaviors and then learn new positive, alternative behaviors rather than tear down, a caring motion rather than striking out. They must learn to re-channel their feelings in a positive and productive way.

Prison is not the answer! Helping is. Helping both, separately to begin with, with the hope of reuniting the family, if possible if too much damage has not been done already. In 2023, if my VA benefits are increased by 8.7%, I will be sending you \$11.52 per month as long as I am able. Please feel free to use my ideas above and I hope we can stop abuse no matter where or when it may occur, and prevent it whenever possible. Thank you for your time, and Happy Holidays. -MBM

(This letter was sent to me from an inmate in prison who has donated to WHEN for the past year-MD)

Testimonies

"Attending the residential program for me was an answer to many prayers I had made to the Lord asking for guidance on how I could move my life forward after I had been hurt by church members and people who I considered my friends at that time. I was empowered and received strategies on how I could begin my journey of healing and restoration, and how I could manage specific aspects in my interpersonal relationships that I had been struggling with. Perhaps people had been exploiting me because I had allowed them to. I have reclaimed my right to be, I am on a journey to self discovery, I am identifying areas in my life that have hindered my growth and potential because of the negative messages and experiences received and turning them around into positive paths by applying the principles I learned. The positive affirmations have been a great source of encouragement during this process." -NP

"I was truly blessed and was glad that the Lord allowed me to attend the "Being There Conference. My eyes and mindset were opened to the fact that God loves me and He does not want me to be abused anymore. I choose not to believe Satan's lies anymore. I can affirm myself and others with God's promise, "That who the Lord set free they are free indeed. Because I am created in God's image, who can stop me from being the person who He wants me to be? I know my position in Christ and if and when a negative thought enters my mind, it cannot keep me captive unless I allow it to take control of my mindset. Praise God!!! This is a journey that I am on, and the Lord is with me all the step of the way. He's awesome!!!" -HF



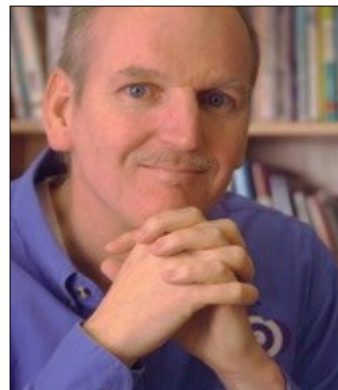
YADDA Scholarship Award Dinner



Presenters and attendees at the Being There Conference



"Journey of Healing" Support Group Facilitators Training Attendees



Paul Coneff, Presenter at the Being There Conference



Lorenda Rae Edwards shares information about WHEN



Donna Robinson from Maryland observed WHEN's operations for 10 days with the hope of starting a similar program in her community



"Journey of Healing" Support Group Graduates



Available Food Products



Fresh Produce



Reception area renovated and furnished by KXLY "Extreme Makeover"



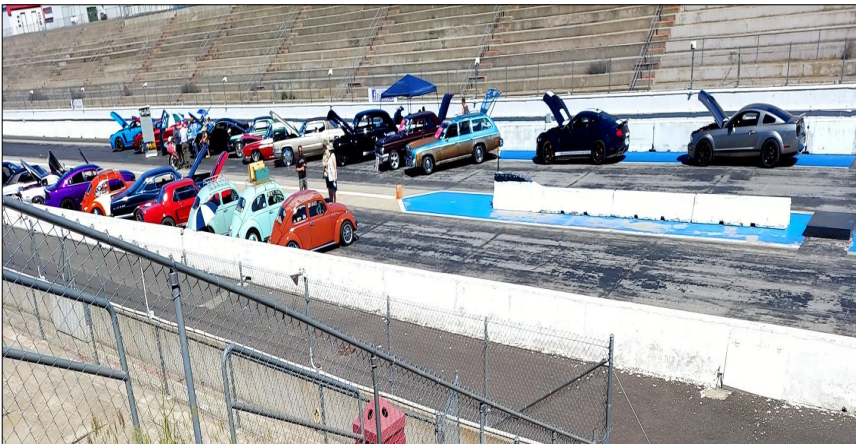
Conveyer belt used to help sort and organize food boxes



Food pantry clients waiting their turn to "shop"



Clients are able to enter a raffle to win a free gift each month



CAR SHOW: WHEN's first car show fund raiser was held at Spokane Raceway in Airway Heights on March. Approximately 55 cars participated. We are looking forward to the next Car Show that will be held July 1st, 2023 at the Garland Theater Parking Lot.

Our thanks to Charity for organizing this car show in coordination with one of our Free Give-A-Way Event.



A winner



Trophies



Donors



Donors

**CHRISTMAS IN JULY
At Grocery Outlet (Airway Heights)**

Each year 104.9 coordinates a food drive for food pantries. For the past two years the food pantry has participated in this event. Grocery Shoppers are encouraged to purchase an item that can be distributed at their local food pantry. This year Cleone's Food Pantry received 273 lbs. of groceries and \$101.00 in donations.



Volunteers packing up donations



People waiting in line for Free Give-A-Way Event



Donations



Donations



Donations



Donations

Conferences/Educational Programs/Forums.....5

Clients Residing at Frieda’s Healing/Transitional Center:

 Women.....21

 Children.....12

Men Served (crisis counseling).....20

Men served (Support Group and Crisis Counseling).....45

Support Groups for Women (3 months)3

Support Groups for Men (3 months)34

Christians in Recovery Group Sessions.....48

Consultation with Pastors/Church Leaders/Members.....78

Crisis Calls.....248

Hours of Crisis Counseling.....253

Educational Programs/Training/Presentations (Zoom).....20

Educational Programs/Training/Presentations8

 Cleone’s Closet Food Pantry:

 Families Served.....5,547

 Individuals Served at Cleone’s Closet Food Pantry.....17,435

 Lbs. of Food Distributed.....238,747

Pallets of Donated Items to WHEN Wish List.....444

 Individuals/Organizations receiving donations from Amazon.....298

Free Give-A-Way Events.....6

Community Events.....8

Volunteer Hours.....8,200*



Some WHEN Staff and Volunteers

*Pictured left are some of our volunteers.

We are grateful for the many hours they donate in order to manage and sustain our various programs and services. Their tireless efforts and dedication contribute to the success of WHEN.

Our volunteers are involved in every aspect of the network: Board of directors, staff, managers, support group facilitators, picking up and distributing donations, participating in community events, sorting and giving away clothing, etc.



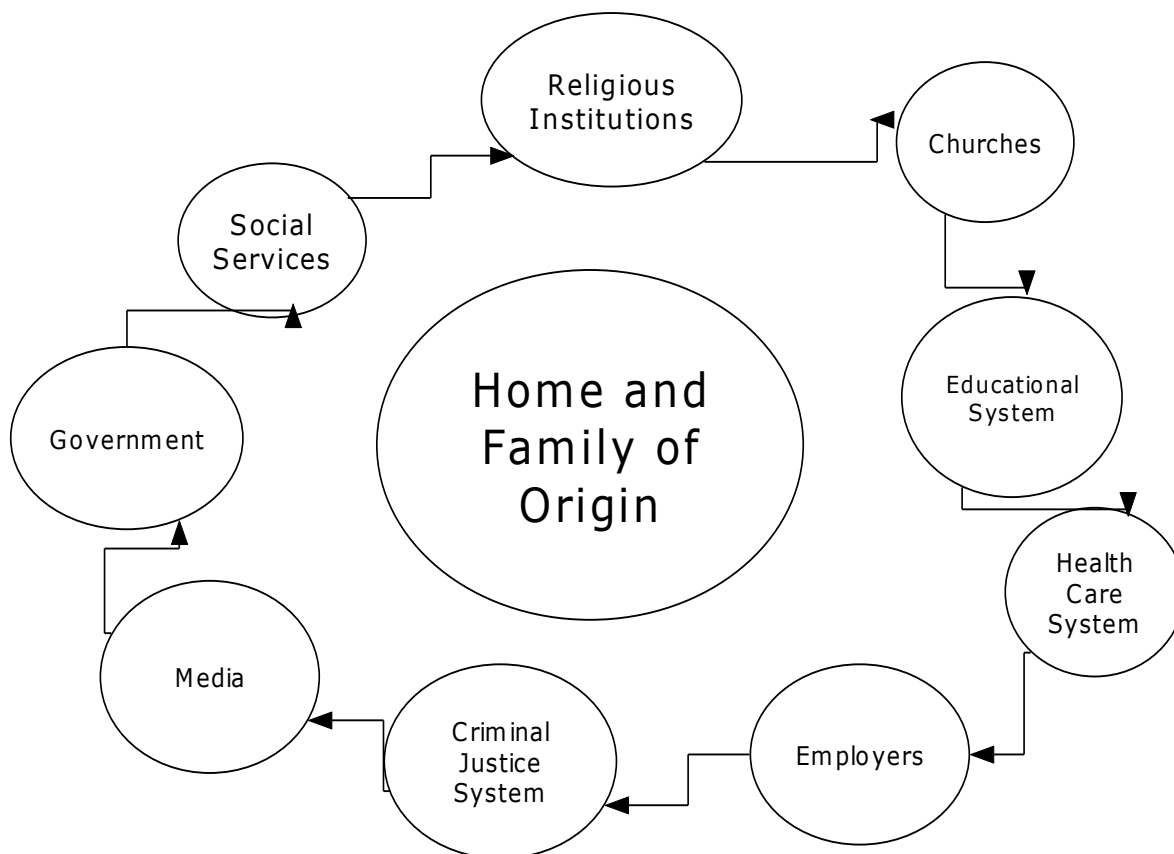
One of our volunteers dressed up like Santa Clause and distributed gifts to children. His identity will remain unknown.



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 the 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 its mission.





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

Important Dates to Remember

March 19

Purple Ribbon Banquet at
 -Center Place Regional Event Center

May 21

YADDA Scholarship Awards Banquet
 -Hillyard Baptist Church

July 1

Annual Car Show
 -Garland Theater Parking Lot

September 23

Being There Conference
 Theme: "Spiritual Abuse :Dynamics And It's Subtle Power"
 -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

Do not hesitate to contact us if you have any questions or if we can be of help to you or someone you know.



Keynote Speaker
Cathy McMorris Rodgers
 US Representative



Presenter
Teri Cooper,
 Mayor, Medical Lake



Emcee
Robyn Nance, Anchor,
KXLY 4's Good Morning
Northwest



Cordially Invites You To Attend Its Annual

Annual Purple Ribbon Banquet

Sunday, March 19, 2023 - 6:00 - 8:00 p.m.

Theme: "Empowered to Soar"

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

Free Admission and Door Prizes
 Registration Deadline: March 3, 2023
 Registration available at www.whenetwork.com