

# "BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network

March, 2024

**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.



Airway Heights Police Chief, Brad Richmond and Mable Dunbar, CEO of WHEN



In consultation with The City of Airway Heights grant administrator, Alise Mnati, and Police Chief Brad Richmond, YADDA (Youth Against Dating and Domestic Abuse) was among 4

non-profit organizations to receive \$500 from West Plains Safety Alliance (WPSP) on March 21. The donation is to support YADDA's Contest and Scholarship Program.

WPSP steering committee was founded by the Airway Heights Police Department, WA. in 2020 and remains the backbone organization for the work of the committee. WPSP is a collaboration of community stakeholders who rallied together to address a multitude of disparities magnified by recent events.

WPSP's mission is to strengthen the West Plains through aligning goals, resources, investments, and energy to create safer and healthier communities. The steering committee agreed their mission can best be achieved through identifying prevention, intervention, and suppression strategies. WHEN is a member of WPSP.

Membership in WPSP has grown to include over 25 agencies from the West Plains. The West Plains refers to a geographical region located west of Spokane at an altitude 500 feet higher, which includes the cities of Airway Heights, Cheney, Medical Lake, and tribal lands of both the Spokane and Kalispel Tribe of Indians. If you are interested in learning more about the West Plains Safety Alliance, please contact Alise Mnati at [amnati@cawh.org](mailto:amnati@cawh.org).

You can also visit WPSP website at <https://cawh.org/west-plains-safety-alliance>.

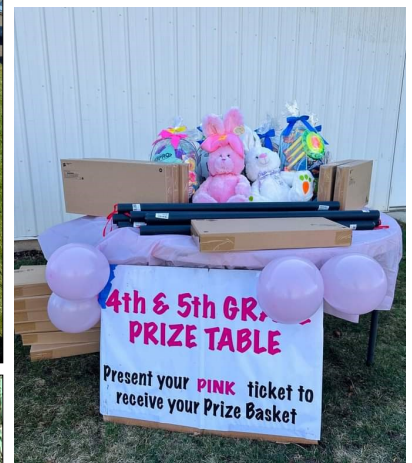
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Spring is in the air! The cold is on its way out, it's warming up, and soon the food pantry will be filled with beautiful colors of the harvest from our local farmers donations. Please come follow us at Women's s Healing and Empowerment, WHEN on Facebook to find out more details about the exciting events, giveaways (next one May 26th), and other activities we have planned for the upcoming months. Cleone's Closet Food Pantry will be closed April 22-26 for cleaning and reorganization. I am humbled and blessed daily by our incredible staff, volunteers, donors, partners, and community. Thanks to each of you for all you do!

On March 30th, Cleone's Closet Food Pantry and WHEN-Give-A Way Program contributed to the 15th Annual Easter Egg Hunt at Sunset Park. See pictures below. The event is coordinated each year by the Airway Heights Police Department. Other supporters included Yoke's Fresh Market, the Kiwanis Club, VFW Airway Heights, Airway Heights Fire Department and Airway Heights Parks and Recreation.

*-Rachelle McNelly, Cleone's Closet Food Pantry Manager*



Mint Condition Dental Experience



Courtney (Dental Assistant) and Dr. Marshall Gibbs (Owner and Founder)

At Mint Condition Dental, an unexpected question was asked of me, “What do you do for a living?” Normally I would get a question like that on an interview for a job, but I was surprised how that same question can be used in many other settings. A simple question like that led to a great conversation as to what WHEN is all about and how our network contributes to the community.

One of our clients needed help with a toothache that she had for a while. She tried several remedies but the pain still existed. After talking with Courtney, Dental Assistant, about WHEN and Freida’s Healing Center, I inquired if the Dentist would be willing to care for our client who was in great pain and in need of attention but had limited resource. Courtney introduced me to Dr. Marshall Gibbs, the owner and founder of Mint Condition Dental. The client shared a little about her dental history and questions were asked to help the doctor get to know a little bit more about her as a person and to keep her mind at peace. Dr. Gibbs evaluated her needs.

A week later, Dr. Gibbs and Courtney attended the client and removed a suborn decayed molar which was the root cause of her pain and infection. She was given a care pack, with instructions, to take home. After assisting the client Dr. Gibbs kindly informed that he was also going to take care of my dental needs!

Dr. Gibbs and his staff were excited to learn about WHEN and our programs and services The staff were really good to me and the client. I want to continue to express our gratitude to Dr. Marshall Gibbs and his staff at the Cheney Mint Condition Dental office for their unconditional care and special attention to our clients at Freida’s Healing Center, a program of Women’s Healing and Empowerment Network.

Dr. Marshall Gibbs has dental facilities in Cheney, Colfax, Liberty Lake, and Pullman. For more information about Mint Dental Condition visit <https://www.mintyteeth.com>.

*-Maritza Oquendo, Frieda’s Healing Center House Manager*



Dental Care Pack





Lorenda Rae, WHEN Vice-Chair



Kym Powers,  
Keynote Presenter



Terri Cooper,  
Mayor of Medical Lake



Colin Dunbar,  
WHEN Chaplain



Randy Johnson, Auctioneer



Tricia Theophile, Presenter



Charles Stephenson,  
Presenter



Cierra Schreven, YADDA Coordinator



Tamara Schreven, WHEN Treasurer  
and Rachelle McNelly,  
CCFP Manger



Brad Richmond , Airway Heights Police Chief

**\*PICTURES:**

Courtesy of  
**Gen Haywood Photography**  
[www.genheywoodphotography.com](http://www.genheywoodphotography.com)  
and  
**Angie Robbins Photography**

## YADDA (Youth Against Dating and Domestic Abuse)

### DATING VIOLENCE/ABUSE

Teen/Youth dating abuse is a pattern of abusive behavior used to have **power and control over** another person. It can be:

- Any kind of physical violence or threat of physical violence to get control.
- Emotional or mental abuse, such as playing mind games, making you feel crazy, constantly texting you, or constantly putting you down or criticizing you.
- Destroying your homework.
- Deciding what school activities you should participate in.
- Sexual abuse, including making you do something you don't want to do, or making you feel bad about yourself sexually. Threaten to rape you.



Teens/Youth who abuse their girlfriends or boyfriends do the same things as adults who abuse their partners. **Teen dating violence is just as serious as adult domestic violence.** And it's common. About 2 in 10 teen girls say they have been physically or sexually abused by a dating partner. About 1 in 10 teen boys report abuse in dating relationships. In adult domestic violence, women are more often the victim. In teen relationship abuse, both boys and girls report abuse about equally. But boys tend to start the violence more often and use greater force. Abusive relationships have good times and bad times. Part of what makes dating violence so confusing is that there is love mixed with the abuse. This can make it hard to tell if you're really being abused. You deserve to be treated in a loving, respectful way at all times by your boyfriend or girlfriend.

### Cierra Schreven, New Coordinator for YADDA



WHEN is excited to have Cierra join our team.  
(See page 7 for more information)

### YOUR RIGHTS IN A DATING RELATIONSHIP

You have the right to . . .

- Express your opinions and have them be respected.
- Have your needs be as important as your partner's needs
- Grow as an individual in your own way.
- Change your mind.
- Not take responsibility for your partner's behavior.
- Not be physically, sexually, or emotionally abused.
- Break up with some you are afraid of.
- Be happy and healthy



**YADDA** (YOUTH AGAINST DATING AND DOMESTIC ABUSE)

**Deadline  
is  
May 1st, 2024**

# SCHOLARSHIP OPPORTUNITY 2024

We seek the soul of young leaders who are ready to contribute to education in this country through this scholarship program

## SCHOLARSHIP OPPORTUNITY!!

- Are you a senior in high school?
- Are you interested in earning a scholarship for college?
- YADDA (Youth Against Dating and Domestic Abuse) is now awarding scholarships to seniors in high school to help increase the awareness of domestic and dating violence in the community.
- We will be rewarding 4 scholarships. Awards are one \$2,000 first prize, two \$1,000 second prize, and one \$500 third prize scholarship.

## REQUIREMENTS:

- You can enter by submitting an essay, art project, story, poem, video, song, skit or any other creative manner that answers the questions asked in the application.
- If you are interested in applying you can visit our website @ <https://www.whenetwork.com/yadda> or reach out to Cierra Schreven @ [Cierra.yadda@gmail.com](mailto:Cierra.yadda@gmail.com).
- Once you submit your application you can attend our Scholarship Awards Banquet on Saturday, May 18, 2024 at the Hillyard Baptist Church where we will be announcing the winners!



## REGISTRATION DETAILS



<https://www.whenetwork.com/yadda>

## MORE INFORMATION:



Cierra Schreven @ [Cierra.yadda@gmail.com](mailto:Cierra.yadda@gmail.com).

## OUTLINE

### Introduction/Overview/Goals

- 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/Restitution
- Session 9:** Emotional Abuse and Messages
- Session 10:** Building and Maintaining Healthy Relationships
- Session 11:** Study on Temperaments
- Session 12:** Stress Management/Goal Setting/  
Reality Testing

### Celebration

## OVERARCHING GOAL

To provide support, education, and personal skills training for individuals who are seeking recovery from abuse issues, dysfunctional patterns of thinking, feeling and doing; and desire to be empowered for life.

## OBJECTIVES

### To help participants:

- Understand the dynamics of domestic violence; and how to end the inter-generational cycle of abuse.
- Explore the impact of their family of origin, interpersonal relationships, and societal expectations, etc., that have contributed to their victimization; and how to overcome co-dependency through assertiveness skills and setting boundaries.
- Identify new thought processes and methods to help them recover from past feelings of pain, hurt, anger, bitterness, guilt, shame, blame, etc., and make positive choices for self and family.
- Practice what they learn in the group experience and apply to everyday situations so that they can have control over their lives, build and maintain healthy relationships.
- Become more proficient and effective in communication, goal setting, stress management, and self-care.

## ANTICIPATED OUTCOMES

### YOU CAN:

#### CHALLENGE

Negative messages, beliefs, and assumptions about your right to live in 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, relationships

#### CELEBRATE

Your Healing and Empowerment



## Journey of Healing

(A Support Group for Survivors of Abuse and Unhealthy Family Systems)

Date/Time/Location:

Contact **WHEN**  
for more information



**CCFP Food Distribution**

Clients Served:	
Families.....	376
Individuals.....	928
New Clients.....	25
Pounds of Food Distributed:	
2nd Harvest, Grocery Outlet, Yokes, Walmart, etc. ....	9,998

**Groups/Activities**

Support Groups (Men/Women).....	4
Celebration Recovery Forum.....	2
WHEN Fellowship.....	4
Consultation/Presentations .....	8

**WHEN Give-A-Way Program**

Pallets received.....	13
Organizations receiving food from CCFP.....	18
(Includes: homeless camps, churches, schools, etc.)	
Give-A Way Events.....	0

**Volunteer Hours**

564

**“Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it’s the only thing that ever has.”**

*Margaret Mead, anthropologist and humanitarian.*



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 Instagram: WHEN\_Network  
 Twitter: @NetworkWhen

Contact us for more information about our programs and services

**2024 Important Dates to Remember**

**April 22-26**

Cleone's Closet Closed for Inventory

**May 18**

YADDA Scholarship Dinner  
 Hillyard Baptist Church

**May 26th**

WHEN Give-A-Way  
 First Interstate Bank, Airway Heights

**July 18**

Annual Neighborhood Barbecue  
 WHEN Give-A-Way  
 -The Hub in Airway Heights

**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



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