

NOVEMBER 2021

TURNING POINTS

News and Updates from Turning Point of Lehigh Valley



Gratitude for the Healing Process

As November comes to a close, I wanted to take a few moments to thank all of our allies for being a continuous support system so that we may continue to do the work that we do to serve survivors of domestic and intimate partner abuse. There have been countless lives changed and thousands of stories to tell. On a daily basis our team of advocates are meeting survivors wherever they are in their journey and empowering all survivors as they navigate their way so they are not alone through their healing process.

As we work with each survivor through their healing process, we know that it does not happen overnight and that it is not linear. This quote by Dele Olanubi is a wonderful reminder about healing, "Wounds don't heal the way you want them to, they heal the way they need to. It takes time for wounds to fade into scars. It takes time for the process of healing to take place. Give yourself that time. Give yourself that grace. Be gentle with your wounds. Be gentle with your heart. You deserve to heal."

Those who are survivors of domestic and intimate partner abuse and survive trauma along their path or those of us who survive trauma along the path must also remember that healing occurs in stages. There is no exact format of what healing is supposed to look like or how long it should take. We do know that we should not compare healing to that of others since every journey is unique.

Recently, a survivor who used our services a few years ago decided that she was in a good place in her journey to pay it forward to others and this is what she said:

"If it wasn't for Turning Point, I can honestly say I would not be alive to tell my story right now. I had lost hope and thought there was no help for me. When I called, the person on the other end of the line understood how dangerous my situation was and brought into shelter. I finally live free from abuse. Living through my situation was not easy and the work to heal was not easy, but it was worth it. The counseling and support that I received helped me tremendously. I am forever thankful for the advocate who answered the phone that day and for all the advocates who worked with me throughout my journey. I have a second chance at life to live again on my own terms."

You never know what someone else is going through or what they've been through. Remember to be gentle and loving with yourself and with others.

In peace,

Lori Sywensky
Lori Sywensky



24/7 HELPLINE 610-437-3369



Get to Know Our TPLV Staff



Braley Veras
Children's Advocacy Director



I am happy to be the new Children's Advocacy Director at Turning Point of Lehigh Valley. I was born and raised in the South Bronx in New York. As a product of a low-income housing development, my goal became to support, educate and engage children and teens by providing tools and resources that were not readily available for me. Those experiences and encounters are my motivation.

There is such an importance for individuals to be trauma-informed when working with children and teenagers who have experienced or witnessed domestic and intimate partner abuse. We need to understand the history of how systems have failed our families and their children. By understanding the intersections of trauma, we can offer a holistic approach so we can reach every child and teenager where they are.

I am excited to continue the amazing work done at Turning Point. Due to COVID many of the programs and ideas could not be implemented. I am excited to be part of the process of rebuilding and expanding our counseling programs for children and teens. This includes working with Communities in Schools to provide support groups and individual counseling at Easton Area High School. Our in-person support groups and events for our children at our Safe House have resumed. Starting on December 15th, we are re-launching our virtual support groups for youth ages 13-18. In addition we will continue to keep fostering our relationships with our current community partners.

With the help of the Outreach team here at Turning Point, our goal is to make sure that all children and teens in the Lehigh Valley are aware that these services are available for them. I am excited to continue this amazing work in this community and making sure that children and teenagers are supported and develop healthy relationships.



To learn more about what we've been up to, visit
www.turningpointlv.org



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Giving Tuesday 2021

Someone you know is likely experiencing domestic and intimate partner abuse, whether you can see it or not. Domestic and intimate partner abuse affects all of us. As a community, all of us must be part of the solution.

Everyone can have an impact on #GivingTuesday! As part of Giving Tuesday, we are calling on our allies - individuals and community partners to support survivors of domestic and intimate partner abuse and our life-saving programs that help them find safety.

Join the movement, make a pledge, and #GiveForDV on Tuesday, November 30th. In 2020, with the help of American Bank, we raised \$6,115.20 on Giving Tuesday. Help us to meet or exceed that amount this year!

Make a donation to Turning Point of Lehigh Valley to support our efforts to create safe and healthy communities and help survivors of domestic and intimate partner abuse.

Raise awareness and follow us on social media and share our content to help educate people in your community about the realities of domestic and intimate partner abuse and how they can help.

@turningpointlv on Facebook
@turningpointoflv on Instagram
@turningpointoflv on LinkedIn



To learn more about what we've been up to, visit www.turningpointlv.org



Sponsor or Donate to Our 2022 Virtual Spring Auction

Be a part of our signature fundraising event of the year and help us meet our goal of \$50,000 for this event. Join us as a sponsor for our Second Annual Virtual Spring Auction. All proceeds support our inclusive, trauma-informed services and programs that benefit survivors of domestic and intimate partner abuse and their children.

To learn more about our virtual auction and to view available sponsorship packages or to sign up to donate an auction basket, go to the Sponsor or Donate to Our Spring Auction section on our newly redesigned [Ways to Give Page](#)



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Turning Point
of Lehigh Valley

Youth Empowerment Group

All 13-18 year-olds are welcome in this virtual space to learn about healthy relationships, teen dating abuse, and coping skills. This is a safe place to discuss your experiences.

Meets
virtually
every
Wednesday
at 5:30 PM



Starting
December 15, 2021

ALL OUR SERVICES ARE CONFIDENTIAL AND AT NO COST

Interested in attending? Contact:
Braley Veras (610) 797-0530, ext. 314
braleyv@turningpointlv.org



www.turningpointlv.org





The Spirit of Empowerment

Holiday Gift Card Drive 2021

Give the gift of empowerment this holiday season.

Abuse is all about exerting power and control over someone else. That is why at Turning Point, all of our services strive to give choice and control back to survivors of domestic and intimate partner abuse. Something as mundane as picking out the brand of peanut butter or what kind of detergent to buy can act as a stepping stone in a survivor's journey towards regaining control back over their lives. Your gift card donation empowers survivors to be a part of the holiday shopping experience by allowing them to pick out just the right gifts for their children.

Gift cards are an excellent way to pay it forward this holiday season while empowering survivors to make their own decisions.

Survivor Gift Card Requests Are For:

Amazon, Giant, Target, Walmart, Wawa, Weis, Wegmans, and Visa
(Amounts of \$25 and \$50 are preferred.)

We will be collecting gifts cards through December 15, 2021.
Please direct all questions to: leaht@turningpointlv.org

For more information visit: bit.ly/TPLVHoliday

