

Sheltervoice

The Women's Shelter
Spring 2017

Life & Motherhood

By Jessica P.

It is very difficult for me to write about myself because I do not know myself very well. I didn't have a nurturing upbringing, and I'm pretty sure I completely bypassed my childhood in order to take on adult responsibilities. Now I'm a mother of three wonderful children. My lack of knowledge about being a child, an adult, and a mother has caused me to make a lot of mistakes in my life, especially where my children are concerned.

My mistakes are what brought me to The Women's Shelter. Here at the Shelter I am learning what unconditional love is because I'm given unconditional love by each staff member here. That kind of love is not something I had a lot of as a child. Before I came here I was exhausted from keeping up with all the masks I wore. All of the emotions that I had attempted to block out over the years came rushing back, sometimes in a torrent of confusion, anger, and guilt. All of my unanswered questions about my character as a mother have been brought out in the light of day.

In this program I am forced to work on myself processing and dealing with all of my emotions and thoughts. As a result I can feel myself healing. I've learned that I am not a bad person or a bad mother. I was simply fighting a losing battle with all of the wrong tools, swinging wildly in the dark doing the best that I could. For a long time I was emotionally numb and out of touch with what was going on inside me. I knew when I was angry or sad, but I had no idea how to figure out my emotions. Becoming emotionally centered is a major step toward being the mother I want to be so that my children will not have to wonder how I'm going to react or which Mom is going to show up that day. They will no longer have to act out to get my attention because I now know how to be present.

Because of the strong and dedicated women here at The Women's Shelter, I am now equipped with the tools that I need for life. I am ready for the challenges when they come, because I am no longer alone. I am so grateful for each day, good or bad, because I know that I'm that much closer to being with my kids every day where I am no longer bound by my past or my mistakes.

**Be sure to shop Revente's Second Chances
3050-A Millwood Avenue, Columbia, 29205**

**20% off your total purchase of any regular
priced items with this coupon!**

The Women's Shelter is participating in the Midlands Gives Campaign on May 2, 2017

You can support the programs and services of The Women's Shelter through the Midlands Gives campaign. Midlands Gives is a local 24-hour online donation giving challenge that takes place on **Tuesday, May 2nd, 2017**. All gifts must be given online; there are no mail-in donations for this campaign. In order to participate



1. Log on to MidlandsGives.org on May 2nd.
2. Complete the giving form found on the main page.
3. Select **The Women's Shelter**.
4. Make a donation using your credit or debit card.

For more information, please visit www.MidlandsGives.org

A KIND DONATION SPARKS HOPE

By Julia S.

My name is Julia, and I am an alcoholic. I chose to go through treatment and then to relocate to Columbia to be part of The Women's Shelter program. The opportunity to get my life back together as well as meeting some awesome women in recovery is allowing me to begin to like what I see when I look in the mirror.

Soon after arriving at the Shelter I was given several gifts. One was a card for a free haircut at Paul Mitchell The School of Columbia. It had been over five years since I had a professional haircut. I was so excited that I arrived an hour early for my appointment. The Paul Mitchell Future Professional, Nicole Faison, and her Learning Leader, Vicki Gregory, took the time to determine what hair style would look best on me. My hair desperately needed coloring, but I told Nicole and Vicki that I did not have the money to have it colored. They made the decision to go ahead with it anyway. The whole process of cutting, coloring, highlighting, shampooing and styling my hair took a while; but I was so excited I barely moved. I could not believe that people who did not even know me were doing so much for me. I felt like a celebrity! They even gave me a snack and drink. Seeing my "new self" took my breath away. I didn't want to leave the salon. It was the best day ever.

I am Julia. I have hope.



AmazonSmile is a simple and automatic way for you to support The Women's Shelter every time you shop at no cost to you. When you shop at <https://smile.amazon.com/ch/57-0934329>; you get the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate 0.5% of the purchase price to The Women's Shelter.

Honor That Special Woman in Your Life

Mother's Day is soon approaching on May 14th. This is a particularly special day at The Women's Shelter!

Purchase a card to honor each special woman in your life; and you not only celebrate a loved one, but you help to support The Women's Shelter as well. We are using a beautiful photo by former employee, Paula Hines, for the front of our Mother's Day cards. Simply send us the names and addresses of your special women, along with a check for \$8 per card by **May 1st**, and we will address, scribe and mail each card in time for Mother's Day.

Mother's Day Card Gift Sheet

(please print clearly)

Your Name: _____ Your Phone: (_____) _____
(as you wish it to appear on the card)

Honoree's Name and Address: _____

Street City State Zip Code

Honoree's Name and Address: _____

Street City State Zip Code

Honoree's Name and Address: _____

Street City State Zip Code

Honoree's Name and Address: _____

Street City State Zip Code

***Please mail Card Gift Sheet, along with a check made out
to "The Women's Shelter" (\$8 for each card),
in the enclosed envelope by May 1st.
If you need more room, please use additional paper.***

*The Women's Shelter
3425 North Main Street
Columbia, SC 29203*

*Nonprofit Organization
U.S. Postage Paid
Permit #1018
Columbia, SC*

Address Service Requested

Wish List

The Women's Shelter greatly appreciates and strongly depends on donations from individuals, churches, civic and other groups. We do not have a lot of storage space, but the items listed below are needed and used continuously. If you have any other items you would like to donate, please contact us. Thank you for your continued generosity! **(803) 779-4706**

- ◆ Ice Cream
- ◆ Fresh fruits/vegetables
- ◆ Soft drinks
- ◆ Sunscreen/bug spray
- ◆ Gift cards for haircuts
- ◆ Phone cards
- ◆ Zoo/movie/entertainment tickets
- ◆ Basic alarm clocks
- ◆ Shower caddies
- ◆ Gently used black pants/tennis shoes
- ◆ Coffee/tea
- ◆ Creamer
- ◆ Sugar
- ◆ Sugar free items
- ◆ Toilet paper/paper towels
- ◆ Paper plates
- ◆ Tall kitchen bags
- ◆ Tin Foil/Cling Wrap/Zip Lock bags
- ◆ Laundry detergent/regular & HE
- ◆ Dryer sheets/ liquid softener
- ◆ Cleaning supplies

www.womenshelter.org

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