

# WAYPOINT BE IN THE KNOW

## ELIMINATING DOMESTIC VIOLENCE TOGETHER

At Waypoint, we are committed to making a safer community through our Domestic Violence Victim Services Program (DV Program), which impacts thousands of lives across seven Northeast Iowa counties each year. Offering free, confidential support, our dedicated, certified Victim Advocates empower domestic violence victims and survivors, helping them safely move forward with their lives. Our services include support groups, a 24/7 Resource & Support Line, peer counseling, legal and medical advocacy, and information and referrals. Each service is designed to create a safety net, ensuring that individuals facing domestic violence have access to the support they need when they need it most.



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### A NOTE FROM NELLY, DIRECTOR OF DOMESTIC VIOLENCE PROGRAM

Waypoint's Domestic Violence Victim Services Program provides comprehensive support to over 2,000 victims annually within seven counties in Northeast Iowa. To truly support a victim of domestic violence, empowerment needs to be client-centered. Empowerment involves helping individuals realize they are capable of making the best choices in their lives and assisting them in finding and utilizing resources while rebuilding self-esteem. Our team is strong because our beliefs and values align with our actions.



We believe that all people should have access to basic life necessities and respect the autonomy of victims to direct their own lives. We hold perpetrators, not victims, responsible for stopping the violence. Advocates' actions should be guided by the impact on a victim's safety and personal sovereignty. Programming should increase dignity, self-sufficiency, empowerment, and problem-solving skills.

Our team centers these beliefs in our policies and procedures, aiming to create a safe and supportive experience for survivors of domestic violence.

# »»» OUR IMPACT: MOVING PEOPLE FORWARD

## LAST FISCAL YEAR

(JULY 1, 2023- JUNE 30, 2024):

2,270

Victims and survivors were supported through safety planning, advocacy, strategic referrals, and counseling.

6,662

Calls were answered through the 24/7 Resource & Support Line to support victims, survivors, and their friends and family.

339

Support groups were administered to help individuals impacted by domestic violence feel supported and connected.

## COUNTIES SERVED

**Benton, Black Hawk, Buchanan, Delaware, Dubuque, Linn, and Jones**

## CLIENT STORY

After being assaulted by her abuser, Lena called Waypoint's 24/7 Resource and Support Line. While on the call, Waypoint's Victim Advocate was able to help calm her down while she hid at her next-door neighbor's apartment, terrified her abuser would try to break in. While her neighbor was sympathetic, she pressured Lena to leave as soon as possible. During the call, the Victim Advocate also gathered information and identified potential next steps for Lena, which included working through a safety plan and diverting her from staying at a shelter.



After identifying barriers, Lena able to prioritize what she would need in order to get to a family member's home, which included Waypoint supporting her with the fare for a cab.

Lena safely made it to her family member's home, and the following day, the Victim Advocate provided follow-up to see how she was doing. Lena had a conversation with the family member about staying longer-term in order to get back on her feet as long as she could contribute a portion of the household expenses.

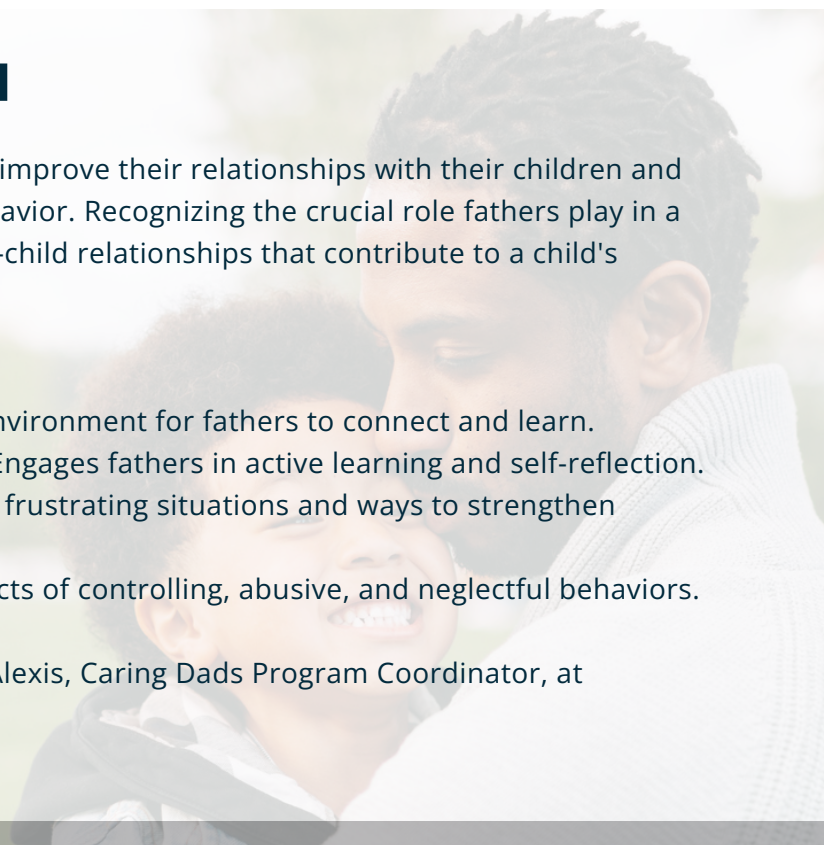
## »»» CARING DADS PROGRAM

The Caring Dads Program is designed to help fathers improve their relationships with their children and put an end to controlling, abusive, and neglectful behavior. Recognizing the crucial role fathers play in a child's life, the program aims to foster positive father-child relationships that contribute to a child's academic, personal, and social success.

Key aspects of the program include:

- **17-week support group:** Provides a structured environment for fathers to connect and learn.
- **Group discussions, exercises, and homework:** Engages fathers in active learning and self-reflection.
- **Skill development:** Teaches coping strategies for frustrating situations and ways to strengthen relationships with children.
- **Awareness:** Increases understanding of the impacts of controlling, abusive, and neglectful behaviors.

If you are interested in joining the program, contact Alexis, Caring Dads Program Coordinator, at 319.550.0248.



## MAYORS TAKE A STAND

CEDAR RAPIDS



MARION



HIAWATHA



CEDAR FALLS



WATERLOO



DUBUQUE



## GENTLEMAN CAMPAIGN©

Did you know that according to the National Network to End Domestic Violence, **1 in 3 women will experience domestic violence within their lifetime?**

During the month of October, Gentleman Campaign© events are held that recognize the individuals, especially men, who are taking a stand with Waypoint to end domestic violence.

**To be an exceptional GENTLEMAN, you must be committed to:**

- Not committing acts of violence against others
- Being a mentor to the younger generation
- Modeling what a healthy relationship looks like to your children and/or younger people in your life
- Speaking up to others if you see them committing acts of violence against others
- Taking a stand against domestic violence



## GENTLEMAN DAY: OCTOBER 24

The mayors of Cedar Rapids, Marion, Hiawatha, Cedar Falls, Waterloo and Dubuque have declared Oct. 24 as Gentleman Day to help spread awareness about ending domestic violence in their communities.

## PURCHASE A T-SHIRT TO WEAR ON GENTLEMAN DAY TO HELP END DOMESTIC VIOLENCE!



To purchase a shirt, go to our RAYGUN online store:  
<https://www.rayguncustom.com/collections/waypoint>

		<b>1</b> Domestic Violence Awareness	<b>2</b> Paint Your Nails Purple	<b>3</b> Practice Healthy Relationships	<b>4</b> Read a Client's Story	<b>5</b> Share the DV Hotline
<b>6</b> Read About DV Myths	<b>7</b> Skip Your Morning Coffee	<b>8</b> Light a Candle	<b>9</b> Help Spread the Word	<b>10</b> Wear Purple	<b>11</b> Support DV by Purchasing a Shirt	<b>12</b> Talk to Your Neighbor
<b>13</b> Read an Awareness Article	<b>14</b> Indigenous People's Day: DV in a Cultural Context	<b>15</b> Share Your Commitment on Social Media	<b>16</b> Learn About Prevention Efforts	<b>17</b> Watch "A Day in the Life of a DV Advocate"	<b>18</b> Wear a Purple Ribbon	<b>19</b> Learn About Teen Dating Violence Awareness
<b>20</b> Walk 1 to 3 Miles in Solidarity	<b>21</b> Have a Courageous Conversation with a Young Adult	<b>22</b> Share Waypoint's Post	<b>23</b> Chalk your Walk	<b>24</b> Gentleman's Day: Encourage a Man to Take the Pledge	<b>25</b> Paint a Pumpkin Purple	<b>26</b> Learn About Red Flags in Relationships
<b>27</b> Learn About Waypoint's DV Services	<b>28</b> Participate in the "In Her Shoes" Simulation	<b>29</b> Donate Gift Cards to Waypoint	<b>30</b> Watch an Informational Video on DV	<b>31</b> Hold a Moment of Silence		<b>Scan Here:</b> 

# 31 WAYS IN 31 DAYS

To show support for Domestic Violence Awareness Month this October, join Waypoint's 31 Ways in 31 Days. Each day offers a simple action to support domestic violence awareness.

Follow Waypoint's Facebook page or go to our website to see all the actions and descriptions for 31 Ways in 31 Days.

Thank you for your support! You will make a difference!

## HOW YOU CAN HELP

- Participate:**  
There are so many ways you can help raise awareness during October!
- Volunteer:**  
Receive specialized volunteer training to assist individuals experiencing controlling, abusive partners.
- Donate:**  
Make a gift to the Domestic Violence Victim Services Program to help empower victims and survivors.
- Check in:**  
If you feel someone may be experiencing domestic violence, check in with them, make sure they are okay, and ask them if they need help.



**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING DOMESTIC VIOLENCE, CALL 800.208.0388.**



[www.waypointservices.org](http://www.waypointservices.org)