



Reflections of Hope



Save the Date for LCRC's 33rd Annual Banquet & Auction, **Friday, May 2nd** at the Midwest Bank Ballroom at the Historic Holmes Theatre! **Tickets are now available!**

“Fostering safety, hope, and healing through advocacy, intervention, and education.”

In this edition:



33rd Annual Banquet
Friday, April 26, 2024



Sexual Assault Awareness, Child Abuse Prevention Month



LCRC Staff
Thank you!

Sexual Assault Awareness Month



APRIL IS
SEXUAL ASSAULT AWARENESS MONTH



WE STAND WITH SURVIVORS.



WE SUPPORT SURVIVORS.

April marks Sexual Assault Awareness Month, a period dedicated to combating the stigma surrounding sexual violence while offering support to survivors. According to RAINN, the nation's largest anti-sexual violence organization, one in six women (and one in thirty-three men) will experience sexual assault, rape, or attempted rape in their lifetime. This statistic indicates that, in the United States, an individual is sexually assaulted every 68 seconds. The situation is even more alarming for minorities and the LGBTQ+ community. For example, a Native American woman is two times more likely to be raped in her lifetime. Despite the prevalence, it is

Spotlight on Staff

I am the Children's Advocate and Parenting Support Specialist at LCRC. Originally from Hibbing, MN, I relocated to Detroit Lakes over eight years ago. I am the proud mother of four boys, who keep me very busy! We enjoy outdoor activities, watching movies, playing games, and shopping together. My personal experiences enable me to connect with and support victims in a compassionate and relatable manner, ensuring they feel comforted and understood. I am passionate about continuous learning, writing, and spending quality time with friends and family. The dedicated staff and the clients I serve at LCRC have changed my life, and I remain committed to learning and growing both professionally and personally every day.



Children's Advocate
Jessica Gibson

Donate online



Check out our website:
www.lakescrisis.com

f Find us on Facebook

Expect tantalizing food, fun, and socializing with other community-minded, philanthropic individuals like yourself. We have some excellent items for auction this year! You could go home with a tropical vacation at a luxury resort, fabulous dining opportunities, or experiences to enjoy with family and friends. In addition, our silent auction lineup has items to suit every style and budget. Don't forget to bring cash to participate in the games or get drinks from the bar!

By attending, you'll be supporting Lakes Crisis & Resource Center and the programs and services it provides to our community 365 days a year. It's also a chance to get together and socialize with those who share in your generous spirit.

Get your friends and family together and join us on Friday, **May 2nd!** Tickets are \$60, or you can enjoy reserved seating by sponsoring a table of four for \$400, or a table of eight for \$800. The silent auction and social hour begin at 5:30 pm followed by dinner and the live auction.

Tickets can be purchased by stopping by our office or calling us at 218-847-8572. You can also scan the QR Code to purchase tickets online.

We look forward to seeing you!

Sexual Assault Awareness Month

Continued...

estimated that only 5% of sexual violence is reported to the authorities. The enduring effects of sexual abuse or rape can be profoundly severe. Many survivors grapple with mental health conditions throughout their lives, including anxiety, depression, post-traumatic stress disorder, and suicidal ideation or actions. These challenges often contribute to an escalation in substance abuse, difficulties in professional or academic settings, strained relationships, and the potential consequences of unwanted pregnancies or sexually transmitted infections.

What should you do when a survivor trusts you with their story?

1. Empathy: Hear their story without passing judgment. Rather than attempting to "fix" the situation, survivors gain the most from someone who listens attentively and believes in their experience.
2. Respect: Let survivors gain control by allowing them to make their own decisions. Respect the decisions they make.
3. Avoid Blaming: The responsibility for the sexual assault lies solely with the abuser. Refrain from using phrases like "What were you wearing?" "Why were you there in the first place?" or "how much did you have to drink?"
4. Validate Feelings: Survivors respond in many different ways. Anger, sadness, aloofness, fear, detachment, etc.. All of these feelings are real and should be accepted.
5. Respect Privacy: Boundaries and privacy are important to survivors. Their story is theirs alone. Allow them to choose who and when they tell.

6. Offer Resources: LCRC offers a 24/7 Crisis Line dedicated to supporting victims. Our victim advocates are available to provide guidance, assistance, and access to additional resources as necessary. When the survivor is ready, help them reach out to us.

LCRC advocates have supported 230 survivors of sexual assault, including men, women, and children, over the past year. You can be a part of our mission to provide safety, hope, and healing to victims by participating in our events, sharing our social media updates, making donations, and helping to raise awareness.

*The information presented in this article was sourced from RAINN and The Turning Point Rape and Crisis Center.

Sexual Assault Awareness Month



33rd Annual Banquet & Auction

Midwest Bank Ballroom at the Historic Holmes Theatre

May 2, 2025
5:30 pm

218-847-8572

TICKETS
\$60



Reflections of Hope

Scan QR to PURCHASE TICKETS or go ONLINE: www.lakescrisis.com/donate
(Indicate "Tickets" in memo section)



DONATIONS LIST

Our generous supporters have contributed so much that we are facing a shortage of storage space. As a result, we must limit the gently used items we can accept as donations. Below, you will find a list of the items we need most, along with some that we can no longer accommodate. If you have items to donate that are not on this list or have questions, please reach out.

"THANKS" LIST: (Items we typically accept, in good condition)

- USED CELL PHONES AND CHARGERS
- TWIN/FULL/QUEEN BEDDING
- LAMPS
- FURNITURE (PLEASE CALL FIRST)
- KITCHEN ITEMS: SMALL APPLIANCES, DISHES, UTENSILS
- WORKING ELECTRONICS: TVS, DVD PLAYERS, ETC.
- LAUNDRY BASKETS
- TOWELS, WASHCLOTHS
- GENTLY USED CLOTHING AND SHOES
- GENTLY USED COATS, SNOWPANTS, BOOTS
- GENTLY USED TOYS

"NO THANKS" LIST: (Items we don't accept)

- BREAST PUMPS
- USED BED AND THROW PILLOWS
- USED CAR SEATS
- HOLIDAY DÉCOR
- USED STUFFED ANIMALS
- KNICK-KNACKS AND HOME DÉCOR
- OUTDATED, BROKEN ELECTRONICS OR APPLIANCES
- TOYS THAT ARE BROKEN OR MISSING PIECES
- MEDICAL EQUIPMENT
- CANDLES
- OUTDATED BABY CRIBS
- BABY SWINGS
- BABY WALKERS/EXERSAUCCERS

INTERESTED IN DONATING
NEW ITEMS FROM OUR
NEEDS LIST?

NEEDS LIST
WWW.LAKESCRISIS.COM/NEEDS

AMAZON WISH LIST
WWW.LAKESCRISIS.COM/AMAZON

Spotlight on Staff

Continued...

Patti moved to the Lakes Area in the early 1970's with her family. She graduated from the Detroit Lakes High School in 1983. She attended the Detroit Lakes Technical College studying to be an administrative assistant. Upon graduation, Patti began working for a local law firm in 1985. After 38 years at the law firm, she was looking for a career



Advocate
Patti Carr

change and joined our staff in May of 2024. Patti enjoys everything outdoors and her hobbies include dog training, upland bird hunting, camping, snowmobiling, and most recently started riding dirt bike single track. Patti feels strongly about the services provided at Mary's Place and the Crisis Center, and is very happy with the direction this career change is taking her.



LCRC Staff

We're overwhelmed with gratitude for the incredible support from our community! Giving Hearts Day donations will fuel our mission to empower domestic violence survivors with the safety, hope, and healing they deserve. Together, we can create a brighter future for all! Thank you!