

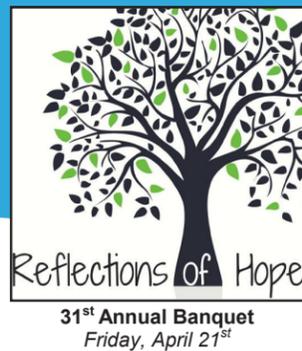


Save the Date for LCRC's 31st Annual Banquet & Auction, **Friday, April 21st** at the Historic Holmes Theatre! Tickets are now available!

Expect great food, fun, and socializing. Get those bidding paddle arms in shape; we have some excellent items for auction this year! In the past, our live auction has included trips, event packages including sporting events and autographed jerseys, multi-course dinners, concert tickets, and more! In addition, our silent auction lineup has items to suit every style and budget. *Don't forget to bring cash if you would like to participate in the games or get drinks from the bar!*

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

In this edition:



Thank You!

Support Groups in Schools

Did you know that we provide support groups to kids in local elementary, middle, and high schools? It is one of our lesser-known programs that is having a huge impact on kids in our community. From talking about friendship or divorce to dealing with stress and trauma, our support groups provide a place for kids to talk about their feelings, learn how to cope in a healthy way, and, most importantly, to learn that they are not alone.



Support groups are fun, too. We use games, puppets, and creative activities to learn and connect.

Upcoming Awareness

April is Child Abuse Prevention Month.

From the CDC: At least 1 in 7 children have experienced child abuse or neglect in the past year in the United States. This is likely an underestimate because many cases are unreported. In 2020, 1,750 children died of abuse and neglect in the United States. Children who are abused and neglected may suffer immediate physical injuries such as cuts, bruises, or broken bones. They may also have emotional and psychological problems, such as anxiety, posttraumatic stress, changes in brain development, learning disabilities, and traumatic brain injury.



Donate online



Check out our website:
www.lakescrisis.com

 Find us on Facebook

31st Annual Banquet

Continued...

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, philanthropic spirit.

Get your friends and family together and join us on **Friday, April 21st**! Tickets are \$60 or you can sponsor a table of eight for \$600 or four for \$400 and enjoy reserved seating. 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. Already out and about doing some shopping? Stop by Bluebird Books to get your tickets, too!

We look forward to seeing you!



Tickets may be purchased at **LCRC**, 1339 Pelican Lane, Detroit Lakes, MN, **Bluebird Books**, 813 Washington Ave, Detroit Lakes, MN or online at www.lakescrisis.com/donate. (Indicate "Tickets" in the note area) Checks can be made out to "LCRC"

Support Groups in Schools

Continued...

According to the CDC, in the ten years leading up to the pandemic, youth mental health concerns had risen approximately 40%. Add in a global pandemic with social isolation, now even more kids are at risk of falling through the cracks than ever before. With our groups we are able to partner with local schools to bring additional support to these kids. What started several years ago with a few groups per week at one school, has grown into our staff providing 26 groups to over 100 kids each week at four different schools.

We offer a range of group topics and we work with school staff to pick a curriculum that would most benefit their students. A few we currently offer are boys/girls empowerment, anger management, dealing with divorce/separation, social skills and friendship issues, healthy coping skills, and healthy relationships. Groups typically meet for 30 minutes once a week for 8 sessions, but can go longer for older students.

Our student support groups are provided free of charge and only exist because of our generous donors. Help us reach more kids by attending our **Annual Banquet on April 21st**!



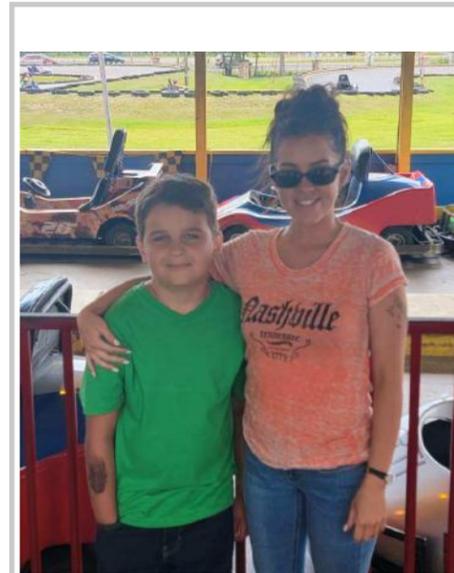
Drawing made by 3rd grader in an anger management group.
"This is what anger feels like in my body."

Upcoming Awareness

Continued...

Over the long term, children who are abused or neglected are also at increased risk for experiencing future violence, victimization and perpetration, substance abuse, sexually transmitted infections, delayed brain development, lower educational attainment, and limited employment opportunities.

One of the biggest preventors of abuse and ways to minimize the effects of abuse is for every child to have stable, nurturing, and positive relationships with their family and with safe adults outside their home. Join us in our mission in fostering safety, hope, and healing by being a supportive adult in a kid's life. For more info on our Kinship mentoring program, call Stephanie at 218-847-8572.



Spotlight on Staff
Each trimester we highlight an LCRC Staff Member. This trimester, we get to know Brittany Murtaugh

I'm Brittany and I am the Children's Advocate here at LCRC. I started in August 2022 as a shelter assistant, but recently moved into the Advocate position. As the Children's Advocate I work with kids in our shelter making sure they have everything they need. I also run the Partners in Parenting program which provides a weekly parenting group. The most rewarding part of my job is working with the kiddos. We stay busy in the shelter so sometimes I find it hard to leave work on time!

I went to school in Arizona for esthetics and worked in that field for 3 years in Detroit Lakes. Then I moved on to being a paraprofessional in a local school and even homeschooled my son for a bit before I started at LCRC. Working here has really opened my eyes to how willing we are as a community to help others in need.

My favorite food is a bagel smothered with cream cheese and my dream vacation would definitely be in the Bahamas (or anywhere without snow!). The most influential person in my life is my grandma Donna and my favorite childhood memory is being at the lake and running through the woods. In my free time you will find me hanging out with my 8 year old son or watching my favorite movie The Dark Night Rises with Tom Hardy.

I look forward to continuing my work here at LCRC and am excited to meet you all!

Appreciation

Giving Hearts Day Thank you!

Wow! That's all we can say about this year's Giving Hearts Day! Not only did we meet our fundraising goal for the day, but we exceeded it. Words can not express how grateful we are for our generous community members and the local businesses that support us. Without you, we would not be here. THANK YOU for sharing your giving hearts with us!



Best Non-Profit Service Award

For the 2nd year in a row Lakes Crisis and Resource Center has been selected by readers of the Detroit Lakes Tribune as the best non-profit. We are so grateful to the community that supports the work we do. Thank you to all who voted for us!