

# REACHOUT

SAFEHOUSE PROGRESSIVE ALLIANCE FOR NONVIOLENCE

## FROM THE DIRECTOR'S DESK

Dear Friends,

When I walked into the SPAN Shelter for the first time 30 years ago, the kitchen smelled deliciously of samosas. Jenny was making the Indian snack for her children and other Shelter residents. It was a beautiful way to begin working at SPAN: surrounded by kindness, warmth, and healing. **In the years that have passed, I have continued to be inspired by the courage and vulnerability of survivors who turn to us for help, the staff and volunteers whose open hands and hearts nurture healing, the board who keeps us forward-looking, and the community of supporters – like you – who believe in the work and vision of SPAN.**

All of us are impacted by the reality of domestic violence. We see it in the media, in our neighborhoods, our places of work and worship, in the lives of our families and friends. It can seem overwhelming and insurmountable. **All these years at SPAN have shown me again and again the extraordinary power of determination and of hope--not the "fingers-crossed" "knock-on-wood" type of hope. But hope that is grounded in connection and in action.** When we believe in each other's infinite possibilities and when we as individuals and as a community commit our resources and resolve toward those possibilities, then change and healing happen.

In the passing years since that day we first met, Jenny has stayed connected with SPAN. She even worked as our Shelter Overnight Advocate for a time. Her children are now grown and have lives of their own. Her journey has not been without setbacks and disappointments, but she thrives. Jenny will always be the face of SPAN for me: powerful, resolute, full of hope, and possibility. She is why we are here. And, she is why your generosity and support matter so deeply to all of us at SPAN.

In gratitude,



Anne Tapp, Executive Director



## CELEBRATING ANNE'S 30 YEARS AT SPAN!

**HARD-WORKING & RESPECTED BY HER COMMUNITY;  
A FEW WORDS TO DESCRIBE ANNE TAPP FROM HER COWORKERS.**

For an organization to be impactful on the community, it needs passionate people, committed to its growth and a vision for the future. Over our 40-plus years, SPAN has expanded and transitioned our programs to meet the needs of survivors and create a safer community. **Throughout almost all of these changes, Anne Tapp has been a guiding force and passionate advocate for survivors in our community.** Because of her hard work, humility, and respect for all those around her, Anne has shaped SPAN to be an organization that provides holistic care and support for all those in need.

Anne has never lacked vision for SPAN's future. She has always seen the potential of our work and ability to advocate for survivors. Anne listened when survivors needed a bigger and safer shelter. She listened when survivors needed legal advocacy. She listened when survivors needed transitional housing and long-term support. **Anne has always listened and trusted in the experiences of survivors, and made sure that SPAN grew to meet those needs.**

Here at SPAN, we cannot be more grateful for Anne's leadership over the past 30 years. She has led our organization through thick and thin, not in least the Covid-19 pandemic. Through her passion and strength, she has been a mentor to so many of us at SPAN and across the community.

**Thank you, Anne, for your tremendous impact on each one of us and the work you've achieved on behalf of so many survivors. Cheers to your 30 years at SPAN!**

# BUILDING A SAFE FUTURE

**FAMILY RESILIENCY, ENGAGEMENT & EMPOWERMENT PROGRAM SUPPORTING FAMILIES IN OUR COMMUNITY.**

**After months of planning and collaboration, SPAN successfully launched our Family Resiliency, Engagement and Empowerment (FREE) Program on Monday, October 25th, as part of Let's Connect Program which is an innovative emotion-focused parenting program developed by clinical and developmental psychologists from the University of Colorado Boulder.** The FREE curriculum, developed by SPAN staff, uses age-appropriate activities to strengthen kids' socio-emotional intelligence and instill healthy communication among families. As part of the greater Let's Connect program, FREE meets the need for child-focused programs in conjunction with caregivers' curriculum. Thanks to our partnership with the University of Colorado Boulder, Mental Health Partners, Boulder Housing Partners, and Boulder County Head Start, SPAN was able to introduce seven families and 15 children in four age-appropriate groups to fun and educational activities to foster healthy communication between parents and their children.

At the first session of our 14-week program, participants were prompted to engage with their emotions and become more aware of their bodies. **SPAN Counseling Interns, alongside a volunteer from CU Boulder Volunteer Program, introduced the Socio-Emotional Intelligence lesson plan from FREE to the kids, including a four-month-old baby!** Through singing and dancing activities, the kids were able to express their feelings and reactions to different scenarios. Each activity from our FREE curriculum has been carefully designed to encourage kids to think about their own identities and actions towards others. The following sessions will continue to build upon the topics they learned and further develop their understanding of healthy communication.

Although still in its infancy, our FREE curriculum as part of Let's Connect program attempts to meet the need for holistic anti-violence education. SPAN has always believed child-focused preventative education is critical for transgenerational healing and have finally been given the opportunity to collaborate with partners who share the same vision. Together, we are building a safer future by developing socio-emotional intelligence from a young age and equipping their caregivers with nurturing parenting approaches. **Through our FREE and Let's Connect programs, we can work to interrupt generational trauma and create resiliency within our families, communities, and greater society.**

**SPAN is excited for the future of our Family Resiliency, Empowerment and Engagement (FREE) curriculum and widespread use of child-focused violence prevention programs.** We are so grateful for our dedicated SPAN staff and Boulder community partners that have made this program possible. If you are looking for information about FREE and Let's Connect, visit [www.safehousealliance.org/get-support/counseling/](http://www.safehousealliance.org/get-support/counseling/)

# WE ARE GRATEFUL FOR YOUR SUPPORT

**THANK YOU FOR SUPPORTING SURVIVORS DURING DOMESTIC VIOLENCE AWARENESS MONTH.**

This past October, SPAN recognized Domestic Violence Awareness Month and worked with several partners around the community to raise awareness about domestic violence. **We cannot thank our partners enough, and all of you, for promoting our programs and attending each of our events.**



## SHELTER & CLIENT WISH LISTS

**MEETING THE NEEDS OF SURVIVORS AND THEIR CHILDREN.**

Thank you for making in-kind donations to SPAN and uplifting survivors as they take the next steps in their lives. **If you are able, please consider new items for survivors to call their own.** We are still accepting clean and gently used items as well.

- King Soopers Giftcards
- Target Giftcards
- Walmart Giftcards
- Pajamas
- Underwear
- Undershirts
- Socks
- Women's exercise clothing
- Shoes (sizes 6-9 sneakers, boots, and walkable cold weather shoes)
- Twin or Twin xL sheets (ONLY new)
- Weighted Blankets
- Suitcases (rolling preferred)
- Journals, calendars, day planners
- Makeup, curling irons, haircare items, etc.

We accept donations at our Outreach Offices from 10am-4pm Monday through Friday. **Please note city ordinances prohibit leaving donations on the porch of our building. Please call the office to schedule an appointment at 303-449-8623.**

# READY TO GIVE THIS HOLIDAY SEASON?

COLORADO GIVES DAY  
TUESDAY, DECEMBER 7TH, 2021

Every year, on the first Tuesday of December, Coloradans open their pockets for Colorado Gives Day. SPAN supporters (like you!) have generously given to ensure that our services are always available to survivors and their children. Make this Colorado Gives Day our most successful fundraiser yet, and help end violence in our community today.

Schedule your donation NOW and help us reach our goal of \$65,000! Visit our page at [www.coloradogives.org/safehousealliance/](http://www.coloradogives.org/safehousealliance/) or scan our QR code below.



THANK YOU FOR  
SUPPORTING  
SPAN THIS  
CO GIVES DAY!

"SHAME WAS ONE OF THOSE THINGS THAT KEPT ME FROM BEING CONNECTED TO THE ONES THAT I LOVED AND THAT LOVED ME AND THAT CARED ABOUT ME."

- REBECCA

## WE WANT TO SEE YOU AT OUR ANNUAL MEETING!

MONDAY, NOVEMBER 22ND 5-5:45PM

Find out about our latest program updates and how SPAN is continuing to strengthen our services for survivors and their children. We are excited to hear from our Executive Director, Board members, and program staff!

Join us virtually via Zoom by emailing [kristina@safehousealliance.org](mailto:kristina@safehousealliance.org) for registration information.



## UNDERSTANDING GASLIGHTING & EMOTIONAL ABUSE

### FORMER CLIENT & SURVIVOR REBECCA

A few years ago, Rebecca found herself in need of emergency shelter from an emotionally abusive relationship. **Rebecca faced intense gaslighting from her partner and was made to question every part of herself, as wife, mother, and woman.** But for a long time, Rebecca couldn't grasp that her abusive experience was real because he didn't leave behind physical marks.

For many survivors, it can be extremely difficult to leave a partner that doesn't use physical violence against them. Through tactics of gaslighting and manipulation, survivors are made to feel "crazy" and that no one will believe their experiences.

Here at SPAN, we understand that abuse comes in many different forms; from physical, sexual, emotional, mental, financial, and cultural. We are working to empower survivors in their experiences and introduce anti-violence education to kids at a young age. **If you or someone you know is experiencing any type of abuse, contact SPAN through our 24-hour crisis hotline at 303-444-2424.**

Thank you, Rebecca, for your strength and sharing your story. You can find her video on our website homepage.





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