

# The Purple Door

HarborHouse  
of Central Florida

## REPORT

Volume III • Issue 1 • Spring 2015

### Get In Step to End Abuse

**3rd Walk a Mile in Her Shoes on  
March 12 in downtown Orlando**

Strap on your stilettos and slip into your finest pumps. Blingy flip-flops or flats are also appropriate. Whatever your footwear, we want you to join Harbor House for the **3rd Annual Walk a Mile in Her Shoes** event to raise awareness of domestic abuse.

**Save the date: Thursday, March 12, 2015. Registration begins at 5 p.m. at Orange County Courthouse. The walk begins at 6 p.m., and ends at 7 p.m. at the Orange County Regional History Center.**

You'll be in good company, walking with Orlando Mayor Buddy Dyer, Orange County Commissioners Scott Boyd and Pete Clarke, other officials, and friends of Harbor House.

"It's one of the best volunteer / awareness experiences I have had," says Tony Cardoza, Senior Vice President of Bank of America. It was a good fit for him. Cardoza wears spiky heels only one day a year but embraces the



Tony Cardoza (in a white shirt and tie) and his teammates kick up their heels in 2014.

event to bring men into the conversation about ending abuse. His participation in the event and involvement ultimately led him to a greater role on our Board of Directors.

Cardoza formed a team, and you can, too: Step up your game to win awards. Design your own distinctive T-shirt, and win an award for the best team shirt. Compete for the most creative shoe, most team participation, and

most money raised to claim awards at the end of the walk.

Encourage other businesses or your friends to form teams, too. You can also sponsor a walker, make a donation, or help us promote the event. Above all, be there!

Register at [harborhousefl.com/walkamile](http://harborhousefl.com/walkamile), or contact Shirley Draper at [sdraper@harborhousefl.com](mailto:sdraper@harborhousefl.com). HH

### A CHILD'S LETTER OF THANKS: A RAINBOW OF GRATITUDE



"Can you tell I love rainbows?"

*That heartwarming postscript under the artwork was a touching reminder of what your support does through Harbor House: lifting survivors and*

*their families to safety, to new lives. The gratitude of the child's letter is meant to be shared:*

"Thank you for helping us with this wonderful new apartment. And I just wanted to say thank

you for helping our lives get straightened out and stuff, and to getting us out of the shelter. So, thank you so very much."

Visit [harborhousefl.com/](http://harborhousefl.com/) to learn more about what we do.

## Focus On: Prevention

### Equipping Teens with Courage

*Susan was a high-school sophomore. One night, her boyfriend of two months was furious that she hadn't responded to one of his texts fast enough. When she tried to explain that she'd been busy, he became more agitated. She walked away. He started a barrage of harassing text messages.*

Harbor House is committed to help teen-agers like Susan recognize abuse and end it, whether it's through technology, at school, or at home. Dating is frequent catalyst, and so is recognizing the early warning signs of abuse.

When dating partners monitor, isolate, insult or are extremely jealous, insecure or possessive, that is abuse.

"Teens communicate and date through technology. Once it's 'out there,' the vengeance — trash talking and bad mouthing — can't be pulled back," says Yelitza Zamora of Harbor House. "It's not 'puppy love.'"

"When you're 17 or 18 in a dating relationship that is physically or emotionally abusive, by the time you're 25 or 26, and that's the relationships you are used to having," you might not even realize



you're in an unhealthy relationship.

Unhealthy relationships are about control. For example, "It is not OK to ask for your password or your phone," says Zamora.



The Harbor House Teen Dating Violence Prevention program is one part of its Leaders of Courage (LOC) courses for kindergarten through high school. Each program teaches how to look for warning signs and empowers those

affected by domestic violence. It offers a consistent message about prevention and awareness:

- Know what to do and where to get resources, such as Harbor House.
- Stand up against abuse and bullying — for yourself and for peers.

"That's the definition of leaders — and courage," Zamora says, "standing up for peers. [HH](#)

## Little Heroes: Pomp and Pride

There's a sea of smiles as the students — dressed in gowns, caps with tassels — swell with pride, eager to clutch their diplomas.



Few moments compare with the pomp and pride of graduation — and that's true for each new crop of Little Leaders of Courage who experience the wonder of commencement.

The graduates, often children as young as Pre-K, have learned what domestic violence is, abuse is not their fault, and it is OK to report abuse to an adult they trust — age-appropriate lessons from Harbor House.

Lots of play and pizza round out the ceremonies, packing plenty of fun to keep the children happy.

The Little Leaders and Leaders of Courage programs work to end bullying and abuse not just by helping youth recognize it, but also by giving them the tools to stop it. Studies now show that bullies grow up to be abusers. Our children must be empowered to act so we can stem the tide of domestic abuse.

To learn more about Leaders of Courage and Little Leaders of Courage, contact Manny Ayala at [MAYala@harborhousefl.com](mailto:MAYala@harborhousefl.com) [HH](#)

### DO YOU KNOW?

- 1 in 3 teens will experience teen dating violence before graduating from high school.
- Of those who experience abuse, only 33 percent will tell someone about it.
- 80 percent of parents don't believe that teen dating violence is a big issue.

### #iStand2015 Summit

The Harbor House Prevention Team is swinging into action for the 4th Annual #iStand2015 Summit on Saturday, February 21, 2015.

Harbor House is partnering with Evans High school, the Florida Coalition Against Domestic Violence, and Wells Fargo for the summit during Teen Dating Violence Awareness Month.

The youth summit is a one-day conference for youth to unite to learn about

healthy relationships, bystander intervention, the influence of social media on abuse, and violence prevention.

There are workshops for parents, too.

This year's event is packed with an exciting day of interactive sessions, fun activities and dynamic speakers, including Harbor House CEO Carol Wick.

To register for #iStand2015, visit [fcadv.org/events/istand-2015-youth-summit-february-21-2015](http://fcadv.org/events/istand-2015-youth-summit-february-21-2015) [HH](#)

## Resolutions? Try Rememberlutions

Harbor House is preparing for New Year's a year in advance. How? With a Rememberlutions Jar. Why? To capture exiting news, awesome people, and funny or memorable moments throughout this year.

Think of a humble Mason jar as a time capsule, but festively decorated. Voila! A Rememberlutions Jar. And think of its contents as one-sentence journal entries, on small slips of paper.

Staff members are encouraged to write down the day-to-day successes and victories, big or small. These "journal



entries" go into the jar in each department. And what goes in, must come out: Each month we'll share the contents at monthly staff meetings.

And every month, all the entries go into a giant Rememberlutions Jar. At the end of 2015, we'll cull the entries to reminisce and celebrate the good work of Harbor House.

Want to create a Rememberlutions Jar for your family? Visit this link to the original idea: [buzzfeed.com/alannaokun/im-so-im-so-proud-of-you#.dcmdKGneov](http://buzzfeed.com/alannaokun/im-so-im-so-proud-of-you#.dcmdKGneov) HH

## Living Well in 2015

When your mission is healing and wholeness for survivors, the work can be taxing and stressful. So Harbor House is committed to do what we can for the staff to make sure they're taking care of themselves.

To kick off 2015 as a "year of health," Human Resources Director Natalie Pérez-Beightol shared a self-care inventory. Staff members ranked their eating habits, activity level, sleep and other practices. They'll take stock again in July — a midyear checkup — and in December.

Do you want to take the self-care survey and see how you score? Visit [harborhousefl.com/resources/](http://harborhousefl.com/resources/) and click "Self-Care Toolkit." HH

## The Culture Of Harbor House

When Harbor House decided to brew coffee 24/7, it was intentional hospitality. Survivors often arrive at shelter in the middle of the night, brought by law enforcement. By offering a cup of fresh coffee, survivors would find some comfort, police officers a sense of appreciation.

A pot of coffee seems little, but it was a tangible, small step toward a huge goal: creating an ideal culture for survivors to heal and thrive.

In 2013, inspired by training and help from *Disney Institute*, renowned for helping businesses discover core values, Harbor House



CEO Carol Wick and senior managers drilled

down to this essence:

Harbor House would create an environment that is the exact opposite of what

survivors experience. It will be calm, safe, serene, a place where all feel appreciated — not only survivors, but vendors, donors, colleagues, and the community.

Harbor House seeks to create social change by ending

abuse, and we have transformed ourselves. We treat our staff with dignity and respect, the same as survivors. We intentionally hire staff with those qualities and focus on staff care in a way that improves retention.



As a result Harbor House is proud to be recognized as a top workplace in Central Florida. HH

## CEO CORNER



CAROL WICK, CEO

Teen dating violence is not inevitable.

Teen-agers and parents can learn to prevent it, with consistent, repeated education. This is During Teen Dating Violence Awareness Month. Harbor House is one of two shelters in Florida working with the federal Centers for Disease Control and Prevention on such programs.

Healthy relationships are built on equality, fairness and respect — being honest and treating people with respect and caring. Know the warning signs of abuse. Protect yourself and stick up for friends at risk.

We're happy to be working with the Florida Coalition Against Domestic Violence this year on a statewide teen summit against domestic violence. As the parent of a teenager, I know I'll be there. I hope you'll be there, too, with your son or daughter.

## What Do You Need for Your House?



The items you buy for your house are the same ones survivors need when they come to our shelter. If you run out of dishwashing liquid at the last minute, you can dash to the grocery store. Survivors can't, but that's how you can help.

So know how much we appreciate your donations of supplies to keep Harbor House pantries stocked.

Our top needs are new twin-size bedding, bath towels, full-size hair shampoo/conditioner, feminine hygiene products, deodorant and adult bikes.

### Other items:

Laundry detergent  
Cleaning products  
Bleach  
Oven cleaner  
Paper towels

Mops, brooms and dustpans  
Toilet paper  
Quart-size zipper baggies  
Diapers  
Diaper wipes  
Baby food (all types) [HH](#)

### For more information, please contact:

Harbor House of Central Florida  
P.O. Box 680748 • Orlando, FL 32868  
Hotline: 407-886-2856 | [www.harborhousefl.com](http://www.harborhousefl.com)



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## UPCOMING EVENTS:

**#iStand2015 Summit**  
**Saturday, February 21, 2015**



**Walk a Mile in Her Shoes®**  
**Thursday, March 12, 2015**



**Key Business Initiative**  
Learn how you can have a profound impact on the lives of your employees.  
**Thursday, March 19, 2015**  
**Thursday, May 21, 2015**  
**Thursday, Sept. 17, 2015**  
**Thursday, Nov. 5, 2015**

### Recognize, Respond, Refer Training

Want to learn more about domestic abuse and how you can help others? Harbor House's offers free training about domestic abuse the first Tuesday of each Month at the Mark Street Senior Center in Orlando. To learn more, visit [harborhousefl.com/community-education-training/](http://harborhousefl.com/community-education-training/)



**Paws for Peace Walk**  
**Saturday, April 25, 2015**  
**Registration: 8:00 – 9:00 a.m.**  
**Walk: 9:00 a.m. – 12:00 p.m.**  
**Location:**  
**Blue Jacket Park**  
**2501 General Rees Ave**  
**Orlando, FL 32814**

Tails are wagging in anticipation of the Fifth Annual Paws for Peace Walk — a fun and leisurely stroll for pets, their families and friends to raise awareness about domestic abuse and its effect on pets and their owners.

The PAWS for Peace Walk takes everything to the next level. So mark your calendars and tell your friends. Get ready to lace up your sneakers, grab the leash, whistle for your pup and walk on Saturday, April 25, 2015.

To register, visit [harborhousefl.com/pawsforpeace/](http://harborhousefl.com/pawsforpeace/) or contact Shirley Draper at [sdraper@harborhousefl.com](mailto:sdraper@harborhousefl.com)

## DONATE TODAY!

**Yes**, I would like to help you fulfill your mission of eliminating domestic abuse in Central Florida. You can count on my support to help survivors right now.

- ☐ **\$1,000** sponsors a family's entire stay in Safe Short Term Housing
- ☐ **\$500** provides child care, activities and three healthy meals a day for a child's stay in Safe Short Term Housing
- ☐ **\$250** sponsors a pet's stay in our kennel
- ☐ **\$125** sponsors one night of Safe Short Term Housing for a family in crisis
- ☐ **\$65** sponsors one night of Safe Short Term Housing for a survivor in crisis
- ☐ **\$27** provides a survivor with emergency safety planning with an experienced crisis advocate

☐ I would like to donate \$\_\_\_\_\_ every month to help support domestic abuse survivors.

☐ CHECK (payable to Harbor House of Central Florida)

NAME: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CORPORATE OR ORGANIZATIONAL AFFILIATION: \_\_\_\_\_

**HarborHouse**  
of Central Florida

**GIVE ONLINE AT:**  
**[www.harborhousefl.com](http://www.harborhousefl.com)**

**THANK YOU.** Your gift is tax deductible as allowed by law. Harbor House is registered with the State of Florida to solicit contributions #CH604. A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free within the state 1-800-435-7352 or [www.800HELPFLA.com](http://www.800HELPFLA.com). Registration does not imply endorsement, approval, or recommendation by the State. Harbor House is registered with the state under the Solicitation of Contributions Act, 1992 under Federal Tax Identification Number 59-1712936.

2015 SPRING