



June 2022 Newsletter

My Family Invites My Abusive Ex to Family Events

My family invites my abusive ex to family events. They insist he should be included because he is my children's father. Families don't understand coercive control, especially if there was not physical abuse they observed. Threats, humiliation, jealousy, financial control, sleep deprivation, isolation and gaslighting are all the behaviors abusers use to maintain control. Or they may assume that the abuse stopped now that they are separated. Many people lack understanding that Domestic Violence increases in severity over time. They may assume they are helping the couple get back together by putting them in the same room; this can be dangerous, unsafe and psychologically damaging to their children.

Survivors on their own should not be advised to "just let it go" as there is no way to remove the fear and stress abusers cause. What can a survivor do?

1. Voice your boundaries clearly and make your wishes known. Say "Do not invite him as it may not be safe" and let them know you will not attend if your request is not honored.
2. Call before you go to the gathering to confirm the abuser is not coming. Don't be caught off-guard.
3. Have a safety plan and speak to your kids ahead of time. Come up with a code word to be used if you need to leave in a hurry.

4. Talk to a trusted family member/friend who can keep an eye on your kids or to make sure you are not isolated with him at any time.
5. Leave if the abuser shows and remember you do not owe anyone an explanation. Simply gather up your children and get them to your car. Advise your host you need to leave early and go.
6. Make sure your safety plan covers options if the abuser retaliates or follows you.
7. If your family refuses to honor your wishes then host your own family events where you control the guest list.
8. Consider getting an order of protection which should indicate to the family your wishes are for the safety of your family and you. If the abuser shows up, then law enforcement has the ability to arrest him.

Call C.A.R.E. at 941-627-6000 for safety planning and one-on-one counseling.

The Punishers LEMC Sine Pari hosted a fundraising ride and event to benefit the Center for Abuse and Rape Emergencies, Inc. again this year. Members were presented Community Partner 2022 status when they stopped by to deliver a very generous donation. Thank you for supporting survivors in Charlotte County.



Debbie Avelar Vaughn, Realtor with Keller Williams in Englewood Florida, gathered up 89 purses and filled them with personal items and toiletries for survivors. Each purse also contained a personal inspirational message.





The Center for Abuse and Rape Emergencies, Inc. received a Mr. George Award which was requested by Stacy Bidwell, Assistant Customer Service Manager at Publix Store #1180 in North Port. The foundation was established by Publix's founder, Mr. George Jenkins, to improve life in the communities served by Publix. We are honored to accept this generous gift to benefit victims and survivors of domestic and sexual violence.



Did you know?

You can reduce items going into the landfill with proceeds benefiting victims of crime in Charlotte County.

ReUse – Port Charlotte:

Phone: 941-624-3488
19765 Kenilworth Boulevard
Port Charlotte FL, 33954
9:00 am - 3:30 pm Tues. - Sat.

ReUse – Englewood:

Phone: 941-697-8800
7070 Environmental Way
Englewood, FL 34224
9:00 am - 3:30 pm Tues. - Sat.

Donations accepted until 3:00pm



All proceeds assist victims of domestic violence, sexual assault, and other violent crimes.

Help Healing Hope



ANNUAL IMPACT REPORT 2021

Click here to view

We Want to Hear from YOU!

C.A.R.E. would like to hear from you! We are looking for community needs for our outreach program. Is there a topic you would like to know more about? Did you know that C.A.R.E. offers educational presentations to local businesses?

Would you like to have us at your next event? Let us know by emailing

admin@carefl.org

Quote of the Month

“Oh yes, the past can hurt. But you can either run from it, or learn from it.” – Rafiki

Our Funders



**FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES**
MYFLFAMILIES.COM



**United Way
of Charlotte County**

Our Contact Information

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