

# Stalking Victims News

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*Feel Safe Again, Inc... "Be Strong, Be Safe and Be Heard!"... Vol.1, Issue 4 - November 2004*

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Dear Friend,

Welcome to your fourth issue of "Stalking Victims News"!

As always...I hope this newsletter finds you all well. This is a bi-monthly newsletter, with the most current and up-to-date information about stalking and the effects it has on victims.

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*We would like to publicly announce that we will be holding our "First Annual Benefit Dinner" in Everett, Massachusetts on November 13, 2004. We have several guest speakers scheduled, as well as, a silent auction and a raffle. If you would like to attend this very important event...please send your \$25.00 tax-deductible donation to Feel Safe Again, Inc. P.O. Box 188 Everett, MA 02149.*  
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***In This Issue...***

- FREEDOM AND PEACE
- Color Me Happy - Art Therapy
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**FREEDOM AND PEACE**  
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Feel Safe Again, Inc. was officially established and publicly announced January 2004. We are a non-profit organization for Victims of Stalking.

Our goal is to provide information and support group services to victims and survivors of stalking. Our hope is that no other victim has to live their life in fear. We want to help you "Feel Safe Again" by teaching you how to be safe again. Together we CAN make a difference!

If you are interested in online support, you can join our support group at [VictimsofStalking@yahoo.com](mailto:VictimsofStalking@yahoo.com).

Copy and paste link below to our website...

[www.feelsafeagain.org](http://www.feelsafeagain.org)

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## **Color Me Happy - Art Therapy**

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From the Daily OM...Nurturing Mind, Body and Spirit...October 26, 2004

The word 'therapy' conjures up images of a lot of talking. But verbal communication is not the only way to uncover hidden emotions. Art Therapy, which uses the arts to trigger emotional healing, is an alternative way to handle a stressful time. Using a wide variety of art materials, including paints, clay and batik, individuals can create a visual representation of their feelings. As you begin to experiment with this method, you will find that the act of creating triggers long-buried emotions and allows for a very special kind of self-healing.

Copy and paste link below to continue article...

<http://www.dailyom.com/articles/2004/277.html>

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## **Self-Defense Is Important**

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From the website of Arming Women Against Rape and Endangerment aka AWARE...

"Women in Serious Danger Need Serious Help" All women live with a certain level of risk of violent crime. Statistics show that a woman now 21 years old has a 1 in 4 chance of experiencing a violent crime in her lifetime. For them, much information is already available about how to reduce their risk ("stay alert") and how to respond if something bad happens ("fight back").

Copy and paste link below to continue article...

[http://www.aware.org/selfdefense.shtml#Why\\_should\\_you\\_care](http://www.aware.org/selfdefense.shtml#Why_should_you_care)

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## **Inspirational Thoughts**

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"If you become a victim...don't allow the traumatic experience to further victimize you; you can shape your attitude to give you the courage to get back up again." ~*Author Unknown*

"We truly believe knowledge is power...therefore, prevention is our ultimate goal."  
Remember...YOU'RE NOT ALONE! ~*Cheryl*

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**Note From The Founder...**  
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"I hope to see you at our First Annual Benefit Dinner on November 13th. If you would like additional information, please e-mail me at CDarisse@feelsafeagain.org." You can also go to our website for more details.

Copy and paste link below to our website...

[www.feelsafeagain.org/News.html](http://www.feelsafeagain.org/News.html)

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**email:** CDarisse@feelsafeagain.org

**voice:** (617) 389-0002 or (603) 889-1110 or toll-free at (888) 99B-SAFE

**web:** www.feelsafeagain.org  
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**Feel Safe Again, Inc. - Stalking Victims News | P.O. Box 188 | Everett | MA | 02149**

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