

Voices



children & families of iowa

Stories and voices of hope.

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Domestic Violence Services Provide Shelter and Healthy Perspective

Last year, Children & Families of Iowa's (CFI) Domestic Violence Services (DVS) helped more than 5,000 women and children who are survivors of domestic violence. Women like Rhonda*, who found the help she and her son needed to live an independent life, free from violence.

Rhonda and her son lived with her boyfriend in Kansas City. When their relationship turned violent she fled, but he threatened to kill her and her son if she did not return to him. Fearing for her life, she did eventually return and the abuse escalated.

"He would take me to parties and introduce me to his friends," recalls Rhonda. "Then by the end of the night he'd be screaming at me and accusing me of having sex with the people he just introduced me to. We'd get home and he'd slap me around."

Rhonda made a brave decision to find help, and through an Internet search found CFI's Iowa Domestic Violence Hotline telephone number. After contacting CFI she received initial crisis counseling and information about how to flee her abuser. Meanwhile, her boyfriend began to stalk her. She would see him pacing outside of her workplace, and he would show up unannounced at family gatherings and friends' homes. Her grandmother was mysteriously assaulted. Her life was spiraling out of control and she became very concerned for their safety. She knew she needed to make a more dramatic change. Her abuser had too many connections and he would find her and her son if they did not leave the area.

Rhonda bought two one-way bus tickets to Des Moines, where she and her son stayed with family friends. Unfortunately, this home also had violence and Rhonda knew this was not a safe environment for her son. She had no options left, and so Rhonda called CFI's Family Violence Center.

When Rhonda and her son came to the center in early November, they had no income, no savings and very few belongings. Rhonda felt she had hit her all-time low. Once in the safety of the center she began to work with counselors to put her experiences in perspective and gain skills she would need to become independent.

"I talked about my childhood experiences of abuse and trauma, and began to process some of the negative patterns in my life," says Rhonda. "I worked hard and landed a full time job." Staff worked closely with her on interviewing skills and provided backup transportation to interviews. She has achieved success and just moved with her son into their own apartment. She was able to participate in CFI's Tenant Based Rental Assistance Program. With help from CFI, Rhonda has achieved independence. "I have such hope for the future," says Rhonda. "I will be able to provide a safe and stable home for my son and me... something I've never had a chance at before."

**Name has been changed to protect client confidentiality.*



More hope inside!

Why We Give ■ Events



Why We Give: Stories of Hope from People Who Give Back

Meredith Corporation Has a Long Tradition of Supporting CFI and its Programs

For more than 100 years, Meredith brands have been committed to providing women with information and inspiration to create a rich and meaningful life. By focusing on core passions of family, home and self, Meredith plays a vital role in the lives of 100 million women. In addition to magazines and marketing strategies, Meredith and its employees are passionate about supporting Children & Families of Iowa (CFI) programming that benefits families, women and children.

Meredith Corporation has been a CFI supporter for more than 25 years. They are major contributors to the Building Futures Capital Campaign, and consistently sponsor CFI's Tango gala benefiting CFI's Domestic Violence Services. In addition, Meredith has provided printing for various events, matches employee contributions dollar for dollar, and contributes to CFI based upon employee volunteer hours.

"CFI is very effective in the areas in which it operates, including domestic violence services, teen programs, family support programs, child care and mental health," says Jennifer McCoy, Meredith's Director of Corporate Communications. "The idea

that every child, every family deserves to be safe is very much in line with Meredith's philosophy, as we own media brands including Parents, Family Circle, American Baby, and Better Homes and Gardens that are all focused on helping create richer, better lives for families."

Meredith was launched in 1902, just 14 years after CFI was established. "CFI remains as committed to its mission today as it was 125 years ago," says Jennifer. "CFI has a consistently strong management team, board of directors and board of trustees. It has a robust approach to fundraising, with varied sources and events. We enjoy supporting CFI, as do our employees, as evidenced by the many requests we receive for matching gifts to Children & Families of Iowa."



ITAGroup Gives Time and Talent to CFI Clients

Headquartered in West Des Moines, with sales offices in a dozen major cities across the U.S., **ITAGroup** provides unique incentive experiences to help clients engage their employees, motivate sales and ignite customer devotion. Their strategic initiatives include strong relationships, innovation and remarkable experiences, and for more than a decade **ITAGroup** has made helping Children & Families of Iowa (CFI) clients part of their mission.

ITAGroup has supported the efforts of CFI on many levels over the years, including corporate contributions, planning support for the annual Tango gala including design and communications, and two employees recently served as board members. In addition, **ITAGroup** employees have volunteered their time and talents at the CFI main office as part of United Way's Day of Action, and helped makeover



apartments for women and their children transitioning out of CFI's Family Violence Center. Departments partner to adopt CFI families for the holidays through CFI's Adopt-A-Family program. Current and former **ITAGroup** employees serve on the Tango planning committee, and **ITAGroup** has partnered with CFI to produce greeting cards to help raise funds for programs.

"The **ITAGroup** Foundation supports educational systems and non-profit organizations that enhance the lives of children and families within greater Des Moines and Central Iowa," says Maura Rombalski, **ITAGroup** Manager of Marketing and Communications. "CFI has many programs that support a variety of children and families in our community. They have a very broad reach and a depth of commitment to those in need. CFI's mission fits nicely with our mission statement."



children & families of iowa
Restoring hope. Building futures. Changing lives.

www.cfiowa.org



presented by **EMC**
NATIONAL LIFE

**Saturday, April 20, 2013
8 - 10:30 a.m.**

Incredible Buffet & Fun Center
3799 NW 86th Street, Urbandale

**Cost: \$10 per person
Includes breakfast, \$10 game card,
great goody bag and fun attractions!**

Boys and girls are invited to Children & Families of Iowa's super, incredible Boys will be Boys event. Superheroes come in all forms: parents, soldiers, teachers, doctors, firefighters, and of course comic book characters, just to name a few. While boys look up to superheroes as role models, some boys are also dealing with urgent needs, such as finding a safe place to live and a stable family. CFI's Boys will be Boys fundraising event is in their honor... and to restore hope for a more carefree future!

Join Children & Families of Iowa for the third annual Boys will be Boys event and help restore hope for families in need. Boys (and girls) are invited to come for breakfast, play in the arcade, ride go-karts, and meet favorite superheroes. There will also be the opportunity for parents to purchase raffle tickets and participate in a silent auction for chances to win great family items.

Visit www.cfiowa.org for up-to-date information and registration.

New Event! **Mark Your Calendars!**

This year marks the 125th anniversary of Children & Families of Iowa restoring hope, building futures and changing lives for at-risk Iowans.

Help us celebrate by attending **Family Tees Golf Tournament** - An inter-generational all ages (5 and up) best shot tournament.

Friday, June 28, 2013

Terrace Hills Golf Course in Altoona.

Visit www.cfiowa.org for more information.



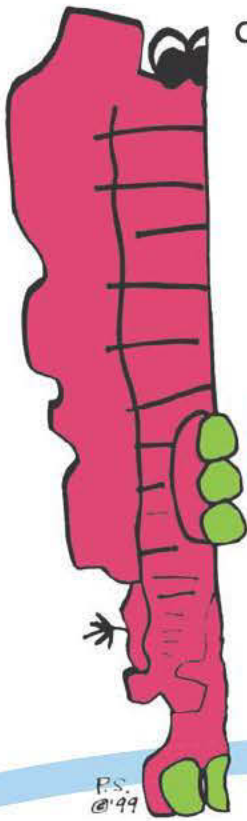
Thank You

Children & Families of Iowa staff and volunteers were busy the last few months working to ensure that the holidays were a little brighter for families across the state. We would like to thank everyone involved in making this a meaningful holiday season!

Adopt-A-Family - Two hundred seventy three families were adopted through CFI's Adopt-A-Family program, one of our many holiday programs, in 2012!

Breakfast With Santa - Jordan Creek Town Center and BRAVO! Cucina Italiana hosted a breakfast and private meeting with Santa on Saturday, December 1, raising \$1,800 for CFI programs.

Coaches Toy Drive - The 2012 Coaches Toy Drive collected nearly 4,500 toys for families across the state.



P.S.
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children & families of iowa's

Kidsfest!



presented by **Veridian**
credit union

Be a part of Iowa's biggest children's festival!
March 1 - 3, 2013 at the Iowa State Fairgrounds Varied Industries Building

Kidsfest is a family-oriented festival that features fun activities, games and entertainment for kids and their families. This exciting event is attended by more than 15,000 people every year. Proceeds benefit the programs of Children & Families of Iowa; it truly is about kids helping kids!

Visit www.cf Iowa.org for more information or contact CFI's Event Manager at events@cf Iowa.org or 515.697.7961.



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