

A CODA Resident's Story

Melissa Reed, our Director of Legal Services, interviewed one of our residents on the last day of her 6-week stay at our shelter.

When Mary was finally ready to end her silence and say no more to the violence that she was experiencing with her live-in intimate partner, she went to talk to the pastor at her church. After listening to her story, he told her that only she could make a change in her life, and he gave her the 24-hour crisis hotline number to the Council on Domestic Abuse. Mary was finally ready to make that change and immediately called us. Because that line was answered by a trained professional who was ready and equipped to deal with Mary's needs, we were able to bring her safely into our residential shelter.

After getting settled in, Mary started taking advantage of all the services and programs CODA had to offer. She went to our courthouse office, where our legal advocates helped her file for an order of protection that included a petition to have her abuser evicted from the home. She started seeing the therapist who provides free, one-on-one counseling at our shelter each week. She began to attend group discussions led by CODA staff.

Mary says that the change she felt in herself came almost immediately. She began to feel full of life, she felt like she was glowing, and for the first time in a long time she felt like she was somebody. When she came to the shelter she was broken, torn, scared, and had no feelings of self-confidence or self-worth. Today, as she exits our program, she says she has become a woman she didn't know she could be. She rises early in the morning, she takes pride in her personal appearance and self-hygiene, she does her make up, and she feels more confident than ever before. She can look in the mirror every day and say, "I am somebody." Her daughter is able to see the changes, too.

Mary's teen-aged daughter chose not to come to the shelter with her and stayed with an aunt instead. Although she did not live with her mother during her 6-week stay, Mary's daughter saw that her mom was making progress and was happier than she had been in the past. Both of them know now that Mary can be the mother that she needs to be. When Mary was going through her abuse, she was not able to pay needed attention to her daughter. She was a clamped shell; she was depressed and even

lost. Mary is now excited to wipe the slate clean with her daughter and repair their relationship. She wants to show her daughter that she can take care of her without living with the father. Once they return to their home, now free of their abuser, Mary and her daughter will begin counseling together to work on bonding and moving forward together. She says that if she didn't have the opportunity to come to CODA she would have stayed in the abusive relationship! Mary has had to jump over so many hurdles to make changes to herself to grow that she now feels like a track star.

Mary has this message for other survivors of domestic abuse: "LOVE YOURSELF. Make an exit plan. Share your journey with others. CODA gives skills, information, and programming so you can change your life. You can leave the abuse that is happening. It is going to be ok. Find yourself. When I was being abused, all of that was taken away from me. CODA can help you if and when you are willing to accept all they have to offer. Only YOU can make a different life. CODA can provide all the resources in the world, but each resident must take control of their own life. I strongly encourage those that are being hurt to come to CODA. Take advantage of every opportunity so you can live life free and happy."



Bulletin board at our shelter

24-Hour
Crisis
Line

800-
566-
2632

MONTE CARLO *Masquerade*

A COUNCIL ON DOMESTIC ABUSE
- ANNUAL EVENT -

Join us at the beautiful **Providence Center** on Saturday, **October 14, 2017** for our annual **Monte Carlo Masquerade!** Try your luck at casino-style games, bid on fabulous auction items, have your fortune told, and dance the night away.

Tickets are \$40 in advance, or \$45 at the door. Tables of 10 tickets are available for \$350. For tickets, click the code at right or call 812-234-3441.



Your ticket price includes a set of gaming chips. The games are just for fun (not to win or lose money!), but at the end of the evening we will award prizes to the three people who win the most chips.

An appetizer buffet will be provided, and a cash bar will be available. Costumes are encouraged, but not required.

Thank you to our sponsors: **Terre Haute Regional Hospital, the HSC Group at Morgan Stanley, Terre Haute Savings Bank, and AmbuCare Clinic!**

Mask Designers Vying for Your Donations

Several creative members of the community have designed masquerade masks for a fundraising contest. Please visit codaterrehaute.org to view a photo of each mask, then "vote" for your favorite with a donation. Donate as much as you like, as often as you like, between now and October 13. Additional donations will be collected at the Monte Carlo Masquerade on October 14. The winner will be announced at the event!

Big News Coming Soon

Make sure you're following us on social media, so that you won't miss an exciting announcement at the beginning of October!



[facebook.com/coda.terrehaute](https://www.facebook.com/coda.terrehaute)



twitter.com/coda_th

Thanks to all who attended our **Canvas for CODA** painting party (shown here) on August 11 and our **Comedy for a Cause** event on August 24!



Thank you to the employees of **Terre Haute Regional Hospital** for donating this amazing collection of cleaning supplies to our shelter!

Tax Credits Available

For a limited time, donations of at least \$100 qualify you to receive a 50% credit on the tax you pay to the state of Indiana, thanks to the Neighborhood Assistance Program (NAP). For example, if you donate \$200 to us, your Indiana tax liability will be reduced by \$100. All you have to do is fill out the one-page NAP application form, which is available by calling us at 812-234-3441.



Calendar of Events

Tuesdays through Sept. 26

9:15 am

Exploring Healthy Relationships

Vigo County PUblic Library, Terre Haute

Learn how to break the barriers of power and control in relationships.

Sept. 12
5:30 pm

Wabash Valley Night Out

Fairbanks Park, Terre Haute

CODA will be distributing school supplies.

Sept. 15-16

Yard Sale to Benefit CODA

2148 Lafayette Ave., Terre Haute

Sept. 21
4:30 - 8:30 pm

Jamberry Fundraiser

Fuddruckers, Terre Haute

Susie Blakemore, former CODA client, will sell Jamberry nail wraps on the patio and donate a percentage of sales to CODA. Plus, Fuddruckers will donate part of your bill to CODA if you bring the flyer we'll post on codaterrehaute.org.

Sept. 30
10:30 am

Blue Knights CODA Benefit Ride and Cookout

City Hall, Terre Haute

The ride starts at noon and ends at Seelyville Town Hall. Registration is \$25 per bike in advance (codaterrehaute.org) or \$30 on the day of the event.

Oct. 2
6:00 pm

Candlelight Vigil

City Hall, Terre Haute

Join us in to remember local residents who have lost their lives to domestic violence.

Oct. 14
7:30 pm

Monte Carlo Masquerade

Providence Center, St. Mary-of-the-Woods

Shop at **amazon** to Support CODA

- Through a program called **AmazonSmile**, you'll find the same low prices, selection, and convenience as Amazon.com, with the added bonus that Amazon will donate .5% of the purchase price to CODA.
- We have a **Wish List** on Amazon that allows you to purchase items that we need for our emergency shelter. All items are shipped directly to our administrative office.

Please visit codaterrehaute.org for details!