



A bridge is a structure built for the purpose of providing a passage over obstacles.

The Bridge

Violence Ends. Empowerment Begins.

ISSUE 4

APRIL 2019

MISSION STATEMENT

The prevention and elimination of domestic violence and sexual assault. We work to enhance safety and to promote equality in relationships. We are opposed to the use of violence to control the lives of others. The Bridge is committed to eliminating violence in the lives of women, children, and men through empowerment, education and social change.

HEALTHY RELATIONSHIPS

The Bridge promotes healthy relationships. We focus on the safety of victims when working with them. Every situation and individual we work with is different, and so are the outcomes. We continue to do our best to change the lives of the people we work with.

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Sexual Assault Awareness Month #IAsk

Rolling into April, The Bridge places emphasis on SAAM, or **Sexual Assault Awareness Month**. Sexual violence happens in every community. Sexual violence is defined as: any type of unwanted sexual contact-including sexual assault and rape. This can include words and actions like sexual harassment, catcalling, and sharing of private images such as “revenge

porn.” Sexual violence impacts everyone. Nearly 1 in 5 women and 1 in 67 men in the U.S. have experienced rape sometime in their lives (Smith et al. 2017). Anyone can experience sexual violence, including children, teens, adults and seniors. People who sexually abuse can be family member, friends, romantic partners, or other trusted individuals. Sexual assault is often times not reported for many reasons including: con-

cern they won’t be believed, fear of retaliation, distrust of law enforcement, shame of fear or being blamed and pressure from others. The Bridge fully empowers the theme of 2019: **#IAsk**. Meaning, I am asking for consent. What is consent? Consent is when someone gives permission for something to happen, or is agreeing to do something that has been specified clearly.

We thank US Bank-Fremont Branches, and Nebraska Total Care for sponsoring our Sexual Assault and Child Abuse Awareness Billboards! We are grateful for the visual impact that educates our service area.

Fremont Public Schools, Graphic Art’s student Samantha Montante-Gonzales, under the direction of instructor, Kristen Strickler, designed the art for this billboard (pictured.)
(Location: 5031 N. Broad– Mid April)



I Ask
Consent is more than just Asking.
Let’s prevent another #metoo story.
1-888-721-4340



Join us!

Chamber Coffee

When: April 12th @ 9:00AM

Where: The Bridge

*141 S Union
Fremont, NE*

Every 92 seconds, an American is sexually assaulted. The Bridge continues to team with the schools, law enforcement, hospital staff, and others making a presence to reach out to those in need. Working together as a team, we can move to promote the well-being of others, and to stop sexual assault!

Child Abuse Awareness Month

Child Abuse National Statistics are overwhelming. As with any kind of abuse, if ignored, consequences prevail for the victim.

- Abused children are 25% more likely to experience teen pregnancy
 - Abused teens are more likely to engage in sexual risk taking
- About 30% of abused and neglected children will later abuse their own children
 - 14% of all men and 36% of all women in prison were abused as children
 - Approximately 5 children die every day because of child abuse
- **1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 years old**
 - 34% of people who sexually abuse a child are family members
- 2.9 million cases of child abuse are reported every year in the United States

Don't let our children become "invisible".
After you learn something, engage and help do something!

"Let your smile change the world, but don't let the world change your smile."



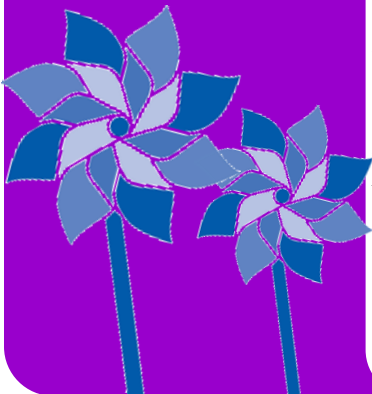
Billboard designed by Bridge Advocate, Kylie Kampschneider
(Location: 5031 N. Broad- Mid May)

Pinwheels for Prevention

We have launched our pinwheels outreach with the help of our 5 county community members. Each pinwheel placed in the business' yard represents a child who has witnessed abuse in that county. This is an alarming realization when you see the number of pinwheels blowing in "silence". Outreach, communication, and knowing the signs will be a "force" to decrease these statistics.



Pictured are pinwheels set up at the U.S. Bank in Blair



Incredible Donations

The following names are of those who donated to The Bridge between the dates of Feb. 1-Present. We regret the accidental omission of any donor. Thank you for your donation and continued support; we could not do it without you!

Baker's Floral
 Bert Troester
 Blair Women's Bible Study
 Bob and Marge Pullen
 Carol Nelsen
 Casey Vaughan
 Cedar Bluffs Presbyterian Women
 Cindy Tranmer
 Corbion
 Darlene Prokop
 Dave and Carol Rise
 Deb Koertner
 Deloris Pribil
 Jeremy Rehwaldt
 Johanna Culver

June Vogel
 Lenore Peatrowsky
 Linda Heidemann
 Linda Schlapfer: In honor of Catherine Schlapfer's birthday
 Lisa Nitzsche
 Lindsay Wasson
 Marv and Peggy Iverson
 Michael and Cindi Brass
 Patrick Murphy
 Reginald Aluxis
 Ron and Angela Gross
 Sandy Gruenke
 Sharon Krasne
 St. Paul's Lutheran/Hooper

Susan Pinguoch
 Sybil Porter
 Sylvia Kerwin
 The Prairie Piecemakers
 Thomas & Teresa Nicholson
 Werner Enterprises Incorporated

Needs List

- Copy Paper
 - Stamps
 - Swiffer Sweeper Wet Refills
 - Fast Food Gift Cards
 - Pocket Folders
 - Manila File Folders
 - Diapers: Size 6
 - All Sized Pull-Ups
 - Individual Microwave Meals
 - Individual Snacks (prepackaged)
 - AA Batteries
- School Presentation& Activities
- Dum Dum suckers
 - Plain M&M's

“Difficult roads often lead to beautiful destinations.”

Volunteer at The Bridge

The volunteer rate remained steady as 62.8 million Americans volunteered 7.9 billion hours last year. Those who volunteer enrich our community and keep our nation strong. Volunteering goes beyond helping other people. Studies have shown that the volunteers themselves benefit, whether through increased job prospects, better health, or even better overall well-being. Nebraska rates 7th highest in volunteer rate, with 34.6% of Nebraskans volunteering their time.

We respond to nearly 4,000 crisis calls each year. If you or someone you know would like to get more involved with The Bridge, please encourage them to contact us (402-721-4340) to learn more about volunteer opportunities and the Training.



**24 Hr Crisis Line 1.888.721.4340
1.402.727.7777**

**Email:
info@bridgefromviolence.com**

**FREMONT
141 South Union
1.402.721.4340**

**BLAIR
810 North 22nd Street
1.402.533.4411**

**WEST POINT
500 East Decatur Street
1.402.372.2204**

The Bridge Services

24-Hr Crisis Line: 1.888.721.4340 or 1.402.727.7777, Crisis Intervention, Emergency/Temporary Shelter, Support Groups for Women and Children, Medical and Legal Referrals, Criminal Justice Advocacy, Public Education and Awareness.

Victim services are free, confidential, and available in Spanish.

Women's Support Group

Fremont - English & Spanish Women's Support Groups & Children's Rainbow Days Group, Thursdays, 6:30-7:30, The Bridge, 141 S Union, Babysitter available



The Bridge Board

Ja Harnisch, President

Kiley Cordes, Vice President

Sid Dillon, Jr., Treasurer

Kylee Stanley, MD, Secretary

Sandy Roemer, Past President

Jeremy Barton

Dian Christensen Hillis

Marcey Darmento

Alisa Brunsing

Becky Novacek

Becky VonSeggern

Vickie Cameron

The Bridge Staff

Suzanne Smith, Executive Director

Jody Bykerk, Shelter Program Manager

Stacey Lichtenberg, Community Education Coordinator

Jody Koziol, Burt/Washington Outreach Coordinator

Jennifer Thomason, Criminal Justice Advocate/Volunteer Coordinator

Kylie Kampschneider, Sexual Assault/Criminal Justice Advocate

Christine Torres, Cuming County/Spanish Speaking Services Coordinator

Linda Schlapfer, Outreach Communications Coordinator

Niki Herre, Client Advocate

LEAVING A LEGACY

A thoughtful planned gift can become a beautiful legacy you leave to The Bridge and to the victims of abuse who come through our doors for years to come. Bequests, Charitable Gift Annuities, Charitable Remainder Trusts and Charitable Lead Trusts are a few of the many avenues you may consider for continual support. An attorney can help you decide which option best fits your personal needs and financial circumstances.

Funded in part by:

United Way



Fremont Area United Way