

2013



No One Alone

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

## YOUR GENEROUS SUPPORT CREATES SUCCESS

### 2013 NOA MONSTER DASH 5K RUN AND CHILI COOK-OFF



Check out a complete list of winners and photos on Facebook—  
[www.facebook.com/noadahlonega](http://www.facebook.com/noadahlonega)



1st Place Amateur Division  
Melanie Eckler



2nd Place Amateur Division  
Sue Neil, Dahlonga Woman's Club



3rd Place Amateur Division  
LCHS HOSA



Professional Division—Yahoola Creek Grill  
Chef Rick Whorf



Best Decorated Table  
Kathleen Childs, Administrative Group

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## MISSION STATEMENT

*NOA provides safe haven and support services for victims of family violence. Through educational programs, NOA works to foster attitudes in the community that violence is not acceptable.*

## Maria's Story

*With very little but the clothes on their backs, Maria and her three school-aged children entered the NOA shelter having nowhere else to go and feeling unsure of their safety...*



*For adult and child survivors of domestic violence, the layers of trauma are many and varied: physical, emotional, psychological, sexual and financial. As a result, the cumulative and complex nature of trauma permeates all areas and aspects of life: parenting, self-esteem and maintaining healthy relationships.*

Upon entrance to our program, their needs were many. Maria battled daily with anxiety and the very real fear of losing her children. Along with this fear was the profound awareness of what her children had seen and experienced while living in the midst of domestic violence.

How had the trauma impacted them? Was it irreversible? What kind of adults would her children grow up to be? Would they repeat the cycle of abuse?

Maria immersed herself in our services. Weekly therapeutic counseling allowed her space and time to begin processing and working through her own trauma and focused on Maria's strengths in providing safety and stability for her and her children. Support groups focusing on crucial life skills such as setting

healthy boundaries, budgeting, conflict resolution and living with depression and anxiety gave her practical tools to use daily in her journey.

The children participated weekly in a support group that allowed them to openly share what they had witnessed. Individual sessions with the children's advocate gave the children opportunity to name and process their feelings and build their emotional vocabulary. Ongoing advocacy addressed their educational, emotional and medical needs.

Now, after four months, Maria has obtained reliable transportation, is working part time and has moved out of the shelter into her own home. She and the children continue to participate in our services attending support groups, counseling and parent education.



## HOW YOU CAN HELP—

### PHILOSOPHY

***NOA is guided by principles of honesty, integrity and respect for others while empowering victims to take control of their lives.***



Making a donation to NOA (No One Alone) is easy.

- Mail a donation in the enclosed return envelope. (add postage)
- Visit our secure website at [www.noonealone.org](http://www.noonealone.org) to make an online donation by Credit Card or PayPal.
- Designate your gift as a memorial to or in honor of someone special. Your honoree will receive a presentation card announcing your gift to NOA.
- Make a donation to the Capital Campaign Fund to help complete a much needed new shelter facility.
- Organize a food pantry or shelter needs drive for the NOA shelter at your church or civic group.

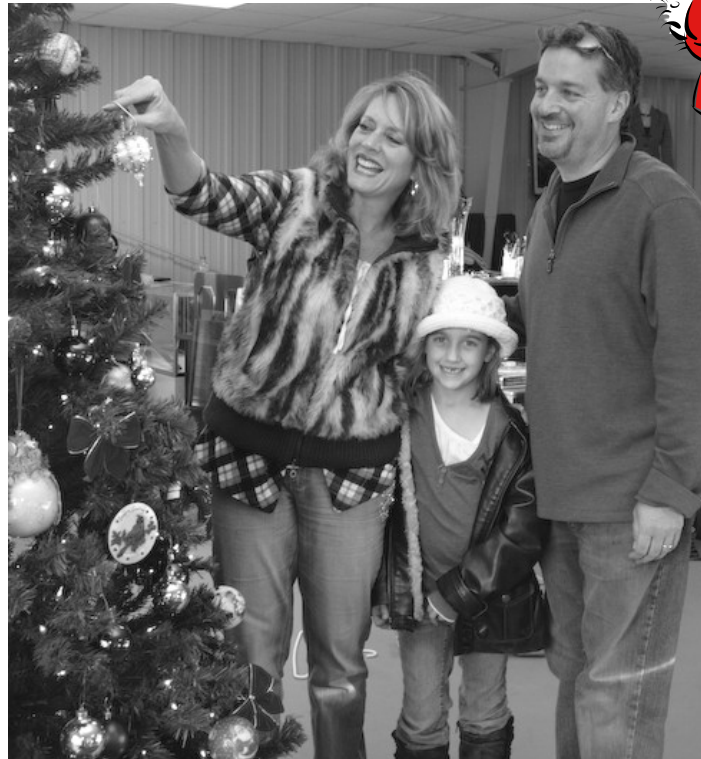
## NOA ADOPT-A-FAMILY PROGRAM ILLUSTRATES TRUE HOLIDAY SPIRIT

*On behalf of the women, children and families served by our programs,  
we thank you for your generosity this holiday season!*

NOA sponsors an *Adopt-a-Family Program* to assure a brighter Christmas for those going through traumatic times.

Domestic violence affects the entire family and most especially the children. The holidays can be an extremely trying time for families attempting to flee violence at home. This program ensures that each family experiences the spirit of the holidays through gifts made possible by generous partners in the community—*like you*.

If you or your company would like to participate, please contact: Andrea Shoemaker at 678-230-0693 or [ashoemaker@noonealone.org](mailto:ashoemaker@noonealone.org) so that all families can be adopted.



*"I am so thankful for NOA, for all that they stand for and all that they do."—\*Tina*



# Thank You

A SINCERE THANK YOU  
TO ALL OUR COMMUNITY PARTNERS  
WHO SUPPORT OUR MISSION TO CREATE  
A COMMUNITY WITH ZERO TOLERANCE FOR ALL  
FORMS OF VIOLENCE AND ABUSE.

**NOA is dependent on funding and donations to ensure that "No One is Alone" and "No One" has to return to a violent situation.**

Visit our updated website to donate online and help save lives here in your community— [www.noonealone.org](http://www.noonealone.org)

## NOA NEWS

NOA- No One Alone  
P. O. Box 685  
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Administration: 706-864-1306

Legal Advocacy: 706-864-0030

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



Georgia Department  
of Human Services



Promoting Safe  
& Stable Families  
NETWORK

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### YOUR DONATIONS MAKE A DIFFERENCE



## SOUTHERN FINDS

*Wishes You a Peaceful Holiday Celebration*

In 2013 your generous donations helped the store  
provide assistance to 250 at-risk families.

*100% of the store proceeds benefit victims of domestic violence and their children.*

A special thanks from the staff of Southern Finds to our local community  
partners for their kindness, support and generosity!

*Caleb, Emily, Tim and Emily*

### 2013 NOA BOARD OF DIRECTORS

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*In keeping with our confidentiality policy, children pictured are those of our volunteers and friends.*