As the seasons change, I’m thinking about balance. Years ago, a dear friend introduced me to balance as a cornerstone of Indigenous wisdom. Often when confronted by a problem, I go right to problem-solving. My friend taught me that we can lose a chance to recognize and honor balance when we rush to resolve. So here we are, months into a global pandemic that is incredibly difficult for families, and I’m looking for balance. As AWARE redesigns our outreach for distance delivery and strives to keep our shelter and housing programs feeling safe and comfortable, here are some ways we’ve found balance amid hardship:

- **A commitment to keeping our participants safe, warm and secure.** We’re keenly aware that housing options have dwindled, and we’re proud to continue serving survivors in person and with love. This means our dedicated staff has chosen to show up with their whole hearts.

- **Increased community coordination.** Service providers are working together closely, and recognize that we need to communicate, work out our problems, and have each other’s back when troubles arise. Trust and cooperation make our systems work.

- **Defined boundaries.** Some of us are struggling to find work, and others are struggling to keep work while home circumstances have changed. We all need to decide what we can handle, and then we need to articulate those boundaries to our families, our coworkers, and our friends. Those receiving boundaries messages are learning to listen with care and empathy.

- **Families matter.** Families can be related or chosen or cobbled together during hard times. Support from the people we love, and who love us, makes a difference in our lives. Finding connection keeps us going. How do you find balance in these demanding times? What are you doing to honor the struggle, but also to find the joy? At AWARE, we know we can balance being responsive and cautious. We can hold space for pain and love.

Supporting AWARE can be easy, and fit within your particular boundaries and capacity. Some of us donate money (see our webpage at www.awareak.org for convenient giving options), others give their time (call our Volunteer Coordinator at 586-6623) and still others spread the word- AWARE is open, serving survivors with care, and investing in stronger, safer relationships for Juneau and Southeast Alaska. Thank you for the ways in which you support AWARE and our community.
At Girls on the Run, we are dedicated to creating a world in which every girl is free to boldly pursue her dreams. Isolation and stress related to the COVID-19 pandemic are undoubtedly impacting our girls. In order to navigate this confusing time and keep minds, hearts and bodies healthy, we need the social, emotional and physical practice of Girls on the Run lessons more than ever.

The Girls on the Run team at AWARE is now offering virtual GOTR for 3rd-5th graders and Heart & Sole (H&S) for middle schoolers. Over our newly designed 8-week programs, girls can meet with their peers online one hour twice a week for research-based lessons that incorporate physical activity in a fun and engaging way. They can connect with girls their age, build healthy habits for life and get physically active. Take-home journals will help each girl connect to the lessons, explore her emotions and exercise her mind.

Another option is GOTR At Home, which allows families the flexibility of an on-demand program. Each kit includes 16 lessons complete with 50 interactive activities. The activities help girls learn important skills, such as how to cope when things get difficult, demonstrate care for self and others, and practice positivity through fun movement games and creative projects.

To enroll your girl, volunteer to coach a team, or order an activity kit, please visit GOTRGreaterAlaska.org. We would love to hear YOUR ideas for helping your child find her happy pace this season. Please share your thoughts by emailing Natalie @ nataliew@awareak.org or calling Stephanie @ 907-586-4902.

Due to COVID-19, AWARE’s Christmas Elves program is going to be looking a bit different. Unlike past years, in order to keep everyone safe and healthy, we are asking solely for gift cards for families in need. Gift cards to Fred Meyer, Amazon, Costco, Imagination Station, Hearthside Books, JoAnn Fabric, nail/hair salons, coffee shops, and restaurants (for take-out food) are all great options. Please contact Mandi Canady with questions at mandij@awareak.org or at 586-6623.

AWARE is hoping to host volunteers again, with increased safety and social distancing considerations. We have several projects in the works that need volunteers in order to be successful. We are looking for volunteers to help us clean up our outdoor children’s area, which includes weeding, power-washing, and painting. We also have need of volunteers who are comfortable working inside the building, answering phones, cleaning, and filing. If you are interested in any of these opportunities, please contact our Volunteer Coordinator Maddie Hayes at vc@awareak.org.
Maddie Hayes, Volunteer Coordinator

My name is Maddie Hayes, and I am an Americorps and Jesuit Volunteer Corps Northwest member, and I am serving as the volunteer coordinator, during my year of service here. I am so grateful for the opportunity to serve at AWARE! I am originally from central Ohio, and attended Miami University (in Ohio, not Florida) where I studied Literature and Psychology. I graduated in 2019, and decided to join JVC NW. In my first year, I was placed at AWAIC in Anchorage, where I was a direct service advocate. I learned so much about domestic violence and advocacy while serving there, and really enjoyed supporting our residents. However, I really wanted to get some experience in a more administrative role, to see how the other side of a DV shelter functions. That curiosity brought me to Juneau, to serve at AWARE. I am eager to learn more about all the roles that play a part in running a DV shelter.

Melissa Deisen, Admin/HR Coordinator

Greetings team! My name is Melissa Deisen. I am the third youngest, and first tallest of four sisters. I grew up all over but tell folks I hail from Washington as that is where I have spent most of my life. I moved to Juneau three years ago and am enamoured with the place. All the trails, all the ice, all the water.... what more could you ask for?! I have spent most of my professional life in corporate HR. I changed paths when I was unable to make it through a children’s book without becoming verklempt (thank you Dr. Suess). I then moved to working in outdoor recreation, and ultimately to the family at AWARE! I am beyond stoked to be part of this team. There has never been a group of people that has fueled my soul so quickly and inspired my heart so completely!

Andria Budbill, Shelter Advocate

Hello! I’m Andria (she/her) and I started working as a shelter advocate about 3 months ago. I come to AWARE with experience in education and prevention work, mostly focusing on youth empowerment. I’ve dipped my toes in a few career paths including teaching high school English, working as a sex educator, hosting karaoke at a local bar, and I realized all the jobs I’ve loved have been where I’ve worked directly with people, so shelter advocacy feels like a great fit! Born and raised in Juneau, I’ve been here most of my life with some international travel sprinkled in plus a 3-year stint in Dillingham (Bristol Bay) teaching and learning how to be a “real Alaskan.” I love my hometown and spending time with my family and friends, cuddling on the couch with my dog Happy, and enjoying the amazing performing arts scene in Juneau. I absolutely love learning and I’m currently focusing on exploring anti-racism work, pleasure-based & inclusive sex education, LGBTQ+ culture, and fighting fatphobia (I will talk about these topics with anyone at any time). I’ve been privileged to work with AWARE on many personal and professional projects including participating in the Haa Tóoch Lichéesh Coalition, chaperoning and presenting at the LeadOn Youth Summit, collaborating on the Exploring Equity class series last fall, and getting trained as an ANDORE host in order to hold conversations around decolonization and lifting up Indigenous cultures and values. Aware’s work is super important to me for my own healing, and for increasing safety and kindness in the Juneau community. I’ve loved these past 3 months and I look forward to many more!
Kylee Squires, Childcare Advocate

Hello all! My name is Kylee and I am so excited to be working with AWARE! I just recently moved to Alaska from Northern Nevada and I am loving every second of it! I have a background in Early Childhood Education and have spent a lot of my time working with kids on the autism spectrum. I enjoy challenges in all forms, and thrive when I see others achieve their goals. I have a passion for helping anyone and everyone, I love being a voice for those who may not get to use theirs. When I am not reading a book or whale watching, I like to spend my time with my grandparents and our french bulldog, Penny. Juneau has given me so many wonderful chances to be outdoors, however I am still getting the hang of this whole "hiking" thing. I really cannot wait to see what wonderful opportunities AWARE has to offer, and I am so excited to be here! Ready or not, here I come!

Bonnie Fujimoto, JCAP Coordinator

Hello! My name is Bonnie Fujimoto and I am the new coordinator for the Juneau Choice and Accountability program that is offered through AWARE. I work with men from the community who are taking a Batterer’s Intervention Program to learn about and take accountability for their violent behaviors and how it affects those around them. I was born and raised in Wasilla Alaska and spent most of my life living there and in Anchorage. I moved down to Juneau in June of 2020 with everything I could fit in my car, including my two cats Leo and Squish. I previously worked in Anchorage as a police officer and am excited to be able to use the training and experience I’ve had and apply it to this program.

Meryl Connelly-Chew, Prevention Manager

Hello! My name is Meryl Connelly-Chew and I am so excited to be back working at AWARE. I was an advocate here for about two years and left in 2016. Between 2016 and now I worked at a similar program to AWARE in Bellingham, WA doing advocacy work. Now that I’m back I’ll be doing grant management and admin support for AWARE’s prevention team and working as part of AWARE’s equity team to assess the needs of LGBTQ2IA+ individuals who have experienced trauma, work on systemic transformation, and implement new programming to serve the queer community. I love AWARE and have a deep commitment to forwarding radical and gender equity within AWARE and our community. Some of my greatest joys are spending time with my family and my 8 month old niece, playing outside with my dog, boating, and baking. I’m excited to be back home where I can be with the people I love most and join the incredible AWARE team again.

Give today!

AWARE and most domestic violence shelters around the country have seen an increase in intimate partner violence during the COVID-19 pandemic. Your donation to AWARE plays an important role in making it possible for us to ensure that those who have been abused are able to experience safety. You can make a difference! In this time of COVID-19, will you stand with AWARE in our efforts to keep survivors safer and all of us in stronger, safer relationships? Join our annual AWAREness Campaign today. To donate, please visit our website at https://www.awareak.org.
This summer the Haa Tóoch Lichéesh Coalition provided a training on equity in the school system. AWARE partnered with Sealaska Heritage Institute, Tlingit & Haida Central Council Indian Tribes of Alaska, the Association of Alaska School Boards, the University of Alaska, Juneau Suicide Prevention Coalition, and ROCK Juneau. Teams of hosts came together, bringing a profound depth of perspective and local experience to the training. We are so grateful to work with these partners on this important issue! Together, we presented at each of the 15 schools around the district. The training was offered to teachers, staff, and the school board and we made sure to emphasize that this training doesn’t “fix” anything; equity is not a short-term destination but an ongoing learning process, coupled with action. The school district has committed to pursuing this for the long haul. A second training will be offered this month and in October for teachers & staff who would like to deepen their understanding.

**Gunalchéesh and Haw’aa** to all of our hosts for your love, wisdom, and commitment. And also to our partners who work within the school district, facing these issues and uplifting our students every day—David Abad, Della Cheney, Heather Coulehan, Renee Culp, Tina Deasis-Wright, Michaela Demmert, Konrad Frank, Emily Ferry, Nicole George, Lori Grassgreen, Daxkilatch Kolene James, Stephanie Luther, Ati Nasiah, Danielle Redmond, David Sheakley-Early, X’unei Lance Twitchell, Cecelia Westman, and Lisa Worl. We couldnt do it without you!

**Shelter Wish List**

- Comforters (twin size)
- Fitted Sheet sets (twin size)
- Pillows
- Deodorant
- Liquid hand soap
- Non-latex gloves
- Liquid hand sanitizer
- Sanitizing wipes
- Face masks (kids & adults)
- Shampoo
- Conditioner
- Toothbrushes
- Combs/hairbrushes
- Razors
- Body wash
- New socks
- Juice boxes
- Popcorn
- School supplies
- Activity books/journals (for adults)
- Totes with lids
- Coffee Pods
- Gift cards (Fred Meyer, coffee shops)

*This list is always changing. For the most current list, please visit our website: www.awareak.org.*

**Thank YOU Juneau Businesses!**

AWARE would like to give a big THANK YOU to:

- Salt & Soil Marketplace and Meghan Strangeland for inviting us to become members along with $300 towards our account. This allows shelter residents to nourish their bodies with fresh Alaska-grown produce.

- In Bocca al Lupo for their delivery of fresh bread delivered to the shelter each week.

- Nordic Tug Charters for their generous donation of over $900 in household and cleaning supplies.

- Women of the Moose Juneau Chapter 149 for donating a case of Tommy the Moose stuffed animals to our children’s program.

*“Don’t give to get. Give to inspire others to give.”*  
~Simon Sinek
If you are isolated with someone who is abusive to you or your children, call us to speak with an advocate. Our services are free and confidential.

(907)586-1090
24/7 confidential careline

If you wish to receive this newsletter via email, please email us at: newsletter@awareak.org.