Thinking of Brighter Times Ahead!

Can we agree NOT to talk about COVID this month? I don’t know about you, but this major, life-changing pandemic year has us feeling weary. So in an effort to refresh and renew, we thought we’d share news that has nothing to do with viruses or vaccines, and everything to do with the faith and love we have in each other and our ability to see beyond the present, into the brighter times ahead.

At AWARE, we don’t do things by halves. We jump into service, into projects and programs, and into relationship by leading with our hearts. This season is no exception; we are working on hiring new staff and strengthening our survivor services, engaging in deep reflection with our community partners to promote safety and equity, and bringing forth our vision for increased wellness and housing options in Juneau with our Kaasei Totem Plaza and Cordova St. development projects.

There is no doubt that this year has been rough. Families are in transition, and everywhere we turn, there is increased need. We see it in our programs, within our staff, our partners, and our community. We don't have answers, but we will show up. And we are grateful for your showing up too, as supporters, volunteers and friends. Thank you, thank you, thank you...and let’s usher in those brighter days together.

~A note from Mandy Cole, ED.
Spectrum is a free, confidential, 12-week support group for anyone who falls under the LGBTQ2+ umbrella and has experienced trauma, whether recently or in the past. Topics covered include grief, coping skills, identifying abuse, and other themes that relate to the experience of trauma and the journey of healing as LGBTQ2+ people. Location, date, and time are discussed upon registration. For more information or to register, please email merylc@awareak.org or call (907) 586-6623 and ask for Meryl.

Healthy Relationships Class

The next Healthy Relationships Class for Women starts September 28 and runs for 10 weeks, ending on November 30th, 2021. Classes meet via Zoom on Tuesday evenings from 6pm - 7:45pm. If you are interested in registering or have questions, please contact Ellen at elynn@awareak.org. “Please write “Healthy Relationships” in the subject line of your email.

Nurturing Parenting Group

The Nurturing Parenting Programs work with the whole household to build nurturing skills. Each family gets a plan for support and learning based on their unique needs. We make sure that parents are getting their needs met so they can show up in healthy ways. The work is done through a combination of one-on-one sessions with the family, as well as group sessions with other families. By building nurturing skills, we focus on the positive and take concrete steps toward healthier family dynamics. These programs are trauma-informed and evidence-based, with a 35-year track record to back them up. AWARE has a trained facilitator offering both the core program and the program designed for Families in Substance Abuse, Treatment & Recovery.

For more information, email childrenspgm@awareak.org or call (907) 586-6623. For more information on the history of the program, visit www.nurturingparenting.com.

HTL Gift Making & Weaving for Kaasei Totem Plaza Ceremony!

Want to learn how to weave while also helping make gifts for our Kaasei Totem Plaza ceremony next summer? Please contact Ati Nasiah at 586-6623 for more info on where and when these classes will be held.

SPONSOR A FAMILY

Are you wanting to do something this year that feels good for your soul? Starting December 1st, AWARE will be signing families up for our annual Sponsor-a-Family program. Sponsors and families (those currently residing at AWARE and at Kaasei, our transitional housing facility) will be matched up and sponsors will then shop for gifts and food. We ask that gifts be dropped off at AWARE before Christmas. If you are interested in being a part of this program, or have questions, please contact Mandi Canady at mandij@awareak.org or at 586-6623. The program starts December 1st.
Our Girls on the Run and Boys Run I Toowú Klatseen team had quite a year of change and uncertainty. Last fall, we pulled together with Tlingit & Haida and Sitkans Against Family Violence to adapt our Boys Run program for the Covid era. We were able to develop a free, gender-inclusive program we called I Toowú Klatseen (Strengthen your Spirit in Tlingit) that offered a variety of ways to get girls and boys active and connected, while learning traditional tribal values, such as Hold each other up; Be Strong in Mind, Body and Spirit; and Humor. We hosted weekly Zoom lessons and outdoor challenges, created a workbook and interactive website, and delivered outdoor gear, healthy snacks and activity kits to all Juneau participants. The season ended with a family fun run.

We had hoped to restart our in-person programming for Girls on the Run and I Toowú Klatseen this fall, but unfortunately the rising infection rates have the schools being cautious about allowing volunteers inside. We are hopeful that the spring season will see these programs roaring back to life!

Girls on the Run and Boys Run I Toowú Klatseen build social-emotional life skills, positive peer relationships and self-respect through accomplishment. More than ever kids need our support and encouragement! To learn more about the programs, host a spring site or volunteer, please visit gotgrreateralaska.org/coach or boysrun.org, or email nataliew@awareak.org.

Save the Date!

**Kaasei Totem Plaza!**
The unveiling of Kaasei Totem Plaza will take place at Twin Lakes.
The healing totem has been carved by Lingit Master Carver Wayne Price of Haines.
The ceremony is scheduled for June 2022 and is partnered by AWARE, CCTHITA, KTOO, Rasmuson, Sealaska, and CBJ.

**Women of Distinction!**
AWARE will honor four women who have done great and inspirational things for the people in our community! Our Board of Directors will meet in the coming months to choose next year’s honorees. We hope to see you in person (fingers crossed) on March 19, 2022 at Centennial Hall.

Donate to AWARE’s Annual AWAREness Campaign!
Stand with AWARE and support stronger, safer relationships.
www.awareak.org

Be a part of the healing journey for victim’s families, survivors, and their loved ones. Donate or become a sponsor to our Kaasei Totem Plaza Campaign.
To learn more and/or to give, please visit www.awareak.org.
Monica Rzepka, Volunteer Coordinator
Hi, everyone! My name is Monica and I’m the new Volunteer Coordinator and Jesuit Volunteer/AmeriCorps member. I spent most of my life in the suburbs of Detroit before heading to Saint Mary’s College for school. In my free time, I enjoy reading, drinking coffee and spending time with my sister. I’m enjoying my time at AWARE and exploring Juneau!

Myrna Foster, Admin. Assistant
Hello everyone so I’m a (MASST) participant which means Mature Alaskans Seeking Skills Training and I’m excited to be here to learn about being the front desk Admin. Assistant. I enjoy baking, I like to help others that need resources, and I like working with data entry I’m still discovering what I like although I like the smell of sage because it helps clean the air. When we are in the midst of anxiety lots is going on and uncertainties because of COVID it’s important to take all precautions measures and take care of ourselves. Thank you everyone for having me here.

Glenn Ojard, Shelter Advocate
Hi I’m Glenn! I’ve lived in Juneau most of my life and love the sound of the rain. I spend a lot of my free time lately either writing or playing Xbox, and am looking forward to the end of the pandemic so I can get back to traveling and playing D&D. If you ever wanna sit down for a game of Magic: The Gathering, I’ve always got my deck!

Michelle Ridle, Shelter Advocate
Hi again! Most of you may have known me as AWARE’s Commodities Coordinator—I was always out and about shopping and prepping meals for the shelter. After two and a half years, I realized that it was time for a change and that I really enjoyed advocacy work. Once a position opened up, I immediately applied and now here I am, one of the shelter advocates at AWARE. I really like working with people and helping them to find resources and to feel comfortable in their time of need. I’m excited to be a part of the advocacy team!

Chloey Cavanaugh, Spectrum Co-Facilitator
Chloey is a child of the Was’ineidi Tax’Hit, Eagle Wolf clan in Kake, Alaska and credits her commitment to community and culture from her grandfather Archie Cavanaugh. Born and raised in Southeast, Chloey believes that the panhandle of Alaska is more than the enchanting beauty it beholds, but a teacher, a way of life, and a distinct part of her Tlingit identity passed down from generation to generation.

As a LGBTQ+ woman, Chloey takes pride in dedicating her spare time to various activism groups, exemplified by her position as Spectrum Co-facilitator.
AWARE Community Thank Yous!

AWARE would like to give a big THANK YOU to: **Toad Gives Back** for their generous $1,000 donation, as well as frequent in-kind items sent to us via our Amazon Wish List; to the **Juneau Central Labor Council** who generously donated $1,200 to AWARE from their Juneau Labor Day Give Back event; to the **Anchorage Chapter of Women of AT&T** for their gift of $1,500 to be used for general AWARE programming; and to the **Juneau Community Foundation: the Juneau Fund (Eric Olsen)** for their kind $1,500 donation and gift to Kaasei Totem Plaza.

Additionally, AWARE also gives a big shout out to **In Bocca Al Lupo**, who donates fresh bread weekly to the shelter. Who doesn’t LOVE fresh baked bread?! It makes yummy french toast and grilled cheese sandwiches too!

**OCTOBER DONATION NEEDS**

- Comforters (twin size, not down)
- Fitted Sheet sets (twin size)
- Pillows (not down)
- Full body towels
- Hand towels & Wash cloths
- Kirkland brand toilet paper
- Tri-fold paper towels
- Laundry Soap
- Deodorant
- Shampoo & Conditioner
- Razors
- Body wash
- Ultra & Super sized tampons
- Nail clippers
- Plates
- Bowls
- Cups
- Coffee mugs
- Spoons & forks (no butter knives please)
- New socks

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

We are Hiring-Jobs @ AWARE!

We have a job opportunities available at the shelter and at our prevention office. Please visit our website www.awareak.org or our Facebook page for current job postings!

As of now, the majority of our staff have received both doses of the COVID-19 vaccine. We are in the process of integrating volunteers back into our day-to-day operations. We’ve established the following areas that we need volunteer help:

**Volunteering at AWARE!**

- **Childcare**
- **Organization**
- **Cooking**

"Happiness is not out there. It’s in you."

Contact us at vc@awareak.org or at 586-6623
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.