AWARE, in partnership with the Central Council of the Tlingit & Haida Indian Tribes of Alaska (Tlingit & Haida), will be raising a Healing Totem Pole carved by Tlingit Master Carver Wayne Price of Haines, Alaska. The area surrounding the totem pole, as well as two painted screens (an Eagle & Raven), will be developed into a plaza at Twin Lakes, across from AWARE’s Kaasei supportive transitional housing.

The totem pole tells the story of a mother, daughter, and small child on their healing path as they overcome domestic violence, sexual assault, and child abuse. The story of family trauma that led to the totem pole’s creation is far too common in our community. We all know victims and survivors and Missing & Murdered Indigenous Women; we are all impacted by interpersonal violence. AWARE and Tlingit & Haida feel that it is time to tell the story of healing with more clarity, beauty, and inspiration. The Healing Totem Pole is a testament to the power of love and cultural supports, and the intrinsic strength of our people.

You are invited to support this project by joining our Kaasei Totem Plaza Campaign. Your donation will be used to construct the plaza and raise the painted screens and totem pole which is estimated to cost $200,000. This project is currently supported by the Rasmuson Foundation, Tlingit & Haida, the City and Borough of Juneau, and KTOO Radio.

Your generosity in creating this space will bring hope, healing, and peace to survivors, their families, and victims’ loved ones, as well as help to keep us all in safer, stronger relationships.

On behalf of AWARE and Tlingit & Haida, please join in our campaign and help us to create Kaasei Totem Plaza. To learn more about this project and/or to make a donation online, please visit www.awareak.org. Donations* can also be mailed to AWARE at PO Box 20809, Juneau, AK 99802.

Gunalchéesh, Háw’aa, T’oyaxsut nüün (Thank you)!
Community Updates

Women of Distinction Postponed Until 2022

Every March, AWARE holds our largest fundraiser—our Women of Distinction gala. We honor four women in the community who have devoted themselves to bettering and uplifting the lives of others. This past fall, when deciding whether or not we would be able to host our annual Women of Distinction gala, event, we were optimistic in our community’s response to the COVID-19 pandemic. We pushed the event out a few months to allow more time for healing and safety, and we were incorporating best practices for potential gatherings such as social distancing and being outside. Unfortunately, the reality is that the pandemic is still far from over. AWARE’s Board of Directors has made the difficult decision to postpone our Women of Distinction event this year. The decision did not come easily and was made with heavy hearts.

We will be keeping the nominations that were submitted this year and automatically roll them over into our 2022 considerations packet. Our optimism has not faded and our convictions have been strengthened that 2022 Women of Distinction will be our best celebration yet! We will see you all in 2022!

ADMIN COVERAGE

VOLUNTEERING AT AWARE

As of now, the majority of our staff have received both shots 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:

CHILDcare

CLEANING

ORGANIZING DONATIONS

GARDENING

CONTACT US AT
vc@awareak.org
907-586-6623
I Toowú Klatseen

AWARE is excited to offer our I Toowú Klatseen program again this spring! “I toowú klatseen” means “Strengthen your spirit”, and gives Juneau kids in 2nd-5th grade a chance to learn skills to be strong, inside and out. It is a very special program we’ve developed with Central Council of Tlingit and Haida, Sitka Tribe of Alaska, and Sitkans Against Family Violence just for our community during COVID-19.

The program uses Tlingit language and values to teach kids lessons about leadership, communication, wellness, and so much more. Our Spring season includes a new workbook, a website with tons of resources, weekly Zoom practices with our coaches, outdoor challenges, goodie bags, loads of chances to win, and a socially distanced end-of-season Fun Run!

Girls on the Run: Heart & Sole

Heart & Sole is Girls on the Run’s middle school program that meets the unique needs of 6th-8th graders. This program considers the whole girl - body, brain, heart, spirit and social connection - in a positive, structured space where girls can learn about themselves, explore new ideas, cultivate empathy and strengthen connections. Running is incorporated into each lesson to encourage physical wellness and teach life skills such as team building, creating a support system, standing up for themselves and others and decision making. It’s accessible to all girls regardless of athletic ability or fitness level. This spring, we are hoping to offer a masked, outdoor, socially distanced, H&S Team. To sign-up your child, please visit gotgrgreateralaska.org.

Tuesday Teen Support Group!

Aware, in partnership with NAMI, the Juneau Suicide Prevention Coalition, and the Teen Health Center, present a new Juneau Teen Support Group! This group is for any local teen, age 13-19, who lives in Juneau. With so much going on in the world and our lives, this group aims to create a safe and empowering space for teens to receive support around their mental and emotional health. Participants will have the opportunity to share their experiences, receive support from each other, and learn about wellness and resilience. Teens of all backgrounds are welcome and encouraged to join. This virtual group meets via Zoom every Thursday from 7-8pm. For more information and/or to register, please email Stephanie at stephanie1@awareak.org.

Spectrum: A Trauma Support Group

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. To sign-up, please email merylc@awareak.org.
New Faces at AWARE

Joey Nagasawa, JCAP Coordinator

Hello, my name is Joey Nagasawa, I'm excited to be part of AWARE Inc. as JCAP Coordinator. I was raised in Japan and have been in the US for the past decade exploring the northern half of the continent and their beautiful landscapes. In my free time I like to ski, bike, fish, forage and be outside in general.

Meghan DeSloover, Childcare Advocate

MHi, I'm Meghan DeSloover, (the one on the left). This is not my first rodeo at AWARE- after a six year hiatus- I am getting back in the saddle, (part-time), as a Children's Advocate, riding alongside Tressa Millam. Together we lasso dirty diapers, runny noses, moody teens, and everything in between. Our role is to support Parents and Children, in and out of shelter. Our goal is that this support helps foster a safer and sweeter childhood. We problem-solve the things that get in the way- and guess what-most of it can be done through play! Yeehaw!! Special thanks to Mandy Cole, who gave me call, or maybe sent me a text, to let me know that my presence has been missed. I love all ya'll and am happy to be back working on the nitty gritty.

Stephanie See, Shelter Advocate

My name is Stephanie See. I am the new evening advocate. I started back in November. Born and raised in Juneau, AK till I was 8 years old. Then moved to Seattle, WA. I moved back to Juneau in Fall 2016. I am Tlingit/ Chookaneidi. My clan house resides in Hoonah, AK. I am looking forward to learning, growing, and working at AWARE. I am very grateful for the opportunity to help our community members and be a part of such a wonderful organization.

The Relationship Spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships somewhere in the middle.

If you recognize any of the warning signs, it may be an indication that your relationship is abusive. Call AWARE @ 1-800-478-1090 to connect with an advocate to discuss your situation and explore available options. Our services are always free and confidential.
AWARE Community Thank Yous!

AWARE would like to give a big THANK YOU to Juneau Glacier Valley Rotary for not only taking action and painting and laying flooring down in our children’s program office, but they also put together a fresh, updated children’s program space. A complete remodel of the space was accomplished thanks to the generous Rotarians’ time and dedication to enriching the playroom, as well as providing donations such as furniture that will help make this area feel comfortable and inviting. A special thanks to Charlie Williams, Michelle Strickler, and Portland Highbaugh who helped to coordinate this generous project.

We also thank Women of the Moose Chapter 149 & Myrna Gardner for donating Easter baskets to the kids living in shelter and in Kaasei’s transitional housing.

Additionally, AWARE is grateful for In Bocca Al Lupo, who weekly donates fresh bread to the shelter. Who doesn’t LOVE fresh baked bread?!

Shelter Wish List

Comforters (twin size, not down)
Fitted Sheet sets (twin size)
Pillows (not down)
Full body towels
Hand towels & Wash cloths
Deodorant
Liquid hand soap
Non-latex gloves
Liquid hand sanitizer
Sanitizing wipes
Shampoo & Conditioner
Combs/hairbrushes
Razors
Body wash
Ultra & Super sized tampons
Dive cups/rings
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.

Healing Circles Recap

Last spring, when the COVID-19 pandemic first hit, Haa Tóoch Lichéesh started hosting a morning zoom circle every weekday. It was a nurturing space for people to connect while we were all isolated in those early, uncertain days.

We shared practices for regulation under stress. We shared stories and wisdom, and heard from a variety of local leaders. Over time, the circle has evolved. Now on our third iteration, what started off as 6 people chatting and doing breathing exercises has turned into 3 classes with over 200 people registered. Each series has its own focus. This time we are learning about plant medicine with Kaasei Naomi Michaelson, Lingít language with X’unei Lance Twitchell, and the story of Raven and the great flood with Daaxkoowdein Tommy Jimmie and Tléikw Xoo Victoria Johnson. More than 100 care kits have gone out to participants in the process. While the pandemic has been hard in so many ways, we are grateful for these gems and the new connections that have been created as a result of this class!

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