What gives you comfort? Where do you turn when you need holding up?
So many of us are blessed to have people in our lives- friends, family, coworkers, partners- who notice when we need extra support. But what happens if you don’t have that network?

I’ve heard the experience of homelessness called a “crisis of people, not housing”. While I DO think there is a crisis of housing, I am struck each day by how disconnected we can be as survivors, even in a group or crowd. Thus every strategy we have for providing support and for preventing violence has a few components- the tangible thing that we’re doing, and the relationships that support it.

We are working to create a plaza for Kaasei Totem Park. We work on the logistics, including contractors, materials, and location, but the actual heart of the project is in our relationships. The support we’ve been graciously given, the love Master Carver Wayne Price poured into the piece, the community who supported us during delays and revisions and COVID and rising construction costs. AWARE does not experience a “crisis of people”, and because of those relationships, we can extend our holding and care to those who do. And most of all, we can recognize that behind every success, crisis, barrier or joy is relationship-with self, with others- that needs tending.

It’s tempting to move through our days, especially when they are busy and stressful, relying on relationship without deep consideration. My experience, however, is that
this road gets bumpy, and fast. So, dear friends, if you are reading this newsletter and thinking about how awesome it is that AWARE has these projects underway, also take a minute to imagine the web of relationships that make this possible. They extend through, beyond and infinitely around the things we do to catch our fears, warm our hearts, and champion us when times are hard. For this, we are incredibly grateful and will use our bounty of relationship to make this community stronger and safer.
~Mandy Cole, Executive Director

http://theglitterguide.com/2020/05/25/at-home-self-care/
Art by Jess Bird.

AWARE in the Community

Spectrum!

Spectrum the LGBTQ2+ class is a free, confidential, 12-week support group for anyone who falls under 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.
**Healthy Relationships Class for Women!**

The next Healthy Relationships Class for Women will start in September 2022 and will run for 10 weeks. Classes meet via Zoom on Tuesday evenings from 6pm - 7:45pm. If you are interested in registering or have questions, please contact Ellen Andrews at ellen@awareak.org. Please write "Healthy Relationships" in the subject line of your email.

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**I Toowu Klatseen Fun Run Recap!**

Thanks to those who celebrated Harborview and TCLL kids as they completed their spring season celebratory fun run. Formerly known as Boys Run, I Toowu Klatseen is an empowerment program for kids in 3rd-5th grade. Participants learn the skills they need to build healthy relationships and create a community of respect for self and others, through running, discussion, and cultural activities that honor Southeast Alaska traditional values. The community is invited to volunteer, run and cheer! If you’re interested in one of these volunteer opportunities, please contact Natalie Watson at nataliew@awareak.org.

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**Girls on the Run 5K Recap!**

Since 2008, Girls on the Run has been inspiring and empowering 3rd-8th grade girls across Alaska to be joyful, healthy and confident. The twice-yearly 5K provides participants with a goal to work toward during the season and shows them that the finish line is just the beginning when it comes to achieving their dreams! Last month forty girls from across Juneau participated in the spring season 5K. Interested in volunteering at a 5K or during the GOTR fall season? Contact Natalie Watson at nataliew@awareak.org.
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 tressam@awareak.org.
For more information on the history of the program, visit www.nurturingparenting.com.

New Faces at AWARE
Hi, I'm Christina! Alaska girl, born in Anchorage, raised in Juneau. My desire to help people led me to AWARE in 2016 to work as an advocate, and from there I went to Rainforest Recovery Center. I'm happy to have the opportunity to be back here at AWARE, still serving a population I'm passionate about. In my free time I enjoy listening to books on Audible, hosting a podcast on KTOO for the Black Awareness Association of Juneau and watching 90's sitcom reruns.
Hi! My name is Juliana. I just transferred from working as a full-time shelter advocate to being AWARE’s children's advocate. I grew up in Florida and have been living in Juneau for the last couple years exploring its beauty. In my free time I like to kayak, create art collages, and go camping. I’m very excited to be working here and learning more about AWARE!
Miriah Twitchell, Violence Prevention Manager

Miriah is the child of an Iranian immigrant and mixed-race Inupiaq, who grew up outside of Alaska, often moving between parents and homes. She returned to visit her grandmother, Lydia Bourdon, of Nome, whenever possible and made Alaska home during a student exchange to University of Alaska Fairbanks and immediately after a Bachelor of Environmental Science from Humboldt State University in California.

Soon after, she met and married Lance Twitchell, Tlingit language activist and educator, and was adopted into the Kéet Gooshi Hit, Killer Whale Dorsal Fin House, of the Daḵ’aweidičx̱, or Eagle Killer Whale Clan in Klukwan, Alaska. Together, they first fostered and then had three children. Miriah is active in the community, and volunteers for a variety of causes and serves on the Board for the Juneau Arts and Humanities Council.
Miles McAllister, Shelter Advocate

Hello & Happy Spring! My name is Miles, my pronouns are they/them and I'm a Shelter Advocate at AWARE. I was born and raised here in Juneau. The place I feel most at peace is in nature, surrounded by Alaskan wildlife. Whether it is taking a walk or simply sitting and taking in the surroundings.

I am very excited to have the opportunity to give back to our community that has given so much to me. I look forward to learning and absorbing all the skills that Aware has to offer. I wish you all a very pleasant season. Cheers.
Thomasina Andersen, Communications Coordinator

Hello! I was born and raised in Cordova, Alaska and have lived in and out of Juneau since the early '00s, moving back most recently in 2014. I have worked mostly in administrative positions, but went back to school in 2020 and obtained a BA in Graphic Design from Southern New Hampshire University. I am a LGBTQ2S+ person (they/them) of Indigenous descent from the Sugpiaq (Alutiiq) people of Prince William Sound and the Kwaashk’i Kwáan Raven clan of Cape Yakataga. I currently live downtown in a little house on a hill with my partner and our two cats.
Capri Potter, Shelter Advocate

Hello everyone, my name is Capri and I’ve recently joined AWARE as a shelter advocate. I’m back home in Juneau for the summer while I attend college down south, and I’m very excited to be a part of the advocacy team.
Marinelle Zaguirre Juan, Children's Advocacy Coordinator

Hello! I am Nelle. I enjoy seeing the flowers bloom around spring, and the scent of the afternoon breeze here in Juneau uplifts my spirit. I feel empowered by doing powerlifting, as well as meditation. Hearing children’s laughter inspires me to stay in tune with my inner child. I do believe that every child is unique and they have the capacity to develop into their full potential. I am ecstatic to be a part of AWARE child advocacy staff!
Karen White, Shelter Advocate

Hi! I'm Karen and I moved from Birmingham Alabama to Yakutat (my hometown) in 1991, with my husband. We eventually moved to Juneau in 2012. I have a background in the medical field, so I love working with people. I'm very happy to be part of the AWARE team.

AWARE also welcomes:

Janna Auger, Administrative Manager
Mary Aparezuk, Temporary Prevention Manager
Leah Bennett, Temporary Prevention Manager
Breckon Lawlar, Shelter Advocate
Stephanie Luther, Temporary Youth Coordinator
Ways to Give!

AWARE’s Cordova Street Capital Campaign!

Did you know that AWARE is in the process of developing seven efficiency apartments for survivors of domestic violence?!

Do you want to learn more about this important project and/or donate today and help pave the way towards independence for survivors?

Click on the button below!

Give Today!

Become a part of our Kaasei Totem Plaza Campaign!

Be a part of the healing journey for victim's families, survivors, and their loved ones. Donate or become a sponsor of Kaasei Totem Plaza.

To learn more and/or to give, please click the button below!

Donate Now!

Donate items to AWARE from our Wish List

We are always in need of travel-sized shampoo/conditioner, Kirkland brand toilet paper, tri-fold paper towels, and laundry soap (liquid). For a list of other items, please visit our website below!

AWARE’s Wish List

AWARE's 2022 Women of Distinction Recap!
AWARE’s 2022 Women of Distinction (left to right: Bunti Reed, Nancy Douglas, Kitty Eddy, Dr. Bridget Weiss, and Mariya Lovishchuk).

AWARE is extremely grateful for all supporters of our 25th Annual Women of Distinction Gala! It was a privilege to join with our community in celebrating sisters, Nancy Douglas & Kitty Eddy, Mariya Lovishchuk, Bunti Reed, and Dr. Bridget Weiss. Their incomparable contributions to our community and their words of wisdom and inspiration made the evening a wonderful celebration! AWARE’s annual fundraising event was made possible by generous gifts of expertise, energy, and heart. Our thanks to emcee Kris Sell for hosting, Tom Locher for providing opening music, Lingít drummers Litseeni Sháa “Strong Women,” for their beautiful drumming, Amy Carroll for designing the printed program, and Jeanette St. George for producing table names. Thanks to videographer & photographer Bradley Perkins, photographer Chloey Cavanaugh, Martha’s Flowers and Gifts for arranging our centerpieces, and to Rie Munoz Gallery for artwork. This year, we also give a very special thank you to Christina Love, for her exquisite sharing of courage and words. The Women of Distinction Gala is a wonderful opportunity to honor women who have made outstanding contributions while supporting work to end violence in our community.

The generous financial support of our Corporate Sponsors helps make this event all that it is: Gold Sponsor First National Bank Alaska, Silver Sponsors: Alaska Seaplanes and Alaska USA Federal Credit Union; our precious gems Diamonds: Laura Stats Daugherty and Sealaska Corporation, Ruby: Marci Colpas. A special thank you to KTOO Public Radio and the Juneau Radio Center for their very generous in-kind contributions. Deep gratitude to our door prize donors: Alaska Robotics, Annie Kaill’s, Coppa, Devil’s Club Brewing Co., Diana Paul, Heritage Coffee Roasting Company, Liz Smith Law, and Mar y Sol.

Thanks to AWARE’s dedicated Board of Directors: Officers: Libby Bakalar, Camille Severance, Diana Paul, and Portland Highbaugh, and members Naomi Davidson, Matt DuBois, Amy Dressel, Isabel Lee, Pat Race, Corey Wall, and Bailey Woolfstead. The board joins me in extending deep appreciation to our event coordinator Mandi Canady who worked tirelessly to bring the details of the event to life.

AWARE’s ability to work with survivors of domestic and sexual assault is greatly enhanced by Juneau’s community support. Proceeds further AWARE’s work with those impacted by domestic and sexual violence, and in our community-wide prevention efforts. Together we can help keep our community and survivors in stronger, safer relationships. Gunalchéesh! It would not happen without you!

AWARE Community Thank YOUs!
AWARE would like to give a big THANK YOU to Platinum Keller Williams AK Group for Valentine's Day gifts for shelter and Kaasei residents. We also thank Shepherd of the Valley church & Women of the Moose Chapter Chapter 439 for Easter food boxes and baskets for those in shelter, at Kaasei, and in our rapid rehousing program. We also give thanks to St. Brendan’s Episcopal Church for frequently donating yummy treats to residents and staff throughout the year. Thank you so much for your support and in making survivors feel loved.

Want to Work or Volunteer With Us?

AWARE has a number of job & volunteer opportunities available. Please visit our website www.awareak.org or our Facebook page for a list of our current job openings! Contact vc@aweareak.org if you're interested in volunteer work!

If you or someone you love is experiencing violence, please call and talk to one of our advocates. For more information, go to www.awareak.org or follow us on Facebook.

24/7 free & confidential careline:

(907)586-1090

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