

Making the Pain Go Away

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On his 10th wedding anniversary, Tony went straight from his weekly domestic violence intervention group at Wellspring Family Services to take his wife out for a celebratory lunch. *"I think we're going to be together forever,"* he said with a smile in his eyes.

He's a "little league dad" with four children, taking electrician classes by day and working security by night. He and his wife are talking about buying a house soon.

Just over a year ago, none of this would have been possible. Tony described himself as controlling and abusive for the first nine years of his marriage and admits he used to spend all of his family's money on drugs and alcohol.

He realizes now he was "self-medicating" trying to numb his own pain: *"I had recurring memories of being hurt by my father — and I just wanted the pain to go away."*

He vividly remembers the look on the face of his four-year-old daughter the day he was arrested — *"she was saying 'no!' as I pushed her mommy through a door. I never want to see that look on any of my kids' faces again."*

Gary Sarozek, Tony's group therapist at Wellspring, is impressed by how aware he is of his actions and emotions today. *"He's embraced self-calming techniques that are taught in the group. Whenever Tony feels the need to calm himself, he takes a handkerchief out of his pocket that carries the scent of his mother's sandalwood perfume,"* Gary said. *"It's his way of finding peace and literally brings down his physiological intensity. This has helped him respond respectfully and empathetically to his family."*

After one year in Wellspring's domestic violence group, combined with chemical dependency treatment and mental health therapy from a partner organization, Tony has a completely different outlook on life. *"Words cannot express how good I feel now."*

Next month he will graduate from the weekly group to the monthly DV Dads group. He already knows what he wants to achieve, *"I want my kids to grow up knowing they are loved and that they won't experience any more pain."*



Artwork by a child in our Kids' Club program for children who've witnessed domestic violence.



Kayti visited our Toy Room in December and found a paint set for her 3-year-old daughter. She says the toy room and Baby Boutique really help her give her child what she needs, without having to put other needs on hold — like housing, water and heat.

One week later, Kayti and her daughter came back to donate some of the toys and clothes she's outgrown — *"I want to give back and I'm teaching my daughter to do the same,"* she said.

February 19 is the 119th Anniversary of Wellspring!

Here's a look back at how Wellspring started:

In 1892 Seattle was only 40 years old, with a booming population of about 43,000. Times were hard: the city was still recovering from the great fire of 1889 and also suffering from a world-wide economic crisis, when risky investments led to bank failures and then to high unemployment. (Sound familiar?) People still streamed into Seattle hoping for jobs in construction or in the lumber mills, docks or rail yards, but steady work was hard to find.

Seattle also had a strong philanthropic community trying to respond to the desperate need. Many religious and civic organizations gave tangible aid—food, fuel, blankets, used clothing—to poor people who asked. The Chamber of Commerce had some resources, as did city and county government.

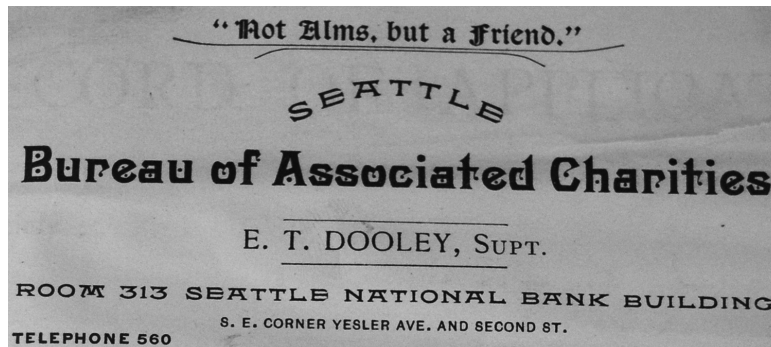
According to a thesis written in 1950 by James Chrysler, Wellspring Family Services apparently started when the community was galvanized by a sermon:

“On Sunday, December 20, 1891, the very fashionable congregation of the Trinity Church heard their pastor, [Reverend David] C. Garrett, devote his sermon to the problems of philanthropy.

Mr. Garrett pleaded ‘for a central office with a paid officer who keeps a complete record of all who are assisted and by whom received.’ Not only would such an office prevent duplication of

efforts but it would enable the applicant to be referred to the one agency most able to help him. ...”

Within one month Rev. Garrett called a meeting with representatives of the city government, the Ministerial Association, the Chamber of Commerce, and the Ladies’ Aid Society. On January 13, 1892, another and final organizational meeting was held. The participants finally agreed on the name Bureau of Associated Charities of Seattle as being descriptive of the new agency’s purpose and aims.



From our archives, dated December 8, 1892.

The Bureau’s structure was simple: everyone who

contributed funds or material goods was a “member.” Ten members were elected as an Executive Committee, which included, ex officio, the Mayor of Seattle and the Chairman of the Board of County Commissioners. There was one staff member in charge of fundraising and record-keeping. Volunteer “friendly visitors” interviewed the applicant individuals and families, documented their situations, authorized specific kinds of help and made the referrals.

From a galvanizing sermon to a functioning organization, in two months! The Bureau of Associated Charities of Seattle took its first client intakes on February 19, 1892.

Over the course of 119 years, we’ve changed our name and adapted our services to meet the emerging needs of our community. What remains constant is we continue to address the sources of instability for families and build a community where families and children thrive.

Washington State Policy Affecting Families



Staff, volunteers and supporters of Wellspring are stepping up and speaking out to inform our Washington State Legislators about policies and budget decisions that affect children and families. We are partnering

with a number of service providers and coalitions to raise awareness and make our voices heard as leaders and experts on the following policy and budget topics:

Policy Priorities:

- Promoting housing stability and preventing homelessness for families
- Protecting children’s mental and emotional health
- Ending homelessness for families

Budget priorities:

- Working Connections: Child care subsidies for low-income families
- Temporary Assistance for Needy Families, also known as TANF grants

We need your help! Sign up for action alerts by emailing Patricia Gray at pgray@wellspringfs.org or receive instant updates on our **Facebook** and **Twitter** pages.

Anger Management: Take Control of Your Thinking

In a frame on the wall behind Marilyn Liepelt's desk are the words, "It is a grace and a strength to determine your own actions, rather than allow them to be formed by the actions of others." Marilyn, Lead Therapist for Wellspring's Anger Management program, says that this quote embodies the philosophy of her classes.

"When we are angry, we tend to blame the other person for our anger," she says. "But that takes away our control. In our anger management classes we teach that accountability empowers you and gives you the ability to make a different choice rather than anger."

Wellspring's Anger management class evolved from our Domestic Violence program nine years ago. Marilyn said that they often received calls from employers and the courts asking if they provided such a class. Although domestic violence and anger management are two very different issues, our therapists were trained to do both and saw a growing need they could fulfill in the community.

Clients are sometimes referred from the workplace, or may be court-mandated after an altercation with a neighbor or the police, for example. But, Marilyn believes, the tools taught in the class are valuable for anyone who would like to learn to get along better with others.

"We have all done something inappropriate due to angry feelings, even if it is just gossip," Marilyn says. "There is nothing wrong with anger, it is a human emotion. However, how we act upon it can have a negative impact on our relationships."



This two-session, eight-hour class teaches people to change their perceptions, and take control of their thinking.

Another important aspect of anger management, she adds, is empathy. "Think about when you find yourself angry at a woman who speeds by and cuts in front of you in traffic. What if I told you she had just found out her child had been hurt and was rushing to get home?" Marilyn says that empathizing with the other person can give us a "paradigm shift" that changes our thinking about the situation, allowing us to calm down and feel compassion rather than anger.

Marilyn teaches the class with two other therapists, Mark Adams and Gary Sarozek. The feedback they have received from attendees is incredible. They often called back to thank her saying, "I feel like a whole new person!" she says.

For more information about our Anger Management classes call 206.826.3044 or visit www.wellspringfs.org/angermanagement.



Photo courtesy of Getty Images.

Powerful Change Luncheon

Join us to affect powerful change in the lives of homeless children and families in our community.

**Tuesday, April 26, 2011, Noon
Sheraton Seattle Hotel**

Suggested donation at the event: \$150

Presented by:



Holiday Open House

Hundreds of kids and parents joined our Holiday Open House in December bringing with them donations of toys to share with homeless children and families.

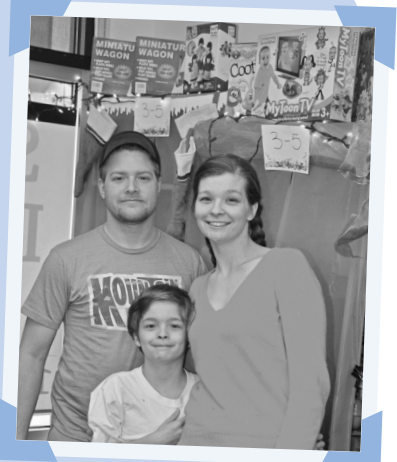
Caspar Babypants played a packed concert and debuted his second Kids Helping Kids song “Hand in Hand” written about 7-year-old Molly Craig. This song is a “fun-raiser” for Wellspring available for download on www.babypantsmusic.com.

Thank you to everyone who made this event such a success:

Caspar Babypants
Caspian Coberly
Hagen Kurth
Help Portrait
One Brick
Paul Fowler
Pepsi Beverage Company
Richard Carter
Spunky the Clown
All of our volunteers



Marisa, her fiancé Eric, and 8-year-old son Richard volunteered together as a family in our holiday toy room. They witnessed first-hand the difference that donations this holiday season made. “*Know that every donation was appreciated more than you could ever know,*” Marisa said. “*I saw it in the eyes of the moms and dads who came to Wellspring in December.*”



Holiday Toy Drives & Volunteers

Thank you to all of the amazing donors and volunteers who made our Holiday Toy Room possible. By December 23, more than 500 families visited the Toy Room and received gifts for a total of 1,198 children! More than just a toy, these gifts provided hope and joy to families who are facing a very difficult winter this year.

Toy Drives

The Archodominion Family	Lifestyle Chiropractic
Bank of America	Methodologie
Bootyland	Miller Nash LLP
Brian Monson	Montessori Garden
Columbia Bank	Parent Map
Cooperative Children’s Center	The Patchin Family
Corks & Canvas	Puget Sound Energy
The Craig Family	Rainier Chamber of Commerce
Davis Wright Tremaine LLP	Reprographics Northwest
The Delaney Family	Retro-Active Kids
Discovery Center	Rotary Club of Seattle
Eye Candy	Sandhurst Co-op
Fairwood Country Club	Seattle Metropolitan Credit Union
Fenwick & West LLP	The Stahl Family
Forgotten Children’s Fund	St. Matthew Parish
Girl Scouts King County	Three Tree Montessori
IKEA	Troop 438
Intercare Insurance Services, LLC	Tully’s Coffee
Isilon	Warm for Winter
Island Tug & Barge	WA Health Care Authority
The Johnson Family	The White Family
Lane Powell PC	Whole Foods Regional Office

Toy Room Volunteers

Jack Almeleh	Audrey Greaves
Natalie Almeleh	Emily Greaves
Connie Aguilar	Jean Greaves
Erika Bell	Laura Hill
Andrea Bergan	Lorna Jackson
Kayla Brutsche	Wendy Jans
Ann Callahan-Woodham	Ava Kunz
Cathy Chan	Ellsa Kunz
Rose Chan	Grace Lehman
Charlie & Erin Colpitts	Cherri Magat
Christine Craig	Gloria Newman
Emma Craig	Sebastian Portuesi
Molly Craig	Lisa Preyer
Bob Cryder	Sandy Reisman
Lisa Cryder	Megan Robbins
Mina Fall	Susan Robbins
Lisa Ferjancic	Kathy Seviles
Gloria Flores	Melanie Sprout
Ashley Fosberg	Michelle Saechao
Stella Fosberg	Mone Saechao
Elisa Freitag	Ella Tiberio
Linnea Garcia-Tatupu	Holly Tiberio
Ariel Gold	Chloe Watson
Amy Goldstein	Laren Watson

Who's Helping Wellspring Thank you!

- **The Seattle Times** – On January 3, Wellspring was featured in an in-depth story by Susan Kelleher: “A batterer struggles to subdue ‘ugliest part of yourself’.” As one of 13 agencies that benefit from the Fund for the Needy series, we are grateful to The Times and its readers for supporting our work to stop domestic violence and end homelessness for families.
- **Washington Holdings** – Employees donated \$5,000 at their holiday party and the company matched all gifts for a total of \$10,000 donated to help kids and families at Wellspring.
- **Mercer Island VFW Post 5760** – Honored Wellspring at their holiday party with a \$5,000 grant to help families and children of local veterans.



Seattle Metropolitan Credit Union donated hundreds of toys to help families this holiday season. Thank you to everyone who organized toy drives or volunteered at our Holiday Open House and in the toy room in December. (See page 4)

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Call Me Amy Design

Dear Community Partners,

I am in awe of and humbled by the ever-growing generosity of individuals, foundations and corporations, who are stepping up in so many ways to help us reach more families. Last year we were inspired by the creative ways you chose to make meaningful gifts. Kids and families shared what they had collected from friends, relatives and neighbors and businesses offered important partnership opportunities. All of which gives us great hope and confidence that, together, we can meet the needs of kids and families in our community.



Given this tough economy we are extremely grateful as an organization to be fiscally stable, increasing services and looking to the future. I am happy to report that in 2010 we were able to help 9,292 children, mothers and fathers. Today their lives are safer and more stable — and they're more resilient because of our therapeutic support.

Yet, because of the record rates of unemployment and housing foreclosures in our state, and now daunting budget cuts to the public sector, we are seeing the need for our services grow dramatically. Last year alone, I am sad to report that we had to turn away 710 families — and that's almost 2,000 children! — because we are already over capacity.

I am increasingly concerned every time I hear about another family and especially a child we are not able to serve — and I know you feel the same. We are an agency that helped shape the very beginning of social services in Seattle, and we've been leaders in developing effective solutions on issues that impact children and families. Now, more than ever, we are committed to finding an end to the crisis of child homelessness.

It is time for us to take some bold steps forward. From this year on, our vision is that **No Child Should be Homeless — and every child should have what they need to thrive.** Wellspring is committed to the goal that no child should have to endure homelessness.

Thank you for being a strong advocate in support of our work with children and families. We couldn't do it without you. I invite you to continue working with us so that someday soon we will all celebrate the fact that every child has a home.

Together, we *can* get there.

Gratefully,

Ruthann Howell
CEO/President

Mackay's Dolly Drive

Nine-year-old Mackay loves dolls and she has a special place for each of them on her bed and in her heart. When she was just four years old she was sad to learn that some kids don't have beds, homes or dolls. She wanted to do something to help and decided to give her own dolls and stuffed animals to homeless children at Wellspring.

Now, five years later Mackay's holiday tradition is to organize a dolly drive in her neighborhood. She draws her own posters and promotes her dolly drive at school and a coffee shop in her neighborhood. In December Mackay collected over 100 dolls and donated them all to kids in our Early Learning Center!

Thank you, Mackay!



Wellspring Events Calendar

Kindiependent Concerts

Find Wellspring at the Kids Rock Series at Mount Baker Community Center

- Sat, Feb. 5, 10:30am with Caspar Babypants
- Sat, March 19, 10:30am with Recess Monkey



Coming to a neighborhood near you and featuring kids' rock star Caspar Babypants!

Friday Evenings: 6:30 - 8:30pm:

- May 6: Mount Baker Community Club
- May 13: Mercer Island Presbyterian Church
- May 20: Sunset Community Club, Ballard

Tickets are \$15 each for kids and adults
(kids under age 2 are free)

Powerful Change Luncheon

Tuesday, April 26, 2011

Noon - 1:30 pm

Sheraton Seattle Hotel

Suggested donation at the event: \$150



Learn more and RSVP at www.wellspringfs.org

Return Service Requested

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Seattle, WA 98144



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