



Annual Report

20-21

CENTER FOR A NON VIOLENT COMMUNITY

*A Domestic Violence, Sexual Assault, and Human
Trafficking Prevention & Crisis Intervention
Agency serving Tuolumne County since 1978.*

Published March 2022

A Tribute

Celebrating and recognizing the shoulders we stand upon: Elizabeth “Liz” Sewell

"Every part of what she believed in, it's not just woven into the fabric of our agency, it's in every single fiber," said Laura Sunday, co-director at CNVC.



Elizabeth “Liz” Sewell

Liz was a fire-brand visionary for women's rights and a passionate advocate for social justice. She remained on the CNVC board until her death, and during her 50 years in Sonora, she campaigned tirelessly to improve the status of the survivors of intimate partner violence.

Liz Sewell, Pat Cervelli, Linda DuTemple and Darlene Baumgarten are considered the founding sisters of CNVC and of a regional women's rights movement which earned legitimacy, recognition and funding under their stead.

Together, they founded the Mother Lode Women's Crisis Center over a few years in the late 1970s, soon after opening a shelter and establishing a sexual assault support program. They pioneered school programs that began as awareness of violence to building skills so the violence doesn't occur.

Out beyond ideas of wrongdoing, and right-doing, there is a field. I will meet you there.

— Rumi

Liz introduced CNVC to [Nonviolent Communication \(NVC\)](#) 20 years ago. It has become part of the foundational infrastructure of our agency and how we conduct business. In NVC, we learn to hear our own deeper needs and those of others. Through its emphasis on deep listening—to ourselves as well as others—NVC helps us discover the depth of our own compassion. This language reveals the awareness that all human beings are only trying to honor universal values and needs, every minute, every day.

Along with NVC, Liz worked with the Board of Directors, Guardian Council, to promote feminist principles. This has created an agency that believes in **autonomy, choice, empowerment and meaningful engagement.**



Liz Sewell speaks at the grand opening of the Sunshine Houses in 2006. These units provide transitional housing to survivors of intimate partner violence.

#ChoosetoChallenge

Choose to challenge the status quo. “If you see something, say something,” has been our motto for the past couple of years. We decided to turn this question inward and challenge ourselves to think differently and as a result...

Big changes in the coming year!

More than 90% of people are afraid to access mental and physical health care when they have just fled for their life in Tuolumne County. It can feel like an impossibly big and overwhelming problem to solve.

Antiquated technology and limited appropriate space hinders CNVC from providing safe and confidential places for survivors to access health care. It can be challenging to make a concept as big as access to health care concrete. By naming tangible solutions we begin to pull apart the multifaceted web of destruction to *Restore Lives and Renew Futures*.



With a micro grant from the Sonora Area Foundation’s Innovation Project Challenge, CNVC had the seed money to get together survivors of domestic violence, staff, service providers, and volunteers. We brainstormed the best solutions to providing safe spaces for survivors. We begin with remodeling a series of dilapidated, unsafe garage bays into safe, usable space that is equipped with high speed internet and technology to be used by survivors, staff, and community partners.

Next steps: CNVC Campus Expansion plan for Safe & Confidential access to:

- Private mental and physical health care providers using on-line technology.
- Space for healing (support) groups to meet in person as well as via technology which support self-efficacy, solace, and hope.
- ADA compliant accessibility.
- Space for survivors to meet with advocates.

Cordelia Anderson describes “Gulliver Strategies”: small actions that, taken together over time, can topple a giant. We know this will be a multi-year project and we are ready for it!



CNVC hopes to transform the unsafe, dilapidated garage bays (top) into safe, confidential meeting space with access to technology (above).

A New Chapter

As we hold on to the values of CNVC, Integrity-Teamwork-Courage-Creativity-Compassion-Empowerment, we look to continue the lessons learned in a pandemic. Our empathy and flexibility has increased and we have experienced better ways of serving our community. We look to embrace a significant change in leadership.

Co-Executive Director, Laura Sunday, is retiring after 20 years with the agency. She began with sympathy for others and has learned the meaningfulness of empathy, compassion and hope. She found a place where her patience and wisdom; kindness and perseverance; warmth and resolve were welcomed. As lead for the Community Services Team, Laura introduced trauma-sensitive workshops for children & adults based on promoting resilience. She brought youth into our workplace as co-collaborators and piloted Strengths-based Leadership workshops for youth & adults.

As she leaves CNVC, she will continue to promote hope. Laura is the founder of Rizing Force Consulting, offering coaching & workshops to businesses and non profits.



Together, Laura Sunday (above left) and Heather Carter launched a co-leadership model as co-executive directors. Peniel Wilk-Whitmer (below left) steps into the role of Operations Director to lead alongside Carter, Direct Services Director.



Volunteers: The Heart of CNVC

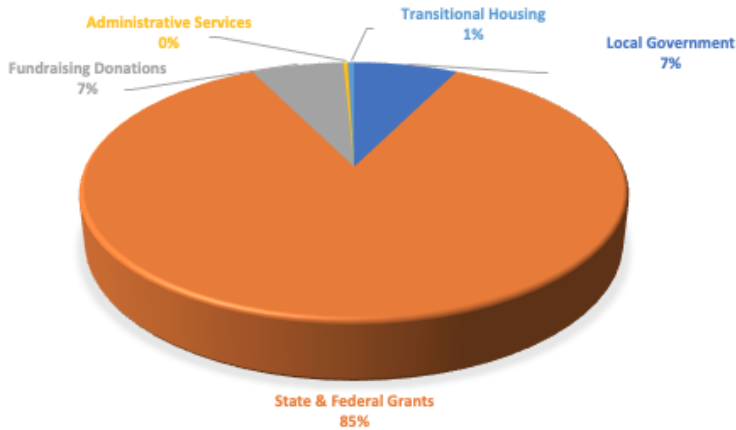


Volunteers donated several hundred hours of time to assist on the 24-hour Crisis Line, reception desk, and emergency response for survivors. They also supported community education and youth-oriented programs. We also have a committed team of fundraising volunteers who run estate sales and other events. We thank them for their hard work, dedication, and selflessness.

To volunteer, call 209-588-9305 or email reception@nonviolentcommunity.org.

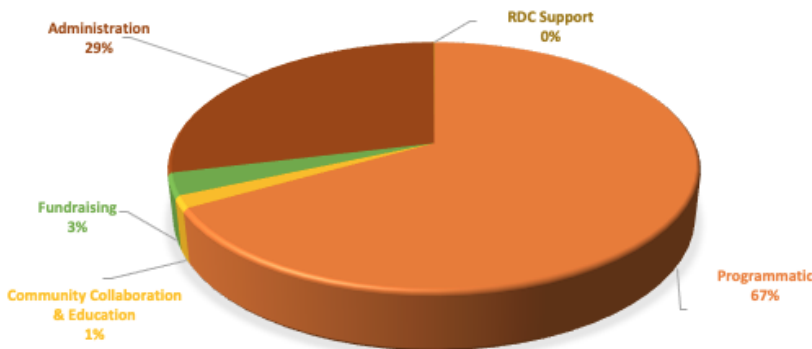
Financials

REVENUE SOURCES 2020-2021



CNVC is funded through a variety of sources, including federal, state, and local grants as well as community support and donations. Funds are used to pay for offices, staff, youth programs and community education efforts, and direct support to survivors of domestic violence, sexual assault, and other trauma.

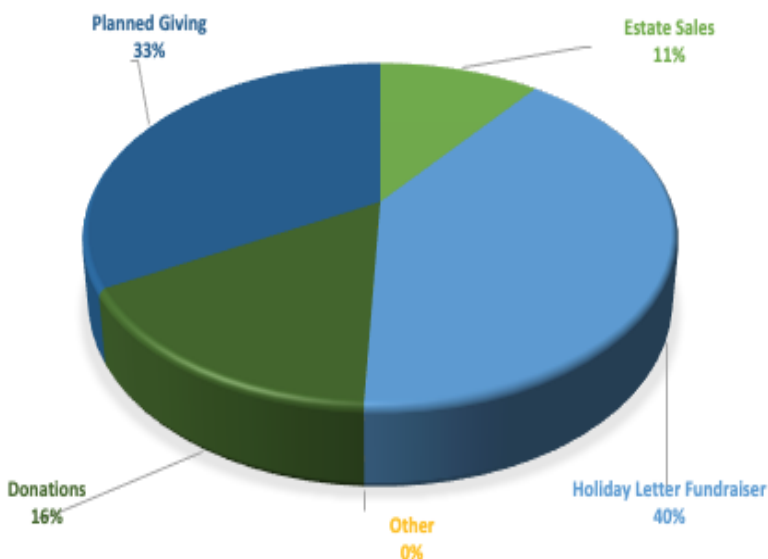
USE OF FUNDS 2020-2021



Direct support services benefit adults and children and include housing and relocation assistance, food, utility assistance, healthcare, medical and legal expenses, clothing and personal items, household goods, school supplies, and support for re-establishing their lives.

Fundraising

FUNDRAISING REVENUE 2020-2021



CNVC has a volunteer Fundraising Team whose efforts directly impact our bottom line. Fundraisers include the Holiday Letter, community events, and an **estate sale business**. We also receive support from individuals, businesses, and the community.

To find out more about Estate Sales:

www.nonviolentcommunity.org

—> Get Involved —> Estate Sales

To donate, call 209-588-9305 or go online to our website.

Direct Services

Services provided between
July 2020—June 2021 for **Adults** and **Children**



Shelter
54 Adults
33 Children



**Legal Advocacy
& Assistance**
290 Services



Activities:
31 Children and Youth
321 Services



Group counseling:
397 sessions
Individual counseling:
1,661 sessions



Crisis Calls
1,186



Bilingual Services
163

CNVC provides survivors of domestic violence, sexual assault, and human trafficking with advocacy, legal assistance, support in crisis and during court proceedings, safe housing options, and resource assistance from a trauma-informed perspective.

Our services are intended to create a safe environment where individuals, families, and communities can thrive.

Staff provided creative and flexible solutions to support survivors in the face of collective trauma caused by continued impacts of the COVID-19 pandemic. Social distancing measures and other restrictions made it more difficult for survivors to access services and forced many to shelter in place with folks who harm them. Those who did seek support reported a significant escalation of intensity and frequency in the violence they experienced. Staff were tasked to be more resourceful, autonomous, and creative as ever in order to meet the needs of survivors while caring for their own health, safety, and well-being.



Advocates (above) receive a community donation. Staff and volunteers (below) observe Denim Day in April 2021.



Community Services



Youth participate in Summer Fun program activities including (from top) bowling, mini-golf, and movies. CNVC staff (right) participate in a festive drive-through outreach event.

CNVC focuses on educating students on healthy and safe relationships, building resiliency, promoting kindness and empathy, and strengths-based leadership. Between July 2020 and June 2021, our staff made a total of **69 presentations** to **711 youth** in local preschools, elementary and high schools, including a Summer Fun program which served youth from across the community.

We participated in **68 speaking engagements** with **432 adults** in attendance, educating the community with a trauma-informed care approach on topics of domestic violence, sexual assault, human trafficking, and child abuse.

Due to the continued impacts of COVID-19, we received a grant from the Sonora Area Foundation to invest in technology to transition our prevention and education programs and youth support groups to virtual formats. This included the creation of videos and social media content. We also debuted **Shifting Boundaries News** on YouTube, which was a project led by local students to address sexual harassment and how to be an upstander.

Access CNVC content that supports resilience for youth and adults, and other resources online at:

www.nonviolentcommunity.org

YouTube: CNVCSonora

Instagram: @CNVCSonora

Facebook: Center For A Non Violent Community



Snapshots



These photos capture CNVC staff, Guardian Council members, volunteers, community partners, and events throughout the year.



CNVC Executive Leadership

Heather Carter
Direct Services Director
Laura Sunday
Community Services Director
Peniel Wilk-Whitmer
Operations Director



**Center For A
Non Violent Community**
(209) 588-9305
24-hour crisis line (209) 533-3401
542 West Stockton St., Sonora
www.nonviolentcommunity.org

Guardian Council (Board of Directors)

Jenny Copello—President
Suzanne Praisler—Vice President
Joan Stampfl—Treasurer
AnneMarie Holmes—Secretary
Jennifer Bates, Jake Edmonson,
Bob White

Our Mission: The Center For A Non Violent Community actively supports the right of all people to live their lives free from interpersonal violence. We foster healthy relationships with self, partners, family and peers. We value the feminist principles of self-empowerment over self-desertion and of shared decision making over dominance. We are ardently dedicated to building community which is interdependent, collaborative, respectful of diversity, and supportive of peaceful solutions to conflict.

Renewing Lives...Restoring Futures