When you learn a friend is battered, listen.
Don't judge. Believe her. Give her a CVAN card. Listen some more.

Domestic Violence Awareness Matrix STEP INSIDE THE BOX

> Clean out donate to CVAN's "Cool Used Stuff" Thrift Store...then stay to Shop!

Write a check.
Make a gift.
Give monthly,
give annually.



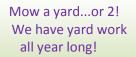
Attend CVAN's Women 4 Women Luncheon in August.

Carry CVAN's card.
Know the hotline –
704.788.2826.
Share it. Battering can
happen to anyone.

Volunteer – call about training, help at our Store and with Childcare.

Tell someone about CVAN. Tell someone under 40 about CVAN [©]

Organize a drive for CVAN – food, paper products – call for our most pressing needs.



Consider including CVAN in your will.

Invite CVAN to speak at your next meeting – club, church...



Join Men For Change in the Spring.
Be a role model.
Real men are kind to women.



safety, shelter & support for battered women & their children

24-hour hotline: 704.788.2826 bus: 704.788.1108

> store: 704.721.9020 www.cvan.org

