

Domestic Violence Awareness Matrix

STEP INSIDE THE BOX

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

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.



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

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.



Consider including CVAN in your will.

Enjoy the Tucker Garden Tour to benefit CVAN.



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

Mark Domestic Violence Awareness month at our October BBQ.

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

Make a "Meal-A-Month" for Shelter Families.



Mow a yard...or 2! We have yard work all year long.

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

CVAN

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