Building Foundations for Change

The Elizabeth Stone House helps homeless and at-risk survivors of domestic violence and related trauma achieve greater safety and stability.

You Matter!

Thank you to all that attended our annual You Matter! event this past fall, those who donated to the event and the corporate sponsors. You raised over $100,000 to benefit the children’s outdoor play space in our new home.

After a special opening video from Senator Elizabeth Warren, the evening also featured some incredible awardees. Rose, a past Elizabeth Stone House client, gave a moving speech after accepting the You Did It! award for her outstanding accomplishments. Also, former U.S. Senator William “Mo” Cowan, a supporter of the Elizabeth Stone House, accepted the Giving Voice to the Voiceless award and inspired guests with his words.

Why do our children need a play space?

The 2015 You Matter! event raised money for Building With a Mission: The Campaign for the Elizabeth Stone House, but in particular the outdoor play space in our new home that will be critical to our children.

While a play space will provide recreation and enjoyment to our children, it will also be central to their healing.

Trauma is experienced and recorded in the body – how fast your heart beats, how quickly you breathe, deciding whether to run or to hide. Some of the most effective strategies to reduce the symptoms of trauma in children involve gross motor activity.

For children experiencing symptoms of trauma exposure, a playground can provide the best therapy. For infants learning to crawl and walk, a soft space allows independent exploration which builds an emerging sense of self-efficacy. For toddlers, a balance beam fosters healthy independence and allows them to concentrate on their breathing as they take each step. For preschool and school-age children, a climbing structure provides the excitement of risk within a positive setting without fear or terror; reaching the top provides a sense of mastery.

Each of these is critical to healing: recognizing how their bodies are feeling and reacting to the environment, learning that they can influence how their bodies feel and learning what their bodies can do.

Learn more about Building With a Mission: The Campaign for the Elizabeth Stone House on our website at www.elizabethstone.org/building-with-a-mission/ or contact Jim May, Director of Development at 617-409-5417 or jmay@elizabethstone.org.

Third Annual Elizabeth Stone House Golf Tournament

Monday, May 16, 2016

A day of golf at Spring Valley Country Club in Sharon, MA with auctions and prizes to benefit Building With a Mission: The Campaign for the Elizabeth Stone House.

Download sponsorship and registration forms at www.elizabethstone.org/whats-happening/. For more information, email golf@elizabethstone.org.

Wilderness Heals

July 15-17, 2016

A three-day pledge hike through New Hampshire’s White Mountains to benefit the Elizabeth Stone House.

For more information, visit our Wilderness Heals website at wildernessheals.elizabethstone.org or email Sam Schultz at sschultz@elizabethstone.org.

SAVE THE DATE

for this year’s You Matter! event to benefit our capital campaign:

Thursday, October 27, 2016

YOU’RE INVITED!

photo by © Lindsay Hite / www.readyluck.com

Rose, former Elizabeth Stone House client, shares her story as she accepts the You Did It! award.
Congratulations to our graduates!

For many Elizabeth Stone House clients, participating in our various support groups and classes is crucial to their healing and growth. In March, our most recent group of parents graduated from the Nurturing Group.

Nurturing Group is a 10-week, curriculum-based course focusing on developing healthy parent-child relationships, family roles and communication. Facilitators lead the weekly classes and emphasize the importance of self-care for parents. The curriculum is designed to support participants that have experienced domestic violence, substance abuse, mental illness and homelessness. Like all support groups, Nurturing Group is open to both Stone House residents and members of the community. The group is also open to both women and men.

Upon completion of this latest Nurturing Group, graduates are now one step closer to strengthening their families.

Congratulations, graduates!

A recent graduate of the Nurturing Group with Stone House facilitators.

Stay Connected with the Elizabeth Stone House

Follow us on Facebook www.facebook.com/TheElizabethStoneHouse

Tweet with us on Twitter www.twitter.com/EStoneHouse

Visit us online www.elizabethstonehouse.org

To receive Stone House updates by email and/or to receive our newsletter electronically, email Jillian Murphy Hess at jmurphy@elizabethstone.org.