

SHALOM BAYIT

BAY AREA JEWISH WOMEN
WORKING TO END DOMESTIC VIOLENCE

Spring 2007 ~ Sivan 5767



Support Groups

Support groups are offered in San Francisco the East Bay, Marin and the Peninsula. All healing groups are free and open to women who have been abused in a current or past relationship. For details, call Bay Area Toll-Free Helpline

1-866-SHALOM-7

Peninsula and Marin support groups made possible by the Jewish Community Endowment Newhouse Fund.

San Francisco group made possible by Mount Zion Health Fund and the Jewish Community Federation of San Francisco, Peninsula, Marin and Sonoma counties.

East Bay support group made possible by the Civic Foundation.

Thank you!

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Love Shouldn't Hurt: Youth Curriculum Goes National

Shalom Bayit is proud to announce the national launch of our teen dating violence prevention curriculum, *Love Shouldn't Hurt*. The long-awaited publication was released in March at the 3rd International Conference on Domestic Abuse in the Jewish Community (convened by Jewish Women International), where it was received with great enthusiasm from advocates and Jewish communal workers from around the world.

Based on our successful Bay Area program, *Love Shouldn't Hurt* is a healthy relationships curriculum with a Jewish lens. Aimed at Jewish youth (ages 11-21), it includes a facilitators' guide, three teen workshop units (middle school, high school, and college), companion workshops for parents, and ideas for follow-up activities and "stage II" workshops. The original workshop outlines were written by our youth facilitators, and then developed for publication over the past two years by Miriam Wolf, LCSW and Shalom Bayit staff.

Love Shouldn't Hurt gives young people and those who care about them—parents,

educators, youth leaders, and other Jewish professionals working with youth—the knowledge and skills to identify warning signs and to intervene successfully if they or someone they know is being abused. Because relationship patterns begin to form in early friendships and peer interactions, *Love Shouldn't Hurt* also addresses feelings, conflict resolution skills, family and peer pressures, limit-setting and other important skills that apply to all types of relationships. These skills become the building blocks of healthy relationships throughout one's life.

*"Love Shouldn't Hurt gave our students the awareness, education and context to bring this issue closer to home."
— Rabbi Mimi Weisel,
Jewish Community
High School of the Bay*

The Development of Love Shouldn't Hurt

Shalom Bayit has been a pioneer and leader in the field of Jewish domestic and dating violence since 1992. A decade after Shalom Bayit's founding, our college-age interns created a pilot program to reach out to Jewish adolescent girls with abuse prevention information. At that time, no materials existed to address teen dating violence from a Jewish perspective. In 2002, teen program founder and student intern Leah Turchin conducted an informal needs assessment

(Continued on page 2)

Upcoming Events

For locations and information on events below, call (510) 451-8874.

- May 30th, 7:15pm: **Women's Healing Service.** Congregation Kol Emeth, Palo Alto
- May 31st, 7pm: **Spring Salon** in support of Shalom Bayit's new Marin Programs
- June 12th, 7pm: **Financial Freedom Workshop** for Women. Congregation Sherith Israel, SF
- August 8th: **SAFE AT HOME:** Jewish Heritage Night at the Ballpark
5pm Dinner at Gordon Biersch.; 7pm SF Giants game at AT&T Park
- August 28th, 7pm: **Stories Seldom Told**, readers' theater performance to benefit Shalom Bayit
Jewish Community Center of San Francisco
- October 7th, 3 - 7pm: Celebrate Shalom Bayit's 15th Anniversary with *Body & Soul*
Pamper yourself at our Spa Day, Auction and Celebration
3-5pm Spa; 5-7pm Reception/Auction. Jewish Community Center of San Francisco.

Details inside...

Youth Curriculum, cont'd from cover

among Bay Area Jewish teens, designed informational materials and created our first peer-education workshop for high school girls. Soon after, we expanded to co-educational workshops and prevention outreach to include boys and young men. In 2003 we added companion workshops for parents and Jewish educators.

Since the program's inception five years ago **2,250 Jewish youth plus 450 parents and educators** have participated in our healthy relationships workshops. Now we are pleased to offer this successful curriculum to Jewish communities nationwide.

Our teen program was thus the first of its kind in the Jewish community—and remains the only such program to be created and run by young people themselves. Teen participants and their educators, rabbis, and youth leaders have all expressed the critical importance of this topic and our effectiveness in presenting the material in a way that is accessible to teens. "*Love Shouldn't Hurt* framed an issue that our students were aware of in a Jewish context, giving them a perspective that just because we are Jewish doesn't mean we are exempt," says Rabbi Mimi Weisel of the Jewish Community High School of the Bay. "*Love Shouldn't Hurt* gave our students



Love Shouldn't Hurt

- ✧ Creates a Jewish framework to help young people open conversations about relationships with their peers, parents and teachers
- ✧ Encourages young people to set bottom lines and healthy boundaries
- ✧ Helps young people recognize abusive behavior and make healthy relationship choices
- ✧ Educates adults who work with Jewish youth so they can offer support and assistance with the complex relationship issues facing adolescents today

the awareness, education and context to bring this issue closer to home."

Over the years, we received many requests from other communities to replicate the program nationwide, indicating both a pressing need and wide support in the Jewish community for this type of program. In response to those requests we sought and received funding to develop our local program into a user-friendly curriculum that could be used by Jewish communities nationwide, thus creating the first-ever youth-led Jewish teen dating violence prevention program in the US. Our hope is that Jewish educators, synagogues, day schools, Hillels and other youth groups will use *Love Shouldn't Hurt* as a tool for bringing the topic and skills of healthy relationships to children and youth in their communities.

Our vision—and our commitment to the next generation—is to give every Jewish youth the opportunity to develop healthy relationship skills before they reach adulthood. We hope the curriculum will spark thought-provoking dialogue, open doors for communication, and inspire Jewish youth to treat each other, and themselves, with honor and respect. ♡

The *Love Shouldn't Hurt* curriculum and local program are made possible by generous support from The Hadassah Foundation, Blue Shield of California Foundation, and the Jewish Community Federation and Foundation of the Greater East Bay. We are grateful to them for supporting our vision of giving Jewish youth the tools they need to make healthy relationship choices. TO ORDER YOUR COPY TODAY, CALL (510) 451-8874 OR EMAIL TEEN@SHALOM-BAYIT.ORG.

Bay Area Jewish Healing Center Collaboration Brings Spiritual Support

Now in our fourth year of working together, Shalom Bayit and the Bay Area Jewish Healing Center (BAJHC) once again combined efforts to provide comprehensive spiritual support for Jewish women healing from abusive relationships. With generous support from the Jewish Community Endowment Newhouse Fund, as well as funds raised at our 14th anniversary benefit in Hillsborough, Shalom Bayit and the Healing Center launched a **Peninsula Support Group**, providing the only support group and spiritual counseling for Jewish battered women in the mid- to south-Peninsula regions. Local congregations, domestic violence shelters, and the Peninsula branch of Jewish Family and Children's Services joined forces with Shalom Bayit and the Healing Center to provide outreach, referrals, and inkind support to make the group a success. Facilitated by Rabbi Aliza Berk of BAJHC and Miriam Wolf, LCSW of Shalom Bayit, the group provided the only place on the Peninsula where Jewish women could gather for emotional, spiritual, and educational tools to recover from domestic violence. With seven women participating, the group ran from September through December. Writes one participant about what the group meant to her, "Seeing other well-educated women in the same situation as my own [gave me] validation and emotional support." Next up, our collaboration with the Healing Center and Newhouse Fund will bring our **support group to Marin** this fall. ♡



Affiliated with the Institute on Aging

Thank you!

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Consider making a monthly pledge of \$18 or more—a true life-giving force to battered women and their children. It's an easy way to give a little and have a big impact. If 200 people gave \$18 each month, it would support our counseling program for a year! Just go to www.shalom-bayit.org and click on DonateNow. Fill in your pledge amount and check the "monthly gift" box. Thank you!

Pinning a leaf on
the Tree of Life quilt



Photo by
Lea Delson

Creating Hope

This past November, more than 50 people gathered to celebrate Shalom Bayit and honor our major supporters. Held in the beautiful home of Linda Gerard and Danny Grossman, *Creating Hope* featured a presentation by the deYoung Museum on their remarkable textile exhibit, *The Quilts of Gee's Bend*. The exhibit included more than 60 quilts made by four generations of African American women. Descended from slaves and isolated for decades by geography, poverty, and government indifference, the women of Gee's Bend assembled quilts of astonishing artistry. The artists' ability to create beauty from nothing but scraps is a powerful parallel for the journey of many abused women who must travel from despair to hope, and create something out of their torn-apart lives. Reflecting on Shalom Bayit's important work to help battered Jewish women find hope and healing, *Creating Hope* also honored some of our community heroes. The 2006 Community Service awards went to Rivka Greenberg, Carol Platner, and Sandra Lipkowitz & the SF Mah Jongg Girls for their outstanding efforts on behalf of Shalom Bayit. The closing ritual united everyone to create a Tree of Life quilt (thanks to the Berkeley Jewish Women's Quilt Group) celebrating the strength of many survivors of domestic violence who have transformed their hardships into healing.

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STORIES SELDOM TOLD

WITH REV. LIZANN BASSHAM

Stories Seldom Told is a Readers Theatre piece developed to celebrate the stories of Biblical women who have been repressed or silenced by culture and literature, including Vashti, Jezebel, and Puah. In this feminist retelling of both familiar and less familiar events, these characters speak their own version of the story. Over the course of nine weeks, participants will explore the scriptures that inspired the play, choose which of the characters they would like to portray, and then perform the piece on the last night.
No prior theatre experience is necessary!

THE PUBLIC IS INVITED TO THE PERFORMANCE ON AUGUST 28

Tuesdays, June 26 - August 28 (10 classes), 7:00 - 8:45 pm
JCCSF Members: \$100 • Public: \$125
To register, please call 415.292.1278
JCCSF, 3200 California Street, San Francisco, 94118



Shalom Bayit
Bay Area Jewish Women
Working to End Domestic Violence



TAUBE CENTER FOR JEWISH LIFE
Jewish Community Center of San Francisco

Helping Jewish Youth Build Healthy Relationships: A Training For Jewish Educators



On April 29th, in collaboration with the Bureau of Jewish Education, the Center for Jewish Living & Learning of the Jewish Community Federation of the Greater East Bay, Jewish Women International, and The Hadassah Foundation, Shalom Bayit led the first-ever Bay Area **Training for Jewish Educators** on abuse prevention and response. This one-day training gave educators (from early childhood through college) tools for prevention, detection and intervention in situations of dating- and domestic violence from a Jewish perspective; tips for helping families where abuse may be occurring; concrete ideas for integrating healthy relationships education into a program of Jewish studies; a toolbox of Jewish teachings that can inform young people's concepts of friendships, relationships and intimacy; and opportunities to build skills in helping their students to lead healthy lives. *We have had many requests to repeat the training in the fall, so stay tuned for dates and details of the next Jewish Educators' Training!*



Shalom Bayit

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www.shalom-bayit.org
www.love-shouldnt-hurt.org
Phone: 510-451-8874
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Beyond Awareness: Effecting Change

In March Shalom Bayit staff traveled to Baltimore to attend Jewish Women International's (JWI) Third International Conference on Domestic Abuse in the Jewish Community. Shalom Bayit has helped plan and convene these groundbreaking conferences in partnership with JWI since 2003. At the conference Shalom Bayit was at the forefront in many arenas, demonstrating our longstanding national leadership in the field. It was wonderful to be joined by 300 advocates, abuse survivors, social workers, rabbis, researchers, and representatives of Jewish communities around the world all working to develop a global Jewish response to abuse. Shalom Bayit led six conference workshops including a domestic violence basics course for social workers; a presentation on national models for synagogue response to abuse (based on congregational protocols created by Kehilla Community Synagogue in Piedmont); a panel on violence in lesbian and gay relationships led by Rabbi Camille Angel of Congregation Sha'ar Zahav; a workshop on feminism and violence against women programs in the Jewish community; a teen dating violence prevention panel with youth program coordinator Zephira Derblich-Milea, and a workshop on integrating Jewish spiritual healing into domestic violence support groups led by Naomi Tucker and Marcia Cohn Spiegel. Shalom Bayit also launched our *Love Shouldn't Hurt* national teen curriculum at the conference. We thank Jewish Women International for fostering this important international gathering, galvanizing Jewish communities everywhere to take a stand against violence in the home. ☞



Marcia Cohn Spiegel & Naomi Tucker

SAVE THE DATE

Pamper yourself at Shalom Bayit's 15th Anniversary Celebration and Spa Day

Sunday, October 7th, 2007 ~ 3pm Spa / 5pm Reception

Body & Soul

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Jewish Community Center of San Francisco



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- Phone Cards
- Used cell phones
- New computer

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or donate securely online at www.shalom-bayit.org

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