

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!

Make a gift. Give monthly, give annually.



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

Enjoy the Tucker Garden Tour To Benefit CVAN

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



Consider including CVAN in your will.

Attend CVAN's Women 4 Women Luncheon in August.



October is Domestic Violence Awareness Month

Organize a drive for CVAN - food, paper products, etc - call for our current needs.

Mow a yard...or 2! We have yard work spring to fall.

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
office: 704.788.1108
thrift store: 704.721.9020
www.cvan.org info@cvan.org