

# The Healing Connection

The Healing Center's mission is to offer sexual abuse survivors and their loved ones opportunities for healing by providing support, advocacy and community education.



Ann Elizabeth Nagel  
and Maryann Clesceri

## Emily Willegal Event

The Emily Willegal Event, hosted by Rock Bottom Brewery was a success and raised \$5,200 for The Healing Center. "We are thankful for Rock Bottom Brewery and all those who contributed and paid honor to Emily. With the funds raised, we will dedicate a room in Emily's name called 'The Emily Room' complete with new furniture and healing artwork with Emily's taste in mind," remarked Tricia Damm, sexual assault counselor at The Healing Center. The night included a silent auction, raffles, and free Willegal Wheat beer.

**We are so grateful to all the staff and volunteers who helped make this event possible!**

## Thank You FIS!

We are so grateful to Anne Elizabeth Nagel for nominating The Healing Center for the FIS employee giving program. Their donation of over \$500 will greatly benefit survivors in need of counseling and advocacy.



Stephanie Novacek  
and Eric Hazell



Tami Schlickman, AnnaMary  
Clesceri, Maryann Clesceri



Scott & Melissa Kroetz,  
Tricia & David Damm

# Congrats to our very own, Maryann Clesceri!

The Executive Director of The Healing Center, Maryann Clesceri was recently awarded The Gwen T. Jackson United Way Community Service Award. She received this honor for her work with the Sexual Violence Subcommittee of the United Way of Greater Milwaukee. Her dedication to voluntarism and the community is an inspiration and helps to further The Healing Center's mission!

## Who Am I?

By: D.B

Who am I the one people see  
and disagree.  
What they say it don't matter  
anyway  
Whom am I the person that  
should not lie about me  
Only I know how far I can go.  
Keep on pushing never stop  
wishing.  
Dreams do come true, only if  
you believe in you.  
No matter what they say, I am  
on my way.  
To just start living and forgiving.  
What life has given to me.  
You learn from your mistakes.  
Sometimes it brings you heartache.  
It will be alright, don't stop doing  
it with all of your might.  
Stand your ground and don't  
break down.  
Don't forget and never quit  
because you have made it.  
Suck in some air and always be  
aware.  
Everyone is not the same.  
Peopledo and can change.  
No matter what you have been  
through, your mind is yours.  
Now you can start to close those  
doors, not having to deal with that  
life anymore!



## Wish List

**The Healing Center is always thankful for these new and gently used items:**

- Honey
- Kleenex
- Journals
- Magazine subscriptions
- Office supplies
- Pens
- Personal hygiene products
- Pick 'n Save gift cards
- Photo print and ink cartridges
- Tea/coffee
- Sewing machine
- Funding for Core vouchers
- Art supplies – glue sticks, glue for hot-glue guns, Elmer's glue, tacky glue, construction/craft paper, poster board, artistic foam board, canvasses, tempera/acrylic paints, paint brushes, paint pallets, stamping ink, pastels
- Dry-erase markers
- Books – Courage to Heal and Victims No Longer
- Candles

# Topic Nights

Held on Wednesdays from 5:30-7:30pm, these FREE evening classes focus on various components of the healing process and are intended for survivors and their loved ones. Staff present information, give handouts and lead exercises regarding a chosen topic. If interested, you must sign up with Stacy before the scheduled meeting. These topic nights are open to all in the community who wish to attend!

Call (414) 671-4325 or email Stacy to attend or receive more information ([stacy.andraski@aurora.org](mailto:stacy.andraski@aurora.org)).

**Creative Expression Workshops are on certain Wednesdays. These workshops will cover the same themes that are talked about during Topic Nights, but will be done through creative projects.**

**CHECK FOR THE DATES LISTED. Times are 5:00-7:00pm. PLEASE CALL AND REGISTER FOR CREATIVE EXPRESSION WORKSHOPS. If we do not have at least 6 people registered by the day before, Creative Expression Workshop will be canceled. Due to limited space, the workshops will be limited to 9. Only those who have registered will be guaranteed to be able participate.**

## May 29

### Boundaries

Sexual abuse/assault are a violation of our basic personal boundaries. Often the experience of sexual trauma creates confusion about boundaries – what are healthy boundaries? How do we create and effectively maintain them? This discussion will focus on some of the common ways that survivors struggle with boundaries and suggest concrete tools that can be used to strengthen healthy boundaries.

*\*Muneebah facilitates this presentation/discussion.  
Open to survivors only.*

## June 5

### Shame and Guilt

Survivors often believe they are responsible for the sexual trauma they experienced, even if there was no possible alternative or escape available to them at the time. Such self-imposed judgments may lead to feelings of shame and guilt. These negative feelings may be reinforced by non-supportive professionals, family members, or acquaintances. Reducing sexual trauma related shame and guilt is an essential and difficult part of the healing journey. This topic night will offer strategies to begin reducing shame and guilt by improving your sense of self-respect and self-worth.

*\*Muneebah facilitates this presentation/discussion. Open to survivors only.*

## The Healing Center

130 W. Bruce Street , 4th Floor  
Milwaukee, WI 53204

14-671-HEAL (4325) or 866-671-HEAL

[TheHealingCenter.org](http://TheHealingCenter.org)

The Healing Center is affiliated with  
Aurora Sinai Medical Center.

Follow us on:



facebook

twitter



United Way  
of Greater Milwaukee