



# Harbor *Highlights*

2024 Spring Newsletter

## Rena's Story

Rena first learned about Safe Harbor's Community Center services in 2017. Because of the support she received, she experienced periods of great success and stability. But in 2023, she was in crisis after her position at a local university dissolved. Rena knew she needed to reconnect with Safe Harbor to rebuild her life and reached out for help.

Rena found shelter at the Salvation Army emergency shelter for a time. But as her stay there came to an end, she became depressed and discouraged. Because of your faithful support, Safe Harbor provided Rena with the resources and encouragement she needed to keep going.

You made it possible for Safe Harbor to offer Rena free resource navigation services. She continued her job and housing search while trusting in God's timing. Miracles began to unfold, and God's faithfulness and provision turned Rena's crisis into a story of hope.

Rena secured a job interview, and Community Center staff assisted her in successfully getting to that interview. Rena was offered the job for an ideal position that same day.

While reviewing Rena's application for housing, a local landlord was so moved by her resilience, persistence,

and amount of community support that they expedited the often lengthy housing process. Rena's apartment was confirmed five days before her end date at the shelter. God was right on time!



Now, Rena is having her driver's license renewed and has become an active member of a local area church. She encourages other women struggling to navigate so many barriers by saying, "Keep showing up. Apply for the jobs. Don't just send the applications; follow up with those employers and landlords. Work to meet with those places of business face to face. You have to keep putting yourself out there and utilize the resources that are available to you."

Thank you for making it possible to have a "harbor" for women like Rena. Your support, prayer, and service has equipped her for long-term success.

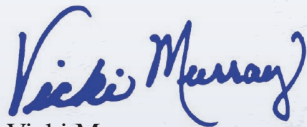
"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."  
Galatians 6:9

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)*

## Safe Harbor's Shining the Light Podcast!

I was thrilled that God allowed me to be a part of the launch of Safe Harbor's Shining the Light podcast before my departure in May. You will not want to miss a single episode as we "Shine the Light" on homelessness and substance use disorder and the stigma that surrounds these issues. I am proud that Safe Harbor is the forerunner in educating our community on how we use stigmatizing messages without realizing it. Tune in and learn how you can help those you love and meet along your life journey.

Thank you,



Vicki Murray  
Chief Executive Officer

*Safe Harbor has officially launched their podcast!  
Subscribe to our YouTube channel to catch the first episode!*

**YouTube Handle: @safeharborofNC-Iz5kx**



*Development Director Sarah Blanton, CEO Vicki Murray,  
Alumni and Substance Use Counselor Chantiza Queen*

**THE ON PURPOSE  
CLASSES ARE BACK!!!  
SIGN UP NOW!!**

Our On Purpose classes were initially developed by our staff to meet the needs of the women in our Whole Woman and Greenleaf programs. However, we saw how our own lives were enriched by the materials and prayerfully decided to make our classes available to women in our community, from all walks of life, who wish to experience freedom and purpose in their lives.

Scan the code to  
find out more!



*Celebrating 20 Years  
of Ministry!*



**2024 Board of Directors**  
*Thank you for serving!*

Front row: Chief Operations Officer Gigi Williams,  
Jean Gay, Matt Ingram, CEO Vicki Murray

Back row: Carrie Deleary, Angel Starnes, Jennifer Whipple, Cassia Dowdy, Robert Broom, Patrick Wiggs,  
David Partham

Not pictured: Debbie Haynes, Founder and Board Member Emeritus, Board Peer Advocate, Melissa Cruse

# Great Things Are Happening Because of You!

## BUILDING FAITH COMMUNITY – GREENLEAF QUARTERLY DINNERS

It is challenging for women participating in our GreenLeaf transitional program to find time to build a community beyond Safe Harbor as they juggle recovery, employment, and parenting. We love partnering with local churches to bring the faith community to them. IChurch agreed to host meals for our GreenLeaf quarterly dinners in 2023 and made many beautiful memories and connections with our program participants and their children.

Safe Harbor's GreenLeaf Manager Sheree Rodgers was so blessed by the IChurch volunteers. She says, "The dedicated and faithful servants of the Lord at IChurch shared their joy, fun activities, and delicious food with our residents. They welcomed our ladies with open hearts and loving and warm spirits"

One of our residents, Renae, attended IChurch the Sunday after a recent dinner and accepted Christ as her Savior. She went on to be baptized and joined the church. She has now completed classes to serve in the church. Renae is excited and grateful for her growing relationship with the Lord. We met an amazing group of women at each dinner and experienced God's love and acceptance. What an incredible example of God's family!

If your church is interested in learning more about hosting a meal for our GreenLeaf dinners, contact Gina Setterlind at 828-326-7233.



*Gina Setterlind, Safe Harbor's Donor & Church Relations Coordinator & Sharon Gilmore, Assimilation Volunteer for IChurch*

## Recovery Court Partnership

Safe Harbor is thrilled to ally with our local Recovery Courts. This specialized court provides a treatment-focused alternative to incarceration that equips individuals struggling with substance use disorder to achieve and sustain long-term recovery. By combining resources and expertise, we are creating a more comprehensive support system that addresses not only substance use disorders but also the underlying issues that contribute to addiction.

One of the most rewarding aspects of this partnership is ensuring seamless transitions for incarcerated women who desire a long-term residential recovery program to enter Safe Harbor's Whole Woman program. Working together to support women through the early stages of recovery is critical. Access to such an incredible support network for program participants lays a foundation for sustained recovery.

Safe Harbor's Whole Woman Manager Kiersten Abernathy notes, "Collaborating with this multidisciplinary team allows us to be a resource for ladies seeking long-term recovery, to remain informed about the ever-changing world of recovery and to increase partnership with other agencies doing incredible work."

Catawba County Recovery Court Coordinator Karen Teague, says, "Catawba County Recovery Court works from a holistic approach. We could not meet the needs of our participants without the partnership of other community entities such as Safe Harbor, Exodus, Oxford House, and Catawba Valley HealthCare. We truly appreciate what each entity brings to the table."



*Whole Woman participant, Jessica with Catawba County Recovery Court Peer Support Specialist Heather Moore, and Probation Officer Nathan Keller.*



*Catawba County Recovery Court team with Safe Harbor's Kiersten Abernathy*

# COMMUNITY ENGAGEMENT

## You Made it Happen!

### Safe Harbor Takes First Place

Safe Harbor's Resource Warehouse came in 1<sup>st</sup> Place in Best Antiques and Best Consignment/Thrift! And Safe Harbor came in 2<sup>nd</sup> Place as a Favorite Community Service Organization/Non-Profit. We are so proud to serve

this community and so grateful for this community's support!



## Hope on Wheels

The National Institute for Transportation and Communities notes, "Transportation disadvantage can negatively impact access to employment and educational opportunities, healthcare, and social services."

If you own a reliable working vehicle, would you like to donate your car to help one of our women get back on her feet? Safe Harbor will connect your gift with those in need. Vehicle donations are tax deductible at their blue book value, and Safe Harbor provides all the documentation needed. Contact us at 828-326-7233.



## VolunteerHub

MAKING A DIFFERENCE EVERY DAY

### Meet Meet Catherine and Jill: GreenLeaf Program Mentors

Did you know GreenLeaf participants spent 421 hours with mentors and safe friends in 2023? And that 75% of our GreenLeaf program participants consistently save 75% of their income while at Safe Harbor?

Safe Harbor's GreenLeaf mentors help provide women and children with Godly love and support while in our transitional program as they establish permanent employment and attend classes that help them work through their past life experiences.

Catherine Lundberg loves her role as a Safe Friend and Mentor. She says, "Serving as a Safe Friend and Mentor is like being a conduit of the abundance that God has given. It is a vehicle to share with others and is incredibly rewarding."

Jill Adair says being a Financial Mentor allows her to come alongside women and equip them with key life skills. She says, "Learning how

to manage your money is a skill that is life transforming!"

To learn more about volunteer opportunities with Safe Harbor, visit our website at <https://safeharbornc.org/ways-to-get-involved/volunteer>



Safe Friend and Mentor Catherine Lundberg, Clarity Life Coaching



Financial Mentor Jill Adair

## Safe Harbor of NC would like to say "Thank You" to our Small Business & Corporate Sponsors

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### Broome Associated Insurance Agency

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Catawba County Farm Bureau  
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Jeannie Pierce Insurance

### \$2,500 Life Renewer

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### \$1,000 Recoverer of Life

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210 2nd Street SE | Hickory, NC 28602 | 828-326-7233 | [www.safeharbornc.org](http://www.safeharbornc.org)



ECFA Accredited

\*Some names and pictures have been changed to protect the identity of our clients.

Find us on:



Safe Harbor of NC  
Anchoring Lives Through Christ