



....In The Meantime With



24 hour confidential hotline: 1-800-537-6066 or 874-1973

Mini-Mag #50  May 24, 2021

This project was supported by Grant No. 2015-WEAX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice.

Hello,

In the year 1816, British scientist, inventor, author, and academic administrator, David Brewster, invented the kaleidoscope and named it after the Greek words meaning: *beautiful form watcher*. We've all probably looked into a kaleidoscope at some point in our lives, and therefore know that it's not complicated in structure nor is it difficult to manipulate. It's essentially a tube-like cylinder, with a viewer, a couple mirrors to reflect light and lots of broken pieces of colored glass. And the fun of a kaleidoscope is that with a twist of the tube, the colored pieces of glass shift and reorganize and fall into place and create a whole new image from what was previously there. And more importantly, a repeated twisting of the tube will continue to create new image-after new image-after new image. It is therefore not a huge leap to draw a parallel between a kaleidoscope and its shifting images with that of one's *life perspective*.

On the heels of mini-mag 49 where we met Nora, from Matt Haig's "The Midnight Library" (2020) and followed her adventure of 'testing' different versions of the lives she could have lived, we were reminded that there is no such thing as a life without pain, loss, mistakes, challenges, and setbacks, etc., but also too, that life is filled with those precious moments that make us so very grateful to be alive. And maybe, too, what we learned is that so much about how we view our current life situations or our overall lives in general, is that it all boils down to perspective. If we focus on regret, our past missteps or mistakes; our trials or tribulations, we can be overwhelmed to the point of inertia. However, if we look at our lives as a journey that is made up of an amalgam of moments and experiences, and that all those moments and experiences were necessary in shaping us into the person we are, we might recognize our uniqueness and value. And perhaps this shift in our perspective, much like the ever shifting pieces of broken glass in a kaleidoscope, will remind us that life is temporary...we are temporary, and the point is to keep moving forward, keep learning, keep connecting, and to recognize and embrace each our own uniqueness and value in the overall grand scheme of things.

Best,
Monique
&
Nicolle



Resilient living is so much more than the ability to recover from adversity, it is a dynamic way of living that puts you square in the driver's seat of your own journey.

(Quote from: Pathways to Resilient Living)

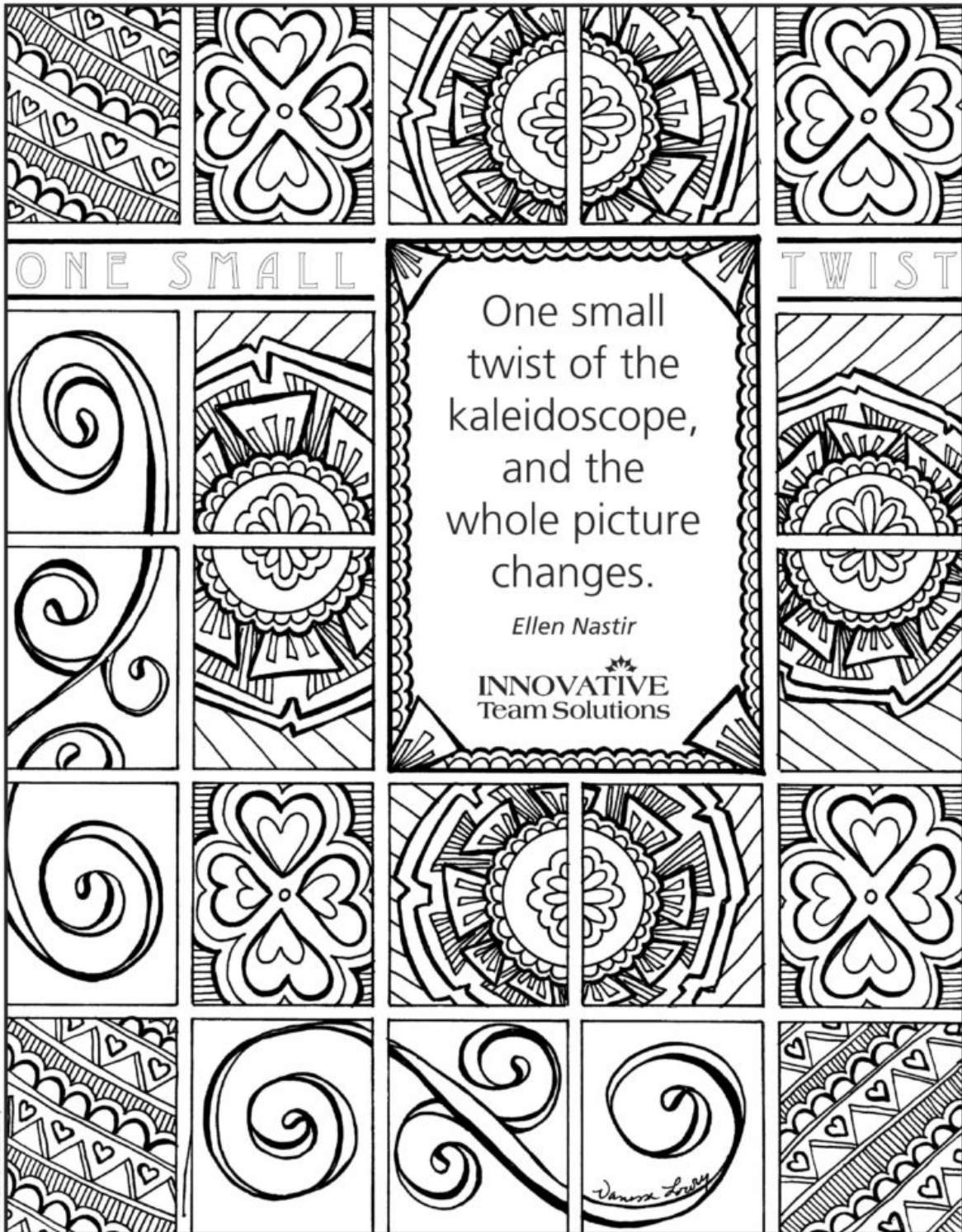


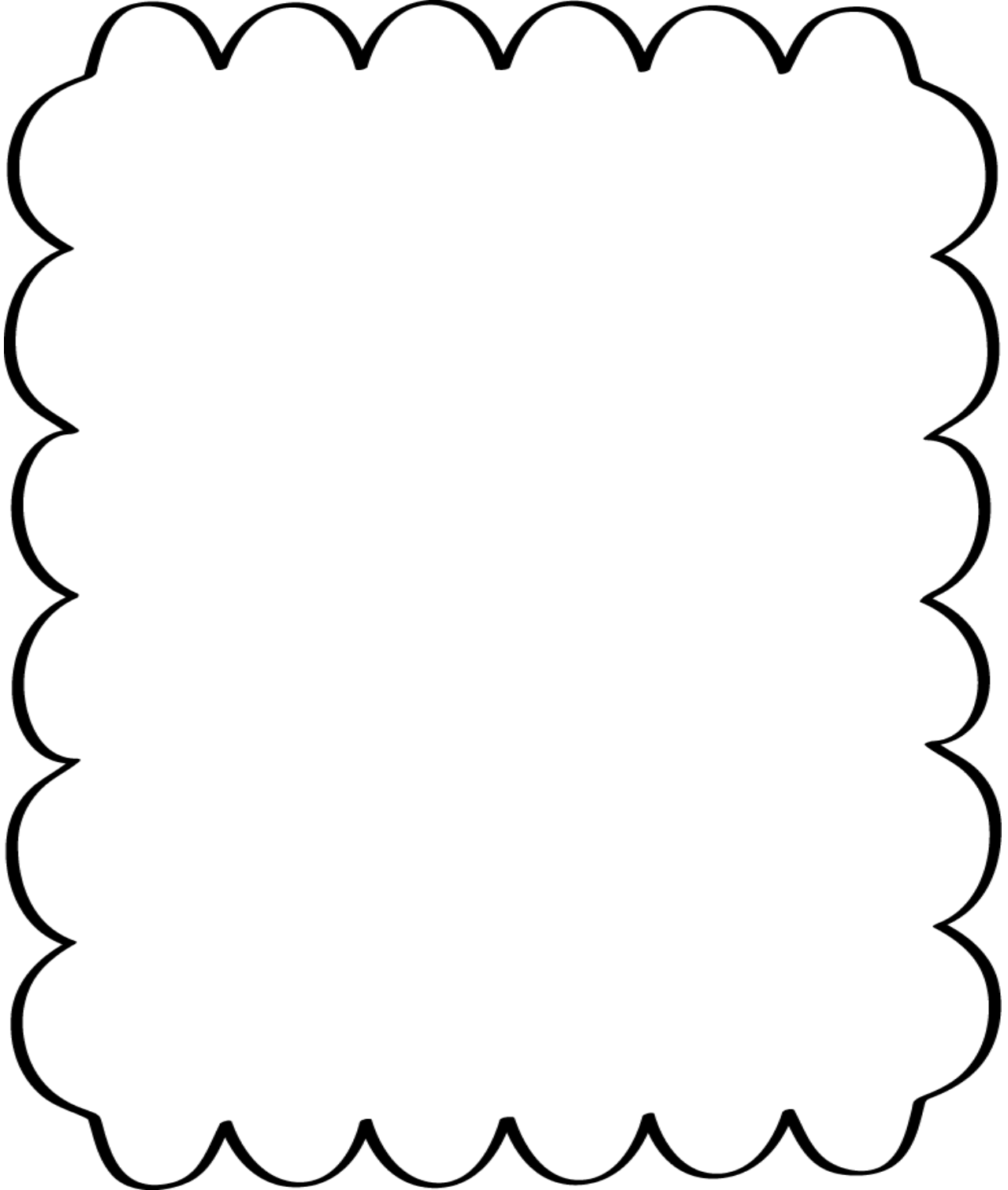
Illustration ©2015 Vanessa Lewis

Ellen Nastir | M.Ed., PCC • 813.968.8597 • innovativeteamsolutions.com

This project was supported by Grant No. 2015-WEAX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice.

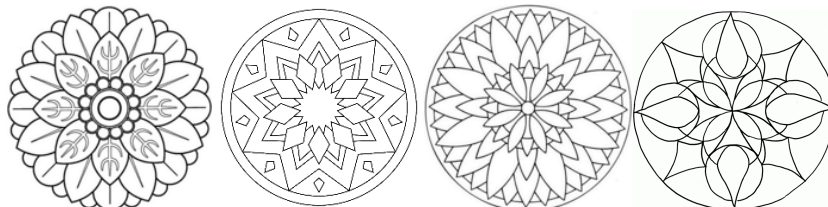
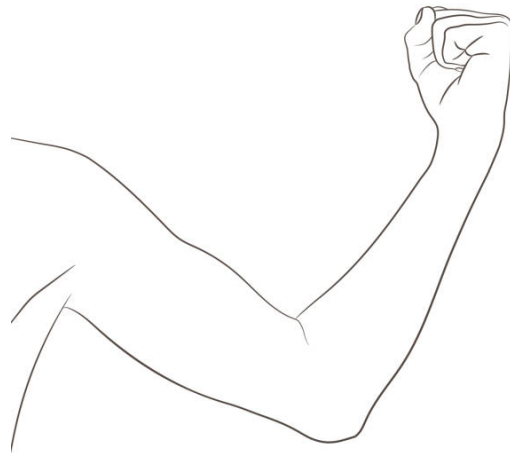
WRITING PROMPT

Write about a past experience where your view of it changed as a result of a shift in your perspective.

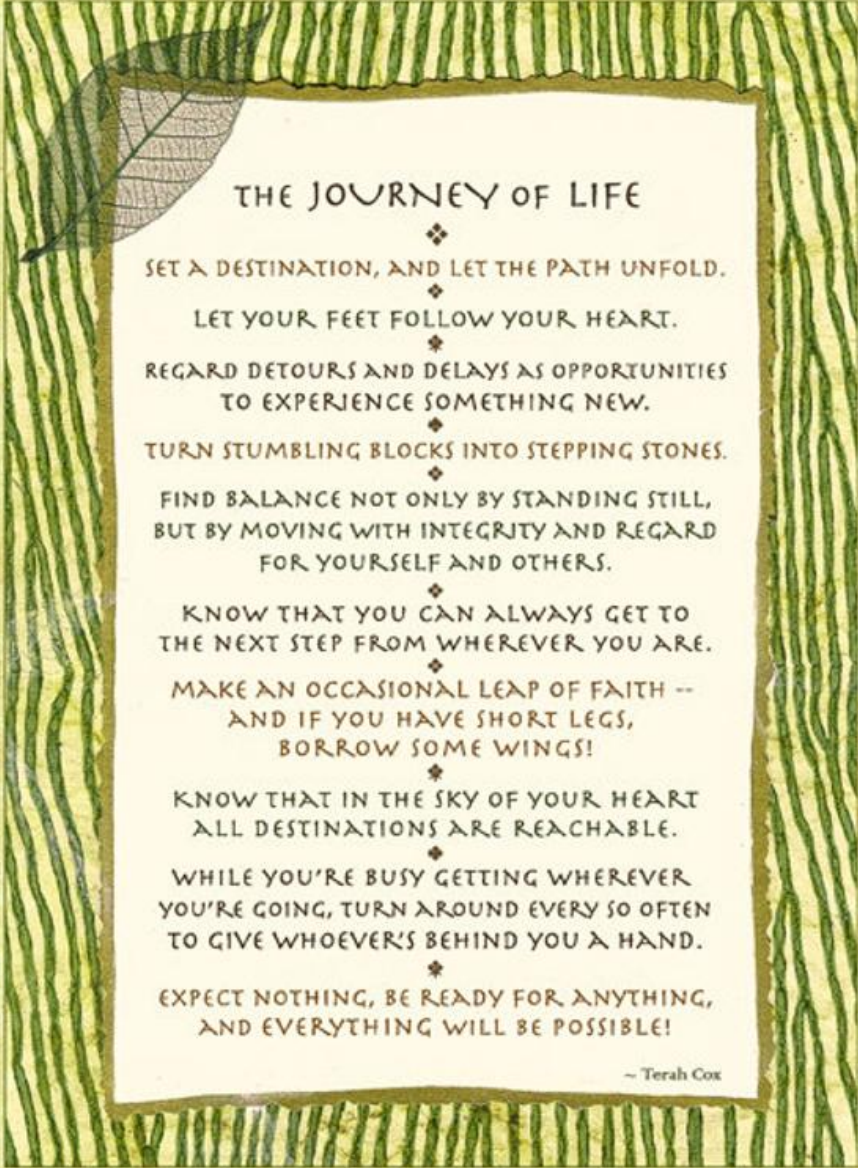
A large, empty, scalloped-edged rectangular frame intended for writing. The frame is composed of a thick black line that forms a series of rounded, wave-like shapes along all four sides, creating a decorative border. The interior of the frame is completely blank, providing space for the student to write their response to the prompt.

ART

Using the 'arm in flex' as your center, doodle, write, or draw things you've overcome, but also too, things/people/experiences that have enriched your life. You can also tattoo your own 'life mantra' on the arm if you like.



This project was supported by Grant No. 2015-WEAX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice.



THE JOURNEY OF LIFE

◆
SET A DESTINATION, AND LET THE PATH UNFOLD.

◆
LET YOUR FEET FOLLOW YOUR HEART.

◆
REGARD DETOURS AND DELAYS AS OPPORTUNITIES
TO EXPERIENCE SOMETHING NEW.

◆
TURN STUMBLING BLOCKS INTO STEPPING STONES.

◆
FIND BALANCE NOT ONLY BY STANDING STILL,
BUT BY MOVING WITH INTEGRITY AND REGARD
FOR YOURSELF AND OTHERS.

◆
KNOW THAT YOU CAN ALWAYS GET TO
THE NEXT STEP FROM WHEREVER YOU ARE.

◆
MAKE AN OCCASIONAL LEAP OF FAITH --
AND IF YOU HAVE SHORT LEGS,
BORROW SOME WINGS!

◆
KNOW THAT IN THE SKY OF YOUR HEART
ALL DESTINATIONS ARE REACHABLE.

◆
WHILE YOU'RE BUSY GETTING WHEREVER
YOU'RE GOING, TURN AROUND EVERY SO OFTEN
TO GIVE WHOEVER'S BEHIND YOU A HAND.

◆
EXPECT NOTHING, BE READY FOR ANYTHING,
AND EVERYTHING WILL BE POSSIBLE!

~ Terah Cox

Resilience

S	T	R	E	N	G	T	H	C	V	K	A	L	I
I	N	L	E	S	S	S	T	R	E	S	S	A	L
L	N	P	E	R	S	E	V	E	R	A	N	C	E
E	O	H	R	G	T	I	Y	A	V	A	C	P	B
N	C	I	S	A	M	E	T	A	T	N	O	I	O
R	S	R	I	N	N	L	I	W	S	B	P	T	U
E	R	P	L	I	A	A	L	E	B	S	E	R	N
C	E	G	I	M	G	S	I	L	G	F	C	Y	C
O	L	R	M	A	M	T	B	L	E	A	B	C	E
V	T	I	C	T	S	I	I	B	E	E	E	E	B
E	I	T	O	S	C	C	X	E	A	B	G	I	A
R	I	O	I	T	I	I	E	I	R	A	G	A	C
E	L	C	R	T	W	T	L	N	O	S	E	N	K
E	T	U	U	E	H	Y	F	G	I	A	A	E	A

FLEXIBILITY
 LESSSTRESS
 ELASTICITY
 PERSEVERANCE
 BOUNCEBACK
 COPE
 GRIT
 STAMINA
 WELLBEING
 RECOVER
 STRENGTH

Play this puzzle online at : <https://thewordsearch.com/puzzle/1230208/>



This project was supported by Grant No. 2015-WEAX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice.

HEALTHY RELATIONSHIPS

In terms of intimate partner violence and an abuser's tactics, emotional abuse often takes a 'back seat' because the belief is that *"it's not as serious as physical violence"*, but also, too, because it can be difficult to define and recognize as we are often not sure what constitutes emotional abuse. Below is a bullet-point list of some abuser tactics that fall into the realm of emotional abuse:

SIGNS OF EMOTIONAL ABUSE

THE EMOTIONAL ABUSER:

- humiliates you, either alone or in front of other people.
- calls you "too sensitive" when you respond to abusive comments.
- belittles you and trivializes your hopes, dreams and accomplishments.
- tries to control you and your behavior.
- isolates you from family and friends.
- blames you for his or her problems.
- gaslights you to make you doubt your sanity.
- has extra-marital affairs, becomes emotionally distant or withholds sex to control you.
- lacks respect and points out your mistakes or shortcomings.

Ryan Poling, MA, MAT

HealthyPlace.com

MOMS HELPING MOMS

(Edited from Angel Tree: A Program of Prison Fellowship)

Ways to Stay in Touch With Your Child While Incarcerated (Part 2)

- **Take care of your mental and physical health:**
You want to be around when your children are adults. And you want to be around for your grandkids and great-grand kids. Exercise, eat right, and try to live as healthy as you can. Read, and engage in class or groups, when possible. Be as social as you can within your comfort limits.
- **Risk being vulnerable with your child/children:**
It may be very difficult, but taking the risk of being completely open, honest, and humble with your children can help you rebuild strong bonds with them. Admit to your kids that you have made some bad choices. Be ready and willing to receive their anger or other strong emotions. Accept that their feelings are normal, and don't make them feel guilty. This can help your kids regain their trust in you and show that you will always be there for them.
- **Tell your children that you love and accept them no matter what:**
Everything you say or write shows them how you feel. Even your body movements and facial expressions reveal your feelings. When children think that a parent is critical, uncaring, or disinterested, they start to feel unwanted or inadequate. To win back the love and approval they feel they have lost, they may turn to destructive behaviors or look for love and acceptance from other possibly harmful sources. If your children know they are unconditionally loved and valued by you, they will be far less likely to resort to unhealthy relationships or damaging habits.
- **Help your kids be kids:**
When a parent goes to prison, children often have to take on "grown-up" responsibilities—like helping to care for younger siblings and doing more work around the house. When they come to visit you, take time to relax and play/talk with them. Don't share too many of your frustrations. This can make them feel responsible for your wellbeing and feelings—which isn't their job.

“The very fact that you worry about being a good mom means that you already are one.”

- Jodi Picoult

QUOTES

The idea behind a kaleidoscope is that it is a structure that's filled with broken bits and pieces, and somehow if you can look through them, you still see something beautiful. And I feel like we are all that way a little bit.

Sara Bareilles

LIFE IS
LIKE AN
EVER
SHIFTING
KALEIDO
SCOPE:
A SLIGHT
CHANGE,
AND ALL
PATTERNS
ALTER.
-SHARON SALZBERG-

*Life is a Kaleidoscope
where light comes with darkness
Shades of every color
to make it exquisitely beautiful.*

-Aparna

YourQuote.in

NOWHERE
NOW HERE

*It's just the matter of
perspective.*

Choose your views wisely.

YourQuote.in

It's not what you look at that
matters, it's what you see.

Henry David Thoreau

YourQuote.in



MCEDV.

The Maine Coalition
to End Domestic Violence

Help is just a call away.

24 Hour • Toll Free • Confidential

1-866-834-HELP (4357)

Maine Telecommunications Relay Service:

1-800-437-1220



MCEDV MEMBERS:

AROOSTOOK

Hope and Justice Project

PENOBSCOT & PISCATAQUIS

Partners for Peace

KENNEBEC & SOMERSET

Family Violence Project

HANCOCK & WASHINGTON

Next Step Domestic Violence Project

ANDROSCOGGIN,

FRANKLIN & OXFORD

Safe Voices

KNOX, LINCOLN,

SAGADAHOC & WALDO

New Hope for Women

CUMBERLAND

Through These Doors

YORK

Caring Unlimited

CULTURALLY SPECIFIC SERVICES

Immigrant Resource Center of Maine

mcedv.org

This project was supported by Grant No. 2015-WEAX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice.

 **MCEdV MEMBERS**

Aroostook County
Hope and Justice Project
www.hopeandjusticeproject.org
P.O. Box 148, Presque Isle, ME 04769
Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties
Partners for Peace
www.partnersforpeace.org
P.O. Box 653, Bangor, ME 04402
Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties
Family Violence Project
www.familyviolenceproject.org
P.O. Box 304, Augusta, ME 04332
Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County
Through These Doors
www.familycrisis.org
P.O. Box 704, Portland, ME 04104
Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties
Next Step Domestic Violence Project
www.nextstepdvproject.org
P.O. Box 1466, Ellsworth, ME 04605
Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties
Safe Voices
www.safevoices.org
P.O. Box 713, Auburn, ME 04212
Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties
New Hope for Women
www.newhopeforwomen.org
P.O. Box A, Rockland, ME 04841-0733
Admin: 207-594-2128 Helpline: 1-800-522-3304

York County
Caring Unlimited
www.caring-unlimited.org
P.O. Box 590, Sanford, ME 04073
Admin: 207-490-3227 Helpline: 1-800-239-7298

Serving Refugee and Immigrant Communities
Through Culturally and Linguistically Sensitive Services
Immigrant Resource Center of Maine
www.ircofmaine.org
PO Box 397 Lewiston, ME 04243
207-753-0061

**Member Programs of the Wabanaki Women's Coalition**

Tribal Domestic & Sexual Violence Coalition
www.wabanakiwomenscoalition.org

**Aroostook Band of Micmacs
Domestic & Sexual Violence Advocacy Center**
www.micmac-nsn.gov
7 Northern Rd., Presque Isle, ME 04769
Admin: 207-760-0570 Hotline: 207-551-3639

**Houlton Band of Maliseets
Domestic & Sexual Violence Advocacy Center**
www.maliseets.com
690 Foxcroft Rd., Houlton, ME 04730
Admin: 207-532-3000 Hotline: 207-532-6401

**Pleasant Point Passamaquoddy
Peaceful Relations Domestic & Sexual
Violence Advocacy Center**
www.wabanaki.com
P.O. Box 343, Perry, ME 04467
Admin: 207-853-0092 Hotline: 1-877-853-2613

**Penobscot Indian Nation
Domestic & Sexual Violence Advocacy Center**
www.penobscotnation.org
2 Down St., Indian Island ME, 04468
Admin: 207-817-3164 x2 Hotline: 207-631-4886

**Indian Township Passamaquoddy
Domestic & Sexual Violence Advocacy Center**
P.O. Box 301, Princeton, ME 04668
Admin: 207-796-6106 Hotline: 207-214-1917

**MCEdV.**

The Maine Coalition
to End Domestic Violence

Connecting people,
creating frameworks for change.
mcedv.org