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CONNECT Newsletter

Issue No. 13

Fall 2012



Dear Friends and Partners,

We hope that those of you affected by Hurricane Sandy are beginning to recover and that all of you are safe and well. The aftermath of the waters' surge remains and we know that there are many people still suffering physically and emotionally. We are grateful for the thousands of dedicated people who are working in so many ways to get individuals and communities back on their feet. And, we are strengthened in our work to prevent interpersonal violence by this bold reminder of the human capacity for compassion, caring and resilience. There is much to be thankful for.

We are thankful for our new space – which was unhurt by the storm. Stop by if you haven't yet visited our new home in Harlem. Take the 2 or the 3 train to 125th Street and walk to 127 West 127th Street. Join us for our monthly roundtables, classes, meetings and the community work to prevent intimate partner violence that CONNECT is known for. You are welcome here at any time.

We are thankful for our work to create safe families and build peaceful communities. People often ask, "How can you do this work, day in and day out. Isn't it depressing?" Indeed most of us at CONNECT have been doing anti-violence social justice work for a long time and yes, there are days when the magnitude of the problem and society's glorification of violence on almost every level, gets you down. But that is minor compared to the resilience, transformation and dedication of so many people who participate in our trainings, circles, and roundtables. We know from our experience that Alice Walker was right when she said: "Resistance is the Secret of Joy!"

We are thankful for you. It is because of YOU that we are able to maintain our passionate conviction. If you are getting this email, it is because you have joined in the work to prevent violence ~ as community leaders and organizers, as faith leaders, as healers,



teachers, doulas and donors and in so many other ways that we cannot list them all here. A special shout out goes to the New York City Council who has supported CONNECT from the beginning. We appreciate everyone. Thank you for enriching our lives and for always giving us the sense of possibility that we can -- and we will -- prevent intimate partner violence and create truly peaceful communities.

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Studies show that gratitude is an antidote to aggression.

It turns out that practicing gratitude does more than increase our mental well being: it actually serves as an antidote to aggression. Last year, Nathan DeWall, professor of psychology at University of Kentucky, conducted a series of five studies on gratitude with 900 undergraduates. His findings showed that giving thanks "lowers daily aggression, hurt feelings and overall sensitivity" Published in [Social Psychology and Personality Science](#), the study linked gratitude to a "nonviolent heart," increased sensitivity and concern for others.

As we approach CONNECT's 10th year anniversary in 2013, we want to show our appreciation to you for all the support you have shown us over the years. We enthusiastically look forward to strengthening and broadening our relationship with you and developing new partnerships as we look ahead to many more years of working together towards safe families and peaceful communities in New York City.

Q and Sally and the CONNECT Staff



CONNECT is dedicated to preventing interpersonal violence and promoting gender justice.

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