



A Safe Haven and a New Start

The **Betty Ann Krahnke Center (BAK)** is the only emergency domestic violence shelter for women and their children in Montgomery County, Maryland. With a 60-bed capacity, BAK provides a safe and confidential short-term residence for families fleeing domestic violence and/or victims of sexual assault. BAK's intervention, prevention and education services empower women to **create a new future for themselves and their children that is free of abuse, coercion and fear**. Last year, BAK helped **over 479 women and children move towards a safer future**. Some families stayed a week, others stayed several months.

Did You Know?

- ✓ Domestic Violence occurs in all age, racial, gender, religious, socio-economic, educational and occupational groups;
- ✓ Is used to intimidate, humiliate and frighten as a way of maintaining power and control;
- ✓ Has a devastating, lifelong impact on the young children who witness family violence

We could use your help!

- ✓ **Send a check** to Family Services, Inc. with "BAK Center" in the memo portion -- or donate online at www.fs-inc.org
- ✓ **Organize a drive to collect Wish List Items**. Drop them off at Family Services, Inc. at 620 E. Diamond Avenue, Gaithersburg, MD 20877
- ✓ **Volunteer your time**. We have a special need for childcare services on weekday evenings
- ✓ **Volunteer your landscaping skills**, and/or help with playground maintenance

Wish List Items

- ♥ Toiletries (full size shampoo, conditioner, body wash and lotion)
- ♥ Shower shoes (all ages)
- ♥ New Bathrobes
- ♥ Diapers and baby wipes
- ♥ Gift Cards (Grocery Stores, Gas Stations, Target, etc.)
- ♥ Car Seats (new)
- ♥ Strollers (single and double)
- ♥ Towels and washcloths
- ♥ Twin size sheets (flat/fitted)
- ♥ Blankets and Pillows
- ♥ Wii and PS2 games (sports)
- ♥ New Board Games
- ♥ Blocks and Lego sets
- ♥ Arts and crafts supplies, coloring books
- ♥ Suitcases and luggage

(Thanks, but we cannot accept stuffed animals as donations)

**All donations are tax-deductible to the extent allowed by law*

For information, contact Erica Henze at 301-840-3225 or erica.henze@fs-inc.org