

November 2026 enCourage Newsletter

Can He Change?

The question we hear most

A mom asks it after her son is ordered into our program. A woman asks it while she's deciding whether to go back. A friend asks it about her sister's husband.

Can he change?

Some people do. Not because a class fixed them, but because they decided to stop and then did the hard work of stopping, week after week.

What change takes

Our program for people who use abuse, Rebuild, runs 36 weeks. That's on purpose. Anyone can be on good behavior for a month. Nine months of showing up, being honest about how you treated your family that week, and staying violence-free is much harder to fake.

Even finishing doesn't prove someone has changed. Only time does.

How to tell if it's real

- He gives up control instead of negotiating new rules.
- He takes responsibility without adding "but."
- You can say what you think without paying for it later.

If the hitting has stopped but the yelling, tracking, or control over money has gotten worse, that isn't change. It's a new tactic.

Did you know?
Nebraska's Domestic Abuse Death Review Team found that in most of the domestic violence deaths it reviewed, the person who died had no protection order, and police had not been called in the year before. The highest rates of these deaths are in rural counties like ours.

The first question

Most people who hurt their partners are never asked to change at all. Nobody says anything.

You can. If someone you know is controlling or scaring their partner, tell them it isn't okay, and that help exists. People can start Rebuild without a court order.

Need to talk? Call any time, day or night.

(402) 463-5810

Free. Confidential. You don't have to be in danger right now, and you don't have to leave.

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enCourage Advocacy Center serves Adams, Clay, Nuckolls, and Webster Counties.

With hope grounded in evidence,
Jo Bair, MSW, Executive Director

Gratitude for Everyday Helpers



As we reflect on gratitude this season, it's worth recognizing the many people who create Green Dots every day.

They are coworkers who check in after difficult meetings. Friends who offer rides. Neighbors who notice when something seems wrong. Community members who speak up when respect is missing. These actions rarely make headlines. Yet they quietly strengthen families, workplaces, schools, and neighborhoods.

Thank you for every Green Dot you've created this year. Together, those moments build communities where safety, respect, and care become the norm.

For questions or to schedule a Green Dot Training at your business or organization, email greendot@encouragecenter.org

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The Invisible Gorilla and the Garden of Resentments

A classic psychology experiment demonstrates the power of selective attention. Viewers are instructed to count how many times basketball players pass the ball. At the end, they're asked a surprising question: Did you notice the gorilla? Someone in a gorilla suit walks onto the court, beats their chest, and leaves. Yet many viewers never notice because they're so focused on counting passes.

Sometimes, focusing intensely on one thing prevents us from seeing what's right in front of us.

This is often what happens in the abusive mindset. A person becomes so focused on their partner's or children's perceived faults that they lose sight of the good in them. We call this the Garden of Resentments.

Resentments can also become a convenient justification for abuse. When someone feels entitled to control others, a list of grievances provides ready-made excuses for intimidation, coercion, or violence. But no grievance justifies abuse. The responsibility for abusive behavior belongs to the person choosing it.

People tend to find what they're looking for. When we continually search for evidence that others are wrong, disrespectful, or ungrateful, we can overlook their kindness, effort, and humanity.

The antidote to resentment is gratitude. Not pretending problems don't exist, but learning to see people as whole human beings rather than collections of perceived faults. Changing an abusive mindset requires challenging our assumptions, taking responsibility, and recognizing that being upset with someone never gives us the right to control them.

Abuse is not just about what we do. It's also about how we learn to see others. Sometimes, meaningful change begins when we finally notice what we've been overlooking.

If you or someone you know needs help, enCourage Advocacy Center is here. Call **(402) 463-5810** and ask to speak with an advocate. If you're concerned about your own behavior, ask for a DVIP facilitator. Change begins with accountability, and help is available.



- Wanting to volunteer at enCourage? If interested in becoming an enCourage Auxiliary member, please call 402-463-5810 and ask for Shawna.
- We also always accept donations of clothing, household items, gently used toys, kitchen items, toiletries, size 4 and up diapers and pull-ups, gift cards for gas, Walmart gift cards, and smaller fleece or crocheted lap-type blankets we can give out to survivors during fall and winter.
- We are currently looking for individuals who would be available to foster pets for survivors fleeing violence. If interested, please call 402-463-5810 and ask for Shawna.



Each Tuesday from 4-5 pm, enCourage hosts a peer support group. This group gives attendees time to connect with other survivors and discuss and practice new skills that help attendees recover and thrive after violence. We discuss what healthy relationships look and feel like. Learn healthy ways to manage obstacles and overcome the insecurities that develop from trauma and end the cycle of violence. Email jazmin@encouragecenter.org for questions.



- Every Tuesday from 4:30 - 6 pm, we offer a Support Group at enCourage Advocacy Center and a Healthy Healing Educational Group from 5 - 6 pm.
- If you are looking for a volunteer opportunity that is flexible and allows you to use your time and talents to support local survivors of violence, then look no further than the enCourage Auxiliary Group. As an Auxiliary member, you'll be an active force for good in our community. Your involvement will include:

    - Organizing and supporting fundraising events that generate critical operating revenue
    - Leading or participating in community drives (hygiene kits, clothing, household goods, gift cards) that directly benefit survivors
    - Engaging your personal and professional networks to grow our donor and volunteer base
    - Collaborating with enCourage staff on strategic initiatives and special projects
    - Attending regular Auxiliary meetings to share ideas, celebrate wins, and plan what's next

    You don't need to be an expert in domestic violence or trauma. You just need a willing heart, a generous spirit, and a desire to do something that truly matters. Contact Shawna at 402-463-5810 or shawna@encouragecenter.org to find out more about how to join the enCourage Auxiliary.



DQ

Come Support

ENCOURAGE ADVOCACY CENTER

DECEMBER 1, 2026
5:00 PM TO 8:00 PM

20% OF TRACKED SALES WILL COUNT TOWARDS THIS FUNDRAISER WHEN YOU PRESENT THIS FLYER WHEN ORDERING.



2208 N Kansas Ave
Hastings, NE 68901

FOURTEEN FOODS

THE TRACKED SALES WILL COME FROM THOSE WHO PRESENT THIS FLYER (EITHER DIGITALLY OR A PHYSICAL COPY) AND SCAN THE BARCODE WHEN ORDERING. SALES FROM DINE IN, CARRYOUT, AND DRIVE THRU ARE ONLY ELIGIBLE TO BE TRACKED FOR THE FUNDRAISING EVENT.

Free & Confidential HIV/STI Testing

Location:

enCourage Advocacy Center

220 S Burlington Ave # 4,
Hastings, NE 68901

When:

Third Wednesday of the month

1:00 PM - 3:00 PM

Reserve a Spot:

SCAN ME

Scan the QR code to enter your phone number.

You'll receive a call from Heather (HeatherB@nap.org) at NAP to schedule your appointment.

Walk-ins Welcome!

enCourage