

**Sign up to Receive the Newsletter by Email**

If you would like to receive Panhandle Crisis Center's newsletter by email, please send an email with your name and email address to: [volunteer@pccperryton.org](mailto:volunteer@pccperryton.org)

This option is simply to provide a more cost-effective means of disseminating our newsletter. Panhandle Crisis Center will not share your email address with any outside entities.

**Basic Items Always Welcome, Always Needed at Panhandle Crisis Center**

Items can be dropped off at: 301 S. Ash Perryton, TX

- Canned Meat
- Paper Goods
- Toilet Cleaner
- Disinfectant Wipes
- Bleach
- Shampoo
- Conditioner
- Deodorant
- Razors
- Hair Brushes
- Hair Accessories
- Dryer Sheets
- Fabric Softener
- Body Wash
- Bar Soap
- Non-Perishable Foods

Panhandle Crisis Center: Providing Individuals with

**Help, Hope, and Healing**

Panhandle Crisis Center offers help, hope, and healing to victims of abuse. The Center's philosophy is that no child should live in fear of physical, emotional, or sexual abuse and that every home should be a place free from violence.

This small nonprofit in Perryton, Texas, was established in 1984 and serves Ochiltree, Hansford, and Lipscomb Counties. Each year, the Center serves approximately 300 adults and children who have been victims of domestic violence, sexual assault, or child abuse.

The Center operates an emergency shelter where families (including pets) flee to escape family violence. The Center also provides counseling, advocacy, financial assistance, and other supportive services to adults and children as they heal from the trauma of abuse. All services are free.

Additionally, prevention programs are provided annually to school-age children on a variety of topics including bullying, child safety, dating violence, sexual harassment, and sexual assault.



# Panhandle Crisis Center

April 2025

[www.panhandlecrisiscenter.org](http://www.panhandlecrisiscenter.org)



**"Empower. Support. Believe."**

April is Sexual Assault Awareness Month, and it provides a time to shed light on the reality and prevalence of sexual violence, honor the resilience of survivors, and emphasize the importance of support. At the Panhandle Crisis Center, we aim to stand beside survivors, offering unwavering support, compassionate advocacy, and vital resources to help them reclaim their strength and independence. We believe that healing begins with being heard, and every survivor deserves to be empowered, supported, and, most importantly, believed.

In this newsletter, we will introduce you to the heart of our organization: the dedicated staff who work tirelessly to provide safety and guidance to those in need. Whether offering crisis intervention, coordinating resources, or simply being a steady presence in a survivor's journey, these individuals are the driving force behind our mission. Each face you'll see in this issue represents more than a role; they represent a promise to listen without judgment, to provide support, and to help survivors reclaim their lives on their own terms.

We will also take this opportunity to address the harmful myths that are often associated with sexual assault. Misconceptions and victim-blaming narratives not only minimize the reality of sexual violence but also discourage survivors from coming forward. It is crucial to recognize that you never truly know what someone has been through, and the words we use can either contribute to healing or create further harm. By challenging these myths, we foster a culture of belief, justice, and support, building a community that empowers survivors rather than silencing them. Together, we can create a community where survivors are supported, voices are heard, and change is possible. Thank you for being part of this movement.

*Samantha Gonzalez*

Program Director for Panhandle Crisis Center

Panhandle Crisis Center  
Helping Victims of Abuse  
301 S. Ash  
P.O. Box 502  
Perryton, TX 79070



NONPROFIT ORG  
U.S. POSTAGE PAID  
MAILED FROM ZIP CODE 79070  
PERMIT NO. 502

# MEET OUR OFFICE TEAM

Get to know our amazing team. Each member brings unique skills and passion to our program.



*"Survivors are some of the strongest people you'll ever meet, carrying the weight of experiences that no one should have to endure. But strength doesn't mean they should have to go through it alone."*

Samantha Gonzalez  
Program Director



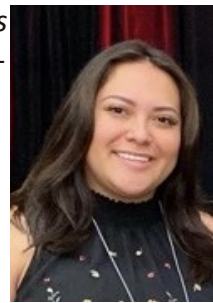
*"Building rapport starts with being a good listener, showing support, and providing information and resources needed to overcome victimization, which builds trust."*

Merary Ojeda  
Shelter Manager



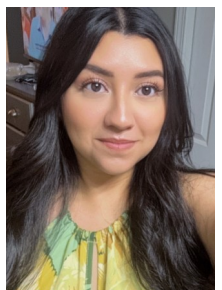
*"I have witnessed many success stories while working at Panhandle Crisis Center. I believe that supporting the victims and survivors of domestic violence and sexual assault can make a huge positive difference in their lives."*

Rosie Ramirez  
Advocate



*"I want to be that person who supports survivors in reclaiming control by listening, validating their experiences, and empowering them to take action."*

Valeria Najera  
Advocate



*"Being an advocate is about offering a compassionate hand to those who have been hurt, helping them feel seen, valued, and supported. It's about creating a safe space where they can heal at their own pace, knowing they are not alone."*

Maria Valles  
Advocate



*"As an advocate I want our clients to know that I am here to help guide them through their journey, and that I am someone who will listen."*

Araseli Bonilla  
Advocate



*"Believe survivors when they speak about their abuse. Their experiences are real and they deserve to be taken seriously. We see them, we hear them, and we validate them."*

Monse Reyes  
Advocate



*"Disclosing domestic violence or sexual assault is a highly personal decision, but all survivors can benefit from having trusted people to support them during this time. You are not alone, we are here to help you. You are strong, you are beautiful, and you deserve safety."*

Delma Lopez  
Community Educator/  
Volunteer Coordinator



Cindy Smith, M.S., L.P.C.  
Executive Director

*"It has been an honor for me to serve victims for the past 30 years at Panhandle Crisis Center. If you are struggling with any recent or past trauma from family violence or sexual assault, please call us. Our agency's sole purpose is to provide help, hope, and healing for victims."*



Adriana Chavez  
Finance Director

*"Every dollar donated to the Panhandle Crisis Center goes toward creating safety and stability for survivors. I'm honored to ensure our financial resources are used efficiently to support our mission."*

If you or someone you know needs help, the Panhandle Crisis Center is here for you. All services are free.  
**Need help? Contact us at: (806) 435-5008 or 1-800-753-5308 - 24 hour sexual assault and domestic violence hotline.**

## "Most sexual assaults are committed by mysterious strangers lurking in dark alleys, just like in a crime thriller."

**Fact:** The majority of sexual assaults are committed by someone the victim knows. According to the Rape, Abuse & Incest National Network (RAINN), nearly 80% of sexual violence cases involve a perpetrator who is a friend, partner, or acquaintance of the victim. The idea that assaults only happen in isolated, scary places ignores the reality that they often occur in familiar settings, like homes or social gatherings.

## "If they didn't report it immediately, it must not have been that bad—because everyone knows exactly what they should do at any given moment, especially after trauma, right?"

**Fact:** Many survivors wait days, weeks, or even years to report their assault—if they report it at all. Trauma affects people differently, and survivors may fear not being believed, facing retaliation, or reliving their experience. Delayed reporting does not make an assault any less real or serious.

## Why Dispelling These Myths Matters

We've all heard these myths before, but what many people don't realize is how much harm they actually cause. When we perpetuate them, we make it harder for survivors to speak up, seek justice, and begin to heal. The truth is, we never really know what someone has been through. That's why the way we talk about survivors matters. If we shift the conversation from blame to accountability and choose our words with care, we can help create a world where survivors feel heard, respected, and supported. Real change starts with us.

If you or someone you know needs help, the Panhandle Crisis Center is here to provide confidential support and resources. You are not alone.

## Our Donation Center is officially open and accepting donations!



## Now Accepting DONATIONS

### AT OUR DONATION CENTER

This building stores large household items and furniture for victims rebuilding their homes after experiencing violence. If you have items to donate, please call at (806) 435-5008 to schedule a drop-off time.