

# Live Violence Free looking to ease burdens of the holidays

With the holiday's right around the corner, many local families are finding themselves with few resources as they struggle to rebuild their lives after experiencing violence. They are solely focused on how they will pay rent and provide food and warm clothing for their families.

For the 12th year in a row, Live Violence Free, formerly South Lake Tahoe Women's Center, is organizing an opportunity for community members and businesses to come together to provide happier holidays for local adult and child survivors of violence. Last year the community helped hundreds of individuals who were working with Live Violence Free.

Each family who was adopted expressed gratitude and many mothers cried when they saw the gifts donors had brought for their children.

There are many ways people can help local families who have been working closely with Live Violence Free:

- Adopt a family and receive a wish list completed by the family. There are families of all sizes to accommodate any budget.
- Donate non-perishable groceries or gift cards for pre-cooked holiday meals at local grocery stores so families can enjoy special holiday meals and make happy memories together.
- Make a special end-of-the-year tax deductible donation toward Live Violence Free's Adopt-A-Family program or to support our other comprehensive and trusted programs and services for survivors of domestic violence, sexual assault and child abuse.

- Call to learn about the many different ways we could put your energy to good work as a volunteer – one hour per week or even one per month would really help.

The deadline to adopt a family is Dec. 1 and the deadline to turn in gifts is Dec. 10 by 4pm.

Live Violence Free is located at 2941 Lake Tahoe Blvd., South Lake Tahoe.

Contact Diana at (530) 544.2118, ext. 7621, or by email at [dmezacabrera@liveviolencefree.org](mailto:dmezacabrera@liveviolencefree.org) for information or to volunteer.