



WE ARE ON THE WEB  
WWW. BHN.V.ORG

## Calendar of Events

There are lots of wonderful events planned for Summer!

### Summer Camps

Bethany House Salad Fest

\*Wolf Trap Summer Events

Back to School Supply Day

\*DC United Game

**We look forward to seeing you there!**

\*Free Tickets available

Call (703) 658-9500 for dates and times or if you need tickets to attend the events with your children. Tickets will be given on a first come, first served basis.

*BHNV wants to thank all the sponsors, donors and volunteers who have continued to support Bethany House over the past 25 years.*

**CFC # 8268**



Bethany House of Northern Virginia, Inc. is a(501)(C)(3) non-profit faith-based organization which has a mission to maintain facilities that will temporarily care for battered spouses and their children who are homeless and destitute

Summer 2006

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## Anger and Love

*An Excerpt from the Five Love Languages of Children By Gary Chapman and Ross Campbell*

Anger is a little understood emotion— why we feel it, how we express it, and how we can change the way we deal with our frustrations. Unless we as parents know what anger is and how we can handle it in appropriate ways, we will not be able to teach our children what to do when they feel angry. Yes, for we all— parents and children get angry every day.

It may surprise you that the primary lifetime threat to your child is his or her own anger. If your child does not handle his own anger well, it will damage or destroy him. The mishandling of anger is related to every present and future problem your child may have—from poor grades to damaged relationships to possible suicide. It is imperative that you do all you can to safeguard your child now and in the future. However, the good news is that if your child learns to handle anger well, he will have a great advantage in life. Most of life's problems will be averted and your child will be more able to use anger to his advantage, rather than to have it work against him.

### **Teaching the Right Response Early**

Obviously, you can't wait until the teenage years to teach your children about anger management. You have to begin when they are very young, although you can't expect them to be able to handle anger with any level of maturity until the age of six or seven.

Anger management is the most difficult part of parenting because children are limited in the ways they can express anger. They have only two options, verbal or behavioral expression, and both are difficult for parents to handle. Parents find it hard to understand that the anger must come out some way, that it cannot be totally bottled up. As a result, many parents respond to children's expressions of anger in wrong and destructive ways.

As you consider the two options, recognize that it is better for your child to express anger verbally rather than behaviorally. When your child vents anger in words, you are able to train him or her in the direction of mature anger management. You want to avoid passive-aggressive behavior at all costs. Until the age of six or seven, you are working primarily to keep passive-aggressive behavior from taking root in your child. The first and most important way you do this is to keep his emotional love tank full of unconditional love. The prime cause of anger and of misbehavior is an empty love tank. Speak your child's love language clearly and regularly and you will fill that tank and prevent passive-aggressive behavior from taking root. When that tank is full, the child is under no pressure to display his unhappiness by asking, through his behavior, "Do you love me?"

Next realize that your children have no defense against parental anger. When you dump your anger on your child, it goes right down inside the child. If you do this often enough, this bottled anger will probably come out as passive-aggressive behavior. Listen to them calmly, let them express their anger verbally. It may not be pleasant to hear the anger but it's preferable to her acting out the anger.

Unfortunately, when children let their anger out verbally, most parents get more angry than the children and say something like, "How dare you talk to me like that. I never want to hear you speak to me that way again. Do you understand?". The children then have only two choices. They can obey and not express anger verbally, or they can disobey. What a corner to be in!

Excerpt taken from *The Five Love Languages of Children*  
by [Gary D. Chapman](#), [Ross Campbell](#) "

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**BHNV PARTICIPATES IN THE FOLLOWING  
CHARITABLE CAMPAIGNS:**

- Combined Federal Campaign: Federal Employees
- United Way Campaign: Participating through your donations.
- Fairfax County Combined Charitable Campaign.

**CFC # 8268**

*Bethany House of Northern Virginia, Inc. under its Family Assistance Program, provides crisis intervention for families who are homeless and destitute because of abuse.*

*The program provides safe housing, food, clothing, support, and assistance in obtaining Life skills training, on-the-job training, counseling services, financial and legal help for victims.*

*Bethany House also provides education and outreach to area adults and youth through speaking engagements with local clubs, churches, businesses, and organizations.*

*The communities of Northern Virginia rely on Bethany House to provide vital services to victims of domestic violence.*

BETHANY HOUSE OF NORTHERN VIRGINIA, INC.

HAS A NEW DOMESTIVE VIOLENCE HOTLINE NUMBER

HOTLINE CALLS ARE ACCEPTED MONDAY THROUGH FRIDAY

10:00 A.M. TO 5:00 P.M.

**(703) 658-3555**

FOR ASSISTANCE AFTER HOURS AND WEEKENDS, PLEASE CALL THE  
NATIONAL DOMESTIC HOTLINE AT

**800-799-7233**

**Joseph's Coat**

**Take Donated Items**

Linens  
Beds  
Tables  
Desks  
Sofas  
Clothing  
Accessories  
Shoes  
Framed Art  
House Wares  
Toys and Books  
Baby Items

To schedule pick-up quality used furniture items, please call Joseph's Coat between the hours of 10 AM to 5 PM Monday through Saturday.

**Joseph's Coat Re-Sale Shop**

**A Unique Re-sale Shop benefiting Bethany House of Northern Virginia**

Joseph's Coat Re-Sale Shop is an integral part of the Family Services Programs of Bethany House of Northern Virginia (BHNV). Funds and goods from Joseph's Coat provide clothing and other necessities for women and their children living in our shelters. Ninety-five percent of our clients would not be able to furnish homes if BHNV did not supply these basic needs.

Joseph's Coat reaches out to the community by providing volunteers from schools and colleges an opportunity to learn and or enhance their skills. Volunteer Groups are also welcome for special projects.

Joseph's Coat receives in-kind donations which are distributed directly to needy families or are sold to continue the work of providing necessities and services to families and persons in need. Your donations of used quality household furnishing, linens, clothing and other household items are greatly appreciated.

**Joseph's Coat Re-Sale Shop**  
**3022 Annandale Rd Falls Church Virginia 22042**  
**Phone: (703) 538-6289**