

Bowling Shoes NOT Required

It's time for you to "bowl a strike" against domestic violence by participating in BHcare's annual Bowl-2-Benefit on March 12 at AMF Lanes in Milford.

The Bowl-2-Benefit is crucial to helping maintain and expand critical services that assist victims of domestic violence and their children. Last year, The Umbrella Center for Domestic Violence Services provided free and confidential services including emergency shelter, 24-hour crisis counseling, court-based advocacy and other support services to over 6,000 adults and children fleeing abusive homes.

Can't make this year's event? Not a good bowler? No problem, you can still help the fight against domestic violence by being a "virtual bowler." It's fun and easy to do. Just ask Lynne Perry, our top virtual fundraiser last year.



"It's so easy! When I first started as a virtual bowler, I was so surprised at the amount of support I received from many areas of my life – local friends, far-away college friends, colleagues, and family. Setting up the page is very easy and then it just takes a few minutes to personalize an email and send to your contacts. It's also a great way to spread awareness of the issues surrounding domestic violence, it doesn't discriminate and impacts so many women, children, and families every day." Lynne Perry

Join Lynne and dozens of other virtual bowlers today by setting up your free, personal and secure fundraising website at [FirstGiving- Bowl-2-Benefit 2016](#). You can create a page for yourself and/or your team and ask your friends and family for donations via email or Facebook.

Thank you for helping the fight against domestic violence!