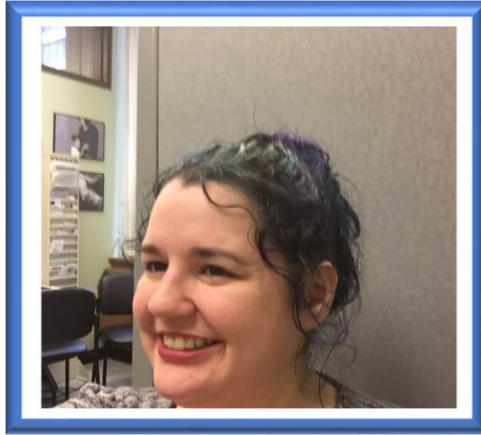


Volunteer Spotlight

February 2016



Diane Duncan

Diane has been helping women and children in crisis her whole life. After years of providing a safe couch for family, friends, and acquaintances, Diane was excited to become formally trained in domestic violence advocacy and join the team at Home Free.

Diane volunteers as a Restraining Order Room Advocate for Home Free, VOA Oregon's domestic violence services program. Home Free's mission is to assist adults and children surviving domestic violence to move not just toward safety, but toward freedom and all that the word home suggests.

As a Restraining Order Room Advocate, Diane assists survivors in filing for restraining orders at the Multnomah County Courthouse. With her compassion and ability to build strong rapport, Diane creates a comfortable environment for individuals who are experiencing trauma and emotional distress, often times recounting the most terrifying experiences of their lives. She is always there for staff and clients, volunteering last minute when needed and giving 25-40 hours per month of her time. Home Free is grateful to have her as a member of their team.

Diane shares she is inspired by the bravery of the families she supports and knows how meaningful it can be to just be there for another individual and listen without judgment or trying to solve all their problems. Diane provides true empathy and meets people where they are. She explains that just because you can't help someone today doesn't mean you aren't helping them. You can be a sliver of positivity wherever someone is in their journey. "Never get discouraged because you can't help everything. Everything you do helps."

She encourages other volunteers to make the world a better place by bringing just a little bit of positivity to every day. It may seem small, but it adds to all the good and becomes powerful; so never get discouraged.

Thanks, Diane, for all you do to brighten the lives of our clients.