

## Domestic Abuse Services

### Every Home a Safe Home

Each of us has the right to feel safe and secure in our own home, and with the people we love. While all relationships have conflicts, some cross a line and become abusive.

Abuse is a pattern of coercive behavior that seeks to control and exercise power over others. Abusive behavior can take many forms: physical, emotional, verbal, sexual, and financial. If you or someone you know is being abused, you have the right to seek help.

### Understanding Abuse

DOMESTIC ABUSE IS NOT JUST PHYSICAL ABUSE...

Has your partner ever:

- Embarrassed or ridiculed you in public or humiliated you in front of others?
- Kept you from seeing your family or friends?
- Controlled your access to cash or credit?
- Used intimidation or threats to get you to go along with something you didn't want to?
- Pushed, shoved, grabbed, slapped or restrained you?
- Blamed you for their actions or made you responsible for their feelings?
- Destroyed things you cared about?

If you answered yes to any of these questions, your partner may be abusing you.

**CCADV**

The YWCA is a Member of the Connecticut Coalition Against Domestic Violence



Domestic Violence can happen to anyone, regardless of skill, or educational level, race or ethnic background, religion, marital status, physical ability, age or sexual orientation. No one deserves to be abused. Batterers choose to be abusive. It is not your fault! If you or someone you know is being abused, you have the right to seek help.

**We are here to help you whether you are in a crisis, need a referral or just need information and support.**

### Confidential Services

- 24-Hour Hotline: 622-0003
- Crisis Intervention
- Safety Planning
- Emergency Shelter
- Individual and Group Counseling
- Child Individual and Group Counseling
- Court Advocacy
- Advocacy with Service Systems
- Legal Information
- Referrals
- Bilingual Services
- Community Education
- Children and Youth Social Skills programs

Main Office: 869-6501 ext. 174  
Confidential services for adults and children. We are a safe zone.

**24-Hour Hotline: 622-0003**

## Volunteer Opportunities

Volunteers receive professional training, in-service workshops and staff supervision. Your time, experience and desire to make a difference in the daily lives of women and their families is all that it takes to...

- Provide friendship to women and children
- Provide support by transporting and accompanying women to court and social service agencies
- Offer outreach to others by distributing promotional materials, assisting with mailings and phone calls.
- Be a buddy by playing with children at the Center while their mothers are in individual or group counseling.
- Be a voice on the other end of our hotline to answer questions, provide information and support.

### Dates and times to be announced

For information or to register for training, call 869-6501, ext. 173

## Community Education

Domestic Abuse Services provides training and technical assistance to strengthen the community in working with survivors of domestic violence such as law enforcement, judges, attorneys, educators, faith based organizations, mental health and substance abuse providers.

We develop training and technical assistance resources to address issues such as legislation, program development, service delivery, community collaboration, child abuse, teen dating violence, immigration, impact of domestic violence in the workplace, substance abuse and mental health, the law and court system, social change, anti-racism, cultural competency and other issues as they impact victims of domestic violence.

For a presentation or additional information, call 869-6501, ext. 173.

## Individual Counseling

Available for victims of domestic abuse and for other women interested in participating.

The stress in our lives can become overwhelming. Issues such as divorce, parenting dilemmas, balancing family and career, sickness and disability, death and mourning are difficult to deal with on our own. Professional counseling can bring us back to center by helping find practical coping skills. Our counselors provides a safe, warm caring environment to explore these issues and other difficult life challenges. For information, call 869-6501, ext. 172.

## Group Counseling

Available for victims of domestic abuse

### Common Ground

Common Ground is an educational support group for any woman who has been or is currently in an abusive and controlling relationship. Ongoing Groups meet weekly in a healing, supportive and warm environment. Groups are confidential, open ended and free of charge.

For information or to schedule an appointment, call the Domestic Abuse Services at the YWCA.

**HOTLINE: 203-622-0003**

**Childcare provided**

### Contributions

Always welcome and needed so that the YWCA can continue to offer high quality programs and crisis counseling, court advocacy and support services. For information or to make a donation, call 869-6501, ext. 103.

### Women's Place

A Women's Place is a self-care and empowerment workshop for women survivors of domestic abuse and sexual assault. The goal of the program is to help women reclaim their lives, one step at a time, in a safe, loving and confidential environment. Participants will learn how to self-soothe and calm the storms of their inner lives, as they begin to create a life that honors them. Classes will include the use of the book **A Woman's Place** by Wendy Hilsen-Bernard, simple yoga poses, group and individual exercises.

**Wednesdays, for six weeks, starting September 9**

**11:30 am – 12:30 pm**

**Childcare provided**

For information call Rhei C at 869-6501, ext. 177

### Art Therapy Support Groups

Art therapy is the therapeutic use of creating art within a professional counseling relationship. Those who benefit are people who experience trauma, illness, stress, transitions or challenges in living, and by people who seek personal development. Through creating art and reflecting on the art products and processes, one increases awareness of self and others, learns to cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoys the life-affirming pleasures of making art.

**For adults and children**

For schedule and information call Sally at 869-6501, ext. 178



Silent Witness Project display

### Divorce Support Group

Divorce can shatter a woman's self-esteem and wreak havoc on the life of her family. This group, led by a licensed clinical social worker, will address the emotional fears and frustrations of dealing with divorce, as well as providing practical information regarding legal, financial and custody matters. Questions about finances, custody and other legal issues will be addressed.

The safe and confidential group includes stress reduction techniques, including guided meditation and relaxation. It is open to women in beginning, middle or recovery stages of divorce.

**Thursdays for eight weeks, September 10 – October 29 and November 5 – January 14, 2010 5:30 - 7:00 pm**

**Childcare provided**

\$160/full members

\$200/affiliate members

\$240/nonmembers

For information, call Valerie at 869-6501, ext. 174

## Awareness Month Activities

October is Domestic Violence Awareness Month, dedicated to remembering victims and survivors of domestic violence including those who have lost their lives. Please join us in giving honor, support and hope to all who have suffered the effects of domestic violence.

**Activities include**

**Thursday, October 1, 6 pm**

**Silent Vigil and Art Exhibit Reception**

**Thursday October 1 - Friday October 9**

**Silent Witness Project display**

**Thursday, October 15, 7 pm**

**(date is subject to change)**

**Vagina Monologues**

**Tuesday, October 20, 10 am**

**"The State of Domestic Violence" Press Conference and Proclamation, Town Hall**

For information call 869-6501, ext. 173.