

Free Services Provided

- ② **Individual counseling** – Male and Female victims of Domestic Violence can be seen by a professional counselor who can help them achieve safety and independence, while addressing the emotional issues, providing linkages to available resources and support.
- ② **Children's & Teen Counseling-** a professional counselor will help them with issues of self-esteem, safety planning, children's rights, domestic violence, healthy relationships, and coping with feelings.
- ② **Support Groups** – Provides women with a supportive environment for planning a non-violent future, addressing topics like Domestic Violence education, self-esteem as well as anger and depression.
- ② **Kidstrong** – is a support group for children that have been exposed to family violence. The program is divided into three age groups. Each session includes a topic, snack, discussion time, and parent update.
- ② **Advocacy** – We can accompany you to Court, the Police and the Department of Social Services to help you navigate through the system.
- ② **Babysitting** – Is available free of charge to allow women to attend group and individual counseling.
- ② **Legal Referrals** – We provide legal referrals so that you could talk to an attorney free of charge.
- ② **Community Education** – We provide speakers to any group or organization interested in learning about family or dating violence.
- ② **Community Referrals** – We make referrals on your behalf to other local agencies, ensuring all your needs are met.
- ② **Shelter** – We can arrange for you to receive temporary emergency shelter at the nearest available shelter.
- ② **Follow-Up** – We continue to support clients of our program through continued contact.
- ② **Career & Education** – We can assist you in preparing a resume and filling out admission and financial aid forms for school.

- ② **Parenting Education** – 10-week classes are offered through EPIC.
- ② **Transitional Housing** - available for qualified clients
- ② **Food Pantry** – On-site food pantry is available for qualified clients
- ② **Clothes Closet** – Professional and casual clothing available for domestic violence clients

All services are FREE & CONFIDENTIAL



692-5643

Call us to discuss your options and what is right for you.

FACTS

- ② An act of domestic violence occurs every nine seconds in the U.S.
- ② Battering is the major cause of injury for women between the ages of 14-45, causing more injuries than auto accidents, muggings, and rapes combined.
- ② Between 50%-70% of men who abuse their female partners also physically abuse their children.
- ② 30% of women that are murdered annually in this country are murdered by a current intimate partner or an ex-husband or ex-boyfriend.
- ② One third of reported domestic violence assaults involve the use of a weapon and/or result in serious bodily injury.

Domestic violence is one of the most under reported crimes; therefore, these statistics do not accurately represent the true scope of the problem and the immense cost to society.

ABUSE IS ABOUT POWER & CONTROL

When most people hear the words domestic violence they think of black eyes and broken noses. Domestic violence is much more than this, and far more damaging. Recognizing what behavior is part of domestic violence is not always easy, even for those who are experiencing it. Many women who are controlled by their partners and who live in danger and fear have never been physically assaulted.



**YWCA of the
Tonawandas
– Working to
empower
women and
strengthen
families
since 1913.**

Domestic violence almost never starts with physical violence. It usually begins in its more subtle forms.

Domestic violence is about power and control. When one tactic employed by an abuser no longer works, it goes a step further. Without intervention, a vicious cycle develops and abuse often escalates.

In most cases domestic violence begins with **emotional and psychological abuse**. Name calling, criticism, undermining a person and their abilities, behaving in an overprotective manner, jealousy, isolating a person or making it difficult for them to see friends or family, and humiliating or embarrassing them in front of others are all aspects of psychological abuse.

Economic abuse involves one party controlling all of the finances by limiting access to bank accounts, credit cards, and cash. Abusers may force the other party to account for every penny spent, not provide adequate money for even basic needs, and prevent the other party from getting or keeping a job or going to school.

Intimidating a partner by using looks, gestures, a loud voice, smashing things, and destroying personal property is almost always a precursor to **physical violence**. The intention of all of these behaviors is to **establish and maintain power and control**.



Children are affected too...

The effect of domestic violence on children is extreme. Children often experience frequent health problems, sleeping difficulties, anxiety, acting out behavior, and feelings

of guilt, fear, and powerlessness. Boys who witness their mother being abused are at a higher risk of abusing their future intimate partner(s). Girls are more likely to become victims as adults.

Kidstrong



KIDSTRONG is a support group for children that have been exposed to family violence. The program is divided into three age groups (3-5, 6-8, 9-12 year olds). Each session includes a topic, snack, discussion, a topic, snack, discussion, and parent update.

Topics: Self-esteem, safety planning, children's rights, domestic violence, assertive vs. aggressive behavior, separation and divorce, and feelings.

Groups: Groups are limited to 10 children per group with 2 facilitators.

Enrollment: An orientation must be scheduled to enroll in the program. There are no fees to attend. Children may start the program at any time.

Goals:

1. To help children learn new ways to cope with separation, violence and low self-esteem in an environment where they feel a sense of belonging.



2. To assist children in building positive social behaviors.

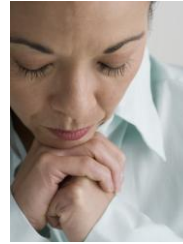
3. To aid children in gaining self-esteem through a support group that understands and values each child's uniqueness

For more information on **KidStrong**, call **692-5580**.

Kidstrong is sponsored by the Tonawanda Exchange Club.



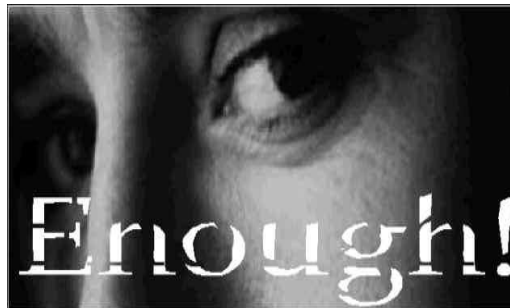
YOU ARE NOT ALONE



Does your partner...

- Ⓢ Seems too good to be true?
- Ⓢ Become jealous or overprotective?
- Ⓢ Destroy personal property or break things when he or she is angry?
- Ⓢ Use intimidation or manipulation to control the children?
- Ⓢ Expect you to follow orders or advice?
- Ⓢ Ridicule you for being stupid or call you other names?
- Ⓢ Hit, slap, punch, grab, or choke you?
- Ⓢ Try to stop you from leaving the room or the house?
- Ⓢ Threaten to hurt you, the children, family, pets, or him or herself?
- Ⓢ Lose his or her temper over small things?
- Ⓢ Make all the decisions?
- Ⓢ Do you feel like nothing you do is ever good enough for your partner?
- Ⓢ Do you feel depressed or anxious?

If you answered "Yes" to any of these questions, you may be suffering from domestic abuse.



Call our Domestic Violence Program and 24-Hour Hotline

(716) 692-5643

OR

(716) 692-5580

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DOMESTIC VIOLENCE PROGRAM



*Safety and Support
for Survivors of
Abuse*

24-Hour Hotline

(716) 692-5643

OR

(716) 692-5580

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