

This group provides women with a supportive environment for planning a non-violent future.

Some topics addressed include:

- Domestic violence education
- Enhancing self – esteem
- Fear and anxiety
- Domestic violence & children
- Stress management
- Self-care
- Combating anger
- Depression

Child care- Available free of charge to allow women to attend group counseling.

***Please call at least 24hrs in advance to arrange for child care.**

Kidstrong- is a support group for children that have been exposed to family violence. It is offered at the same time as the women's support group. Ages 4-12.



For more information or to sign up please contact one of our counselors at:

(716) 692-5580

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 –
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 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

The newest program in the YWCA of the Tonawandas assault on domestic violence is for children who have been directly exposed to family violence. Children who witness violence at home may display emotional and behavioral disturbances as diverse as withdrawal, low self-esteem, nightmares, self-blame, and aggression against peers, other family members, and property.

The program consists of 10 sessions which focus on self-esteem, safety planning, children's rights, domestic violence, assertive versus aggressive behavior, separation and divorce, and feelings.

Kids in the **KidStrong** program work on art projects, have small group discussions, sing songs, and complete self-esteem activities plus there's weekly homework that's to be done with a parent or a guardian.

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



**Domestic Violence Program
49 Tremont Street
North Tonawanda, NY 14120
Phone: (716) 692-5580
Fax: (716) 694-4550
24 hours Hotline: (716) 692-5643**

*Program made possible by funding from
The United Way of the Tonawandas, Niagara County
Department of Social Services, NYS Office of
Children & Family Services, and Federal Family
Violence Prevention Funds and local donors,
Housing and Urban Development*

YOU ARE NOT ALONE



Does your partner...

- Seem 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.



The YWCA helps to eliminate domestic violence from our world.

FACTS

- An act of domestic violence occurs every nine seconds in the U.S.
- 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.
- Between 50%-70% of men who abuse their female partners also physically abuse their children.
- 30% of women that are murdered annually in this country are murdered by a current intimate partner or an ex-husband or ex-boyfriend.
- 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.



The YWCA of the Tonawandas

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eliminating racism
empowering women
ywca

TONAWANDAS



Women's Support & Coffee Hour

Thursdays 6:30PM - 8PM

**Safety and support for
survivors of abuse**



**Member agency
of the United Way**