

what is abuse?

A pattern of coercive tactics used to gain and maintain power and control in a relationship. It takes many forms, including coercion, threats, intimidation, isolation, and emotional, sexual and physical abuse.

abuse occurs in cycles.

Domestic abuse is a part of a repetitious cycle that's difficult to break. If you're in an abusive situation, you may recognize this pattern:



Typically each time the abuse occurs, it worsens, and the cycle shortens. Breaking this pattern of violence alone and without help is difficult.

it's ok to ask for help.

It's important to recognize that you may not be in a position to resolve the situation on your own. Without help, abuse will continue and possibly worsen.

You may need outside help and that's OK. Our resources are available to help you understand your options and to support you.

"i don't feel safe at home."

"i need a place to stay."

"my husband (boyfriend, girlfriend, life partner) and i just had a fight."

"what should i do?"

recognizing the signs of domestic violence

no one deserves to be abused.

**YWCA Rock County
Alternatives to Violence Program**
1735 S. Washington St Janesville, WI 53546
ywcarockcounty.org

24-Hour Helpline
608-752-2583 or 800-750-7990

24-Hour Textline 608-371-9288

non-discrimination policy

ywca rock county is committed to providing equal opportunity and reasonable accommodations in its services, programs, activities, and employment.

Rev04/20/2017



**YWCA IS ON
A MISSION**



**eliminating racism
empowering women**

ywca

Rock County

does your partner...

- D humiliate you with bad names and put-downs?
- D look or gesture at you or act in ways that scare you?
- D control what you do, who you see or talk to, or where you go?
- D stop you from seeing or talking to friends or family?
- D take your money or Social Security, make you ask for money, or refuse to give you money?
- D make all the decisions?
- D tell you you're a bad parent or threaten to take away or hurt your children?
- D act like the abuse is no big deal, it's your fault, or even deny doing it?
- D destroy your property or threaten to kill your pets?
- D intimidate you with guns, knives, or other weapons?
- D shove you, slap you or hit you?
- D intimidate you into not calling police or pressing charges? force you to drop charges?
- D threaten to commit suicide?
- D threaten to kill you?

If you checked even one of these items, you may be in an abusive relationship.

Please consider creating a safety plan.

If you need to talk, call us.

safety planning

Know where to call for help

- D list names and numbers of friends, relatives, women's shelters, hospitals, or other safe places
- D find a place to hide the numbers to the women's shelters: at a neighbor's, in a plant, tampon box, etc
- D memorize all important numbers

Car Safety

- D keep a set of car keys available and out of the sight of your abuser
- D have an extra set of keys made and give to someone you can trust
- D need glasses to drive? keep extras in the car
- D if you leave, try to park your car in places where the abuser would not look for it

Home Safety

- D keep doors and windows locked at all times
- D keep a set of house keys available and out of the sight of your abuser
- D have extra keys made and give to someone you can trust
- D if your abuser has a set of your home keys, change the locks to your home

We need to work together to end the cycle of violence. Volunteers help us answer the crisis line, provide child care, help with office work, and fill many critical program needs. Call 752-5445 to volunteer.

domestic violence services at the ywca

emergency shelter

The emergency shelter can house women and children in a crisis situation; includes housing, food, and other basic needs for up to 45 days.

women's advocate

Group and individual support is available to women through case management and support group, held on Tuesdays from **4:30 – 5:30pm (child care available)**.

Older victims have concerns unique to their life stage; help is available through case management and the abuse in later life support group, held on Wednesdays from **11:30 – 12:30pm**.

child/youth advocates

Violence affects children too; group and individual support is available to youth through case management and support group, held on Tuesdays from **4:30 – 5:30pm** (in conjunction with the women's support group).

legal advocate

Assistance is available to file for a restraining order, apply for victim compensation and understanding the legal system in regards to domestic violence.

transitional housing

Our transitional living program offers services to domestic violence survivors in transition. Limited space is available. Call to apply.

community education

We accept speaking engagements throughout the area to educate the community on domestic violence issues.

Hablamos Español