

*You don't have  
to come into the  
shelter in order to  
receive services.  
Call now, don't wait  
for the next crisis!  
All services are  
strictly confidential.*



**If you fear for your safety  
or the safety  
of your children:  
Dial 911**

**DOMESTIC VIOLENCE  
HOTLINE  
(585) 658-2660  
OR  
1-888-252-9360**

*Domestic violence is  
more than battering...*



"We must fight the devastating effects of domestic violence with the full force of the law. Working together we will send a strong and unwavering message when it comes to domestic violence. New York is a ZERO TOLERANCE state."

George Pataki, Governor

**Chances & Changes, Inc. is supported by:**

- Livingston County Dept. of Social Services
- NYS Dept. of Children & Family Services
- Livingston County
- NYS Dept. of Criminal Justice Services
- United Way
- NYS Dept. of State
- NYS Office for the Prevention of Domestic Violence
- Episcopal Diocese
- Kraft Foods, Inc.
- USDA Foodlink
- Concerned Individuals and Organizations
- Crime Victims Board



*Chances & Changes, Inc.*  
**DOMESTIC VIOLENCE PROGRAM**

**HOTLINE**

**1-888-252-9360**

[www.chancesandchanges.org](http://www.chancesandchanges.org)

## Chances & Change, Inc.

Chances & Changes is a non-profit organization assisting persons who are physically, emotionally, verbally, sexually and/or financially abused by their intimate partners. This is a serious and frightening problem that no one should face alone.

### HAS YOUR PARTNER EVER:

**CONSTANTLY** criticized you and your abilities as a spouse or partner, parent or employee?

**BEHAVED** in an overprotective way or become extremely jealous?

**THREATENED** to hurt you, your children, pets, family members, friends or self?

**PREVENTED** you from seeing family/friends?

**DENIED** you access to family financial resources?

**INTIMIDATED** or manipulated you or your children?

**HIT**, punched, slapped, kicked, shoved or bitten you?

**PREVENTED** you from going where you want to when you want to?

**MADE** you have sex that makes you uncomfortable?

**HUMILIATED**, put you down, or embarrassed you in front of others?

## Help is Available

- ◆ 24-Hour Hotline Services
- ◆ 24-Hour Safe Housing
- ◆ Support and Assistance in Decision Making
- ◆ Advocacy and Referrals: Legal, Medical, Dental, Housing, Counseling, & Social Services
- ◆ Information & Education: Spouse Abuse, Child Abuse, Family Violence, Self-Esteem, and Parenting
- ◆ Peer Support Groups, Child Care Available
- ◆ Children's Support Group
- ◆ Individual Counseling: Face to face or telephone appointments.
- ◆ Follow-up: Support Services upon exiting the shelter
- ◆ Temporary Emergency Shelter for Pets in Domestic Violence Situations.
- ◆ Community Preventions: Outreach & Education
- ◆ School Presentations on: Bullying, Healthy Relationships, Dating Violence.

### HOTLINE

**585-658-2660**

**OR**

**1-888-252-9360**

Visit our website for more information:  
[www.chancesandchanges.org](http://www.chancesandchanges.org)

## Safety Awareness

### IN THE RELATIONSHIP

- Have important phone numbers available for yourself and your children.
- Tell trusted neighbors about the violence and ask them to call the police if they hear any suspicious noises coming from your home.
- List four safe places you can go if you decide to leave your home. It may not be safe for you to go to the closest friends and family.
- Leave extra money, car keys, clothes, and copies of documents with a friend or relative.
- Make a list of things you will need to take with you, should you decide to leave.

### To insure your safety and independence:

- ◆ Keep change for phone calls with you at all times.
- ◆ Open your own savings account with statements sent to another location if necessary.
- ◆ Rehearse an escape route with a support person.
- ◆ Review your safety plan often.

### WHEN THE RELATIONSHIP IS OVER:

Inform friends, relatives, and co-workers that your partner no longer lives with you and ask them to call the police if he/she is observed near your home or your children.

Tell people who take care of your children the names of those who have permission to pick them up.

Tell co-workers about your situation and ask that they screen your calls.

Change locks, install steel doors, a security system, smoke detectors and an outside lighting system.