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

1-888-252-9360

# Domestic violence is more than battering...

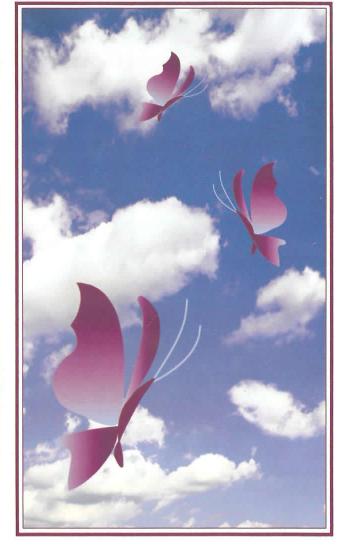


"We must fight the devastating effects of domestic violence with the full force of the law. Working together we will send a strong and unwavering message when it comes to domestic violence. New York is a ZERO TOLERANCE state."

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





**DOMESTIC VIOLENCE PROGRAM** 

HOTLINE

1-888-252-9360

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

# Oafety 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.