### WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence.

Domestic violence happens when one person believes they are entitled to control another. Assault, battering and domestic violence are crimes. Domestic violence can be physical, emotional, sexual or financial.

#### **CRISIS CENTER PROGRAMS & SERVICES:**

The Crisis Center provides direct service programs to adults and children impacted by domestic violence. All services offered by the Crisis Center are free, confidential and meet best practices of trauma informed care.

# **Emergency Shelter:**

Our emergency shelter provides safety for those in imminent danger. We provide daily essentials, case management, therapy, safety planning, referrals to community resources and other vital resources to help enhance safety and well-being.

### Therapy:

Individual and group therapy services are provided for adults and children by Masters-level clinicians. Various modalities are used to help clients gain an understanding of how the violence has impacted them and heal from their trauma.

### **Legal Advocacy:**

Legal Advocates support clients through the civil and criminal processes by providing information and assistance about protection orders, child custody issues, and legal separation, and more.

### **Community-Based Advocacy:**

Community-based advocacy helps victims protect themselves and their children from further violence by setting goals and utilizing the community resources that a victim reports needing. The Crisis Center exists to end domestic violence through advocacy, education, and prevention; wile helping communities live free of violence.

24-Hour Crisis Line: 303-688-8484

#### WHEN TO SEEK HELP:

#### Ask yourself these questions:

- Are you afraid of your partner?
- Has your partner ever threatened to hurt you or someone you care about?
- Has your partner ever tried to control your daily activities; shown excessive jealously; followed or spied on you?
- Does your partner call you names, put you down or hide money from you?

#### **CRISIS CENTER & THE COMMUNITY:**

Domestic violence not only affects those directly impacted, but neighbors, co-workers, relatives and friends. It crosses all ages, genders, ethnic groups and socio-economic levels. The incidence and consequences of domestic violence knows no boundaries. The Crisis Center provides outreach and education to the community and relies on community partners, volunteers, and donors to support this important work.

## **Education, Outreach & Prevention:**

Outreach programs include expert testimony, case consultation, technical trainings for individuals working in the criminal justice system and educational workshops for the broader community.

### **CRISIS CENTER CLIENT TESTIMONIALS:**

"The Crisis Center has been my safe haven. I feel valued and understood. I got support here at a time I was not getting it anywhere. It has helped me tremendously."

"I was so afraid and alone. The Crisis Center saved my life. I don't have words to express how valuable of an agency this is. It has helped me find freedom, safety and peace for me and my daughters!"

"I thought the Crisis Center would only help my son with his trauma from domestic violence. I was so happy that I was also offered therapy as a single dad!"