



Phoenix Associates, Inc.

Strong Survivors

Domestic Violence Survivors and Children

Services and Interventions for Domestic Violence Survivors and Children

- *Skills-based Support Services
- *Domestic Violence Education
- *Advocacy
- *Parenting Education
- *Child Development
- *Individual and Family Services
- *Support Groups for Children
- *Community Resources
- *Linkage and Coordination Services

Phoenix's **STRONG SURVIVORS PROGRAM** assists adult survivors gain an understanding of the dynamics of domestic violence and the impact on their family; prepare a safety plan and offer support, counseling and advocacy.

Effects of Domestic Violence on Children

- *Blame self for abuse
- *Difficulty making friends
- *Become rude, aggressive, copy abuser
- *Difficulty sleeping, nightmares
- *Trouble concentrating, miss school
- *Physical complaints, headaches
- *Learn that violence is normal



Phoenix's **STRONG SURVIVORS PROGRAM** helps children understand and cope with their emotional responses to violence, how to manage their own anger effectively, and provides a safe environment to discuss their experiences.

Are you or someone you know in an abusive relationship?

There are many signs to look for to determine if you are being abused, some more serious than others.

For instance does your partner:

- * Look at you or act in a way that scares you?
- * Control what you do, who you see or talk to or where you go?
- * Stop you from seeing your friends or family members?
- * Make all of the decisions?
- * Tell you that you're a bad parent or threaten to take away or hurt your children?
- * Prevent you from working or attending school?
- * Intimidate you with guns, knives or other weapons?
- * Shove you, slap you, choke you or hit you?
- * Threaten to commit suicide?
- * Threaten to kill you?

Did You Know...?

It's a crime to threaten, beat or sexually assault any person, **even if they are married.**

Domestic violence is more than just a family problem – **it's a CRIME.**

Contact Us

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Phoenixassociates.net

For more information on domestic violence, contact the hotline listed below.

YWCA 24 Crisis Hotline 260.447.7233 OR 800.441.4073

ANY EMERGENCY Call 9-1-1

If You Become A Victim of Domestic Violence

- * Call the police
- * Make sure you are safe from continued violence. When you believe you are in danger, leave home and take your children with you. Also take important papers like your driver's license, birth certificates, vehicle registration, etc.
- * Get medical attention. Don't try to treat yourself – you may be more hurt than you realize.
- * Seek assistance. Whether or not you decide to file charges, you may need to talk to a professional about your situation. Contact your local shelter, support group or victims' assistance center.
- * Save all the evidence (proof) that you can. You may want to take pictures of any injuries. If you decide to file charges later, you will need proof of your injuries.

A Way Out

Everyone has the right to be safe from threats and violence – but **YOU** must take the first step. Once you recognize that it's **NOT YOUR FAULT**, and it **IS** possible to change your situation, seek the help you need.