

We Can Help

Safety

24-Hour Hotline for crisis intervention, information and referrals, safety planning, and general support with bilingual and bicultural counselors.

Emergency Safe House, a confidential home for battered women and their children for up to 60 days. Therapeutic play and safety education for children.

Advocacy

Court-Based Advocacy for victims whose partners or family/household members were arrested for a family violence crime; and help with temporary restraining orders.

General Advocacy to obtain housing; financial benefits; job training; legal, medical, and social services; immigration help.

Counseling

Short-Term Supportive Counseling for adults and older teens.

Support Groups for women who are now or who have ever been in an abusive relationship.

Prevention

Workshops for professionals and corporations on the dynamics and scope of domestic violence.

Programs for students on healthy relationships, relationship abuse, and conflict resolution.

Seminars for community, civic, and religious groups.

You Can Help

Speak out against domestic violence and encourage leaders in your community - clergy members, doctors, educators, and others - to do the same.

If you know someone affected by domestic violence, offer your support. Acknowledge that it's not the person's fault.

Write or call local networks and newspapers about your disapproval of violence in the media.

Send a tax-deductible contribution to:
BHcare Foundation*
PO Box 658, 435 East Main Street, Ansonia, CT 06401

* Please write "UCDVS" in the memo space
Your contribution is tax deductible to the full extent allowed by law.

The Umbrella Center For Domestic Violence Services

203-736-2601 x 1381

1000 Bridgeport, 3rd Floor, Ste 310

Shelton, CT 06484

Shelton and New Haven business offices

ucdvs@bhcare.org

www.bhcare.org

Supported by:

CT Coalition Against Domestic Violence, CT Department of Social Services, Agency On Aging, Emergency Food and Shelter Program, Community Development Block Grants, Guilford Community Fund, United Way. A full list of funders is available on our website www.BHcare.org.

The Umbrella Center for Domestic Violence Services

A program of BHcare

What Is Domestic Violence?

Domestic violence involves acts of abuse against another person in order to gain power and control.

Abusive acts can be verbal, emotional, psychological, physical and sexual; abuse can involve threats and destruction of property. Victims can be of any age, race, gender, religion, sexual orientation, or economic status. Some forms of abuse can be prosecuted in the courts. Other forms of abuse, although not illegal, can be as hurtful.

24-Hour Hotlines:

Valley and Shelton:
(203) 736-9944

Greater New Haven:
(203) 789-8104

CTSafeConnect:
1-888-774-2900



If you have been abused,
you are not to blame.

You are a worthwhile person.

You deserve to be treated with respect.

You do have power over your own life.

You can decide what is best for you.

You have the right to make mistakes.

You have the right to change your mind.

**You are not alone.
You can ask others for help.**

Adapted with permission from New York Anti-Violence Project, 2000.

CTSafeConnect: 888-774-2900

Warning Signs of Domestic Violence

1. Are you afraid to disagree with your partner because of his/her temper?
2. Do you make excuses to yourself or to others for your partner's behavior?
3. Does your partner accuse you of flirting or cheating?
4. Does your partner destroy things that you care about?
5. Does your partner grab, pull, or push you and/or are you hit in places where the bruises won't show?
6. Does your partner threaten to harm or kill you, your child, your pet, or your family?
7. Does your partner force you to have sex or do sexual things that make you feel uncomfortable?
8. Does your partner humiliate you in public or private?
9. Does your partner threaten to "out" you?
10. Has your partner displayed a weapon or destroyed things to scare you?
11. Does your partner control the family finances and deny you money and/or credit/debit cards?
12. Does your partner threaten to have you deported?
13. Are you not allowed to have house or car keys of your own?
14. Does your partner make it difficult or impossible for you to go to work or school?
15. Has your partner manipulated you with "head games?"
16. Has your partner punished or deprived your children to get back at you?
17. Does your partner threaten to take custody of your children?
18. If your partner abuses drugs or alcohol, is he or she more likely to do any of the above things when drunk or high?

If you answered "yes" to any of these questions,
you may be in an abusive relationship.

Ending & Preventing Domestic Violence

Our mission is to make the public aware of the problem of domestic violence as a serious social and political issue, and, through community education, to raise awareness of UCDVS' services. UCDVS strives to empower survivors of domestic violence and help them break the cycle of violence by offering them emergency shelter, advocacy, information and referrals, counseling, support groups, and other crisis intervention services. UCDVS believes that no one has the right to abuse another.

