

You are not alone!

Anyone can find themselves in an abusive relationship.

It can happen in straight or gay relationships. Both women and men can be victims. In some relationships the abuse only happens once in awhile, in others it is every day.

(Information on these 2 pages adapted from www.ncvc.org)

If you are being abused, you might...

- ◇ Feel threatened and afraid.
- ◇ Feel angry, sad, lonely, depressed or confused.
- ◇ Believe it is your fault.
- ◇ Feel helpless to stop the abuse.
- ◇ Feel humiliated or ashamed.
- ◇ Worry what might happen next.
- ◇ Feel like you can't talk to family or friends.
- ◇ Be afraid of getting hurt.
- ◇ Be afraid someone you care about may be hurt.
- ◇ Feel protective of your partner.
- ◇ Feel bad about yourself because your partner says you are stupid, lazy, ugly, worthless, helpless, crazy or other emotionally abusive statements.

These are normal reactions to being abused.

Remember, the abuse is not your fault.

Abuse can be unpredictable and dangerous.

No two situations are alike, and there are no guarantees that what works for one person will work for another. Steps you can take for your safety are to *Trust your instincts. If you feel unsafe, you probably are. *Call 911 if you are in immediate danger. *Tell people you trust (friends, family, counselor, etc.) about the abuse and get their support. *Contact our hotline or meet with an advocate for assistance.

Call us at our 24 Hour Hotline: 1-866-2-MY-ALLY



Contact Information

303 Walnut Avenue, Santa Cruz, CA
96050

Main Office Phone

(831) 426-3062

Main Office Fax

(831) 426-3070

24-Hour Domestic Violence Hotline

1-866-2MY-ALLY (1-866-269-2559)

Early Childhood Education Center

120 Weeks Avenue, Santa Cruz 95060

(831) 429-3050

Open Mon - Fri, 7:30am - 5:30pm

www.wafwc.org

Associated Programs

African-American Community Health Group

(831) 426-3062 x 223

It is the policy of Walnut Avenue Family & Women's Center to provide equal employment and volunteer opportunities (EEO) to all persons regardless of age, color, national origin, physical disability, race, religion, creed, gender, sex, sexual orientation, gender identity and/or expression or any other characteristic protected by federal, state or local law.



Services for Survivors of Domestic Violence



Peace begins at home...

Is it domestic violence?

Domestic Violence is a systematic, escalating pattern of aggressive, coercive and/ or violent behaviors, where one partner in an intimate relationship controls the other through force, intimidation, and/or the threat of violence. Relationships can be abusive even if there is no physical violence. Abuse can be verbal, emotional, physical, or sexual or a combination of these.

Ask yourself: Does my partner...

- ◇ Call me names, insult me, or criticize me?
- ◇ Have to be with me all the time?
- ◇ Give me orders or make all the decisions?
- ◇ Call or page me frequently to find out where I am, who I am with or what I am doing?
- ◇ Tell me how I can dress, what to wear?
- ◇ Act jealous, possessive, controlling or bossy?
- ◇ Get angry very quickly or fight a lot?
- ◇ Threaten to hurt me, my pets, my children, my family, etc., if I don't do what they want?
- ◇ Threaten to hurt themselves or commit suicide?
- ◇ Deny me money, given me an allowance, track my spending obsessively or make me pay all the bills?
- ◇ Follow me or track where I go? Show up repeatedly at my home or work uninvited?
- ◇ Refuse to allow me normal contact with my family friends, coworkers?
- ◇ Threaten to "out" my sexual orientation?
- ◇ Shove, punch, slap, pinch, kick, hit or pull my hair?
- ◇ Strangle or choke me?
- ◇ Use alcohol or drugs and pressure me to do it?
- ◇ Refuse to accept that the relationship isn't working or is over?

If so, you are in an abusive relationship.

We can help.

Support Groups

Domestic Violence Drop-In Support Groups

Walnut Avenue Women's Center (WAWC) maintains a confidential space for women, ages 18 and over, to come together and share their experiences. Our support groups provide a safe environment for women to meet others who have faced similar challenges and gain knowledge and tools for empowerment.

Domestic Violence Lunch Support Group (English)

Tuesdays: 11:30 am — 12:30 pm

Domestic Violence Evening Support Group (English & Spanish)

Thursdays 6:30 pm — 8:00pm

Seeking Safety Support Group

This group is designed for women to learn safe coping options and information on how trauma, PTSD, substance use and other unsafe coping strategies are connected.

Thursdays 11:30 am — 12:30 pm
(English)

Free childcare is available during group sessions.

Community Groups

Community support groups are provided at Main Jail and Blaine Street Women's Facility, Janus Peri-Natal and Janus Outpatient treatment Programs.

Various groups that support personal growth and development are offered to community members. Groups are facilitated by guest speakers and/or staff of Walnut Avenue. Look for announcements to register!

Community Education focusing on domestic violence prevention & how to be an ally to domestic violence survivors is available to community organizations.

Legal Advocacy

It can be overwhelming and intimidating to petition for a domestic violence restraining order and go to court. Advocates give information about the process of filing restraining order paperwork and provide court accompaniment to restraining order hearings and child custody mediation at no cost to our participants. Advocates may also act as liaisons between participants and members of the criminal and civil legal systems.

Participants of Walnut Avenue Women's Center services have access to emergency needs assistance including food, clothing and household items.

Offsite emergency interim shelter programs offer short term housing as participants transition to a safe living environment.

Participants receiving Employment & Benefits Services may be referred to our agency for assistance.

All of our support services are provided in English & Spanish.

Just walk in!

Advocates are available to provide support to new participants

Monday through Friday from 10:00 am to 12:30 pm and 2:00 pm to 3:30 pm

Please call to confirm walk-in availability.

To make an appointment to meet with an Advocate call 426-3062.

(Please note that support is provided on a "first come, first serve" basis)

Free childcare is available during counseling sessions.

One-on-One Peer Counseling

Trained domestic violence advocates offer a non-judgmental environment for participants to talk about their experiences and weigh their options. Participants are supported to understand the dynamics of abuse and its impact on their lives, nurture self-esteem, set healthy boundaries, develop safe coping skills, assess risks and create a safety plan to address their emotional, mental and physical safety. Information, resources and referrals to other agencies are available as needed.

Youth Programs

Trained youth advocates offer **one-on-one mentoring** with youth to form a rich mentoring relationship. Advocates offer a safe, supportive space for youth to talk, hang out and explore healthy decision making.

Girl Talk and **Wise Guys** are drop-in groups for girls and boys ages 12-16. Both groups assist youth in building self esteem and foster a creative outlet for self expression. Participants are supported in setting and maintaining healthy relationship standards as they become adults. In addition, youth are taught problem solving, non-violent conflict resolution and are connected with positive role models. Each group also contains special emphasis on gender specific issues. **Groups meet Thursday evenings concurrently with the drop-in support groups 6:30 — 8:00 pm.**

Kid's Squad is a space where 0-11 year old children come and participate in educational activities while their parent/guardian attends support groups and one-on-one peer counseling appointments. The goal is to provide a safe space for children to express themselves, relax and have fun.

You don't have to be an expert in domestic violence to

How to be An Ally

be an ally to someone you suspect or know is being abused. If you or someone you know is in an abusive relationship, please feel free to contact us for support regarding ways of coping with this emotional, delicate and often dangerous situation.

Tips on how to be an ally:

- **Don't Assume:** If you suspect that someone is in an abusive relationship, ask. Let them know that you are concerned about their welfare and would like to offer support. Let them know they do not deserve to be abused. Tell them, "It's not your fault."
- **Listen:** Take time to listen and believe what the survivor is telling you about their life. Kindness and compassion from the first person a survivor tells about the abuse can be one of the most influential factors to healing.
- **Offer Resources:** Refer the survivor to a local hotline or agency that provides domestic violence resources.
- **Call 911:** If you witness someone being abused contact the police.

If you or someone you know is in an abusive relationship, please feel free to contact us for support regarding ways of coping with this emotional, delicate and often dangerous situation.

24-Hour Domestic Violence Hotline

1-866-2MY-ALLY • (1-866-269-2559)