

It can happen to anyone...

Domestic violence, or battering, is a pattern of abusive behaviors that some individuals use to control their intimate partners. Battering can include physical, sexual, and emotional abuse, and other controlling actions. The following questions may help you decide if you are being abused:

Does your partner ever...

- Hit, kick, push, or injure you in any way?
- Use, or threaten to use, weapons/objects against you?
- Force or coerce you to engage in unwanted sex/sexual acts?
- Control what you do and who you see in a way that interferes with your work? education, or other activities
- Steal or destroy your belongings?
- Constantly criticize you, call you names, put you down, make you feel afraid?
- Threaten to hurt you or others? Threaten to disclose private, personal information about you?

Deny your basic needs such as food, clothing, housing, or medical assistance?

Domestic violence is a serious problem that has been occurring for centuries. It affects millions of people in the US every year, most often women. Domestic violence can happen to anyone regardless of race or ethnic background, educational level, religion, marital status, physical ability, age, or sexual orientation.

Sexual Assault can happen to anyone. The attacker is the only one responsible for the crime. There is never a time when the use of alcohol or drugs is an acceptable excuse for sexual violence.

Regardless of style of dress, choice of friends, or places you choose to go, you are not responsible for sexual attacks!

If you are being abused by your partner, you may feel confused, afraid, angry, and/or trapped. All of these emotions are normal responses to abuse. You may also blame yourself for what is happening. But no matter what others say, you are never responsible for your partner's abusive actions.

Help is available...

Haven offers 24-hour crisis intervention and emergency shelter for domestic and sexual violence victims and their minor children.

If you are in an abusive relationship call...
HAVEN DOMESTIC VIOLENCE HOTLINE
352-753-5800

If you are a victim of sexual assault, call...
HAVEN SEXUAL ASSAULT HOTLINE
Lake & Sumter Counties 352-787-1379

Haven provides support and resources for domestic and sexual violence victims though:

- Individual and Group Counseling
- Assistance in filing for victim compensation
- Courtroom advocacy
- Assistance filing protection order forms
- Counseling for violence-exposed children
- Teen Dating Violence Prevention Program
- 24 Hour Rape Crisis Response
- 24 Hour SANE Forensic Exams
- Sexual Assault Counseling
- Legal Advocacy
- 24-hour Emergency Shelter
- 24-Hour Crisis Helpline for domestic violence and sexual assault

Haven of Lake & Sumter Counties, Inc is registered with the State of Florida to solicit contributions #CH4376. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-HELP-FLA within the State. Registration does not imply endorsement, approval, or recommendation by the state.

Your gift is tax deductible as allowed by law; Haven of Lake & Sumter Counties, Inc is registered with the state under the Solicitation of Contributions Act, 1992 under Federal Tax Identification Number 59-1258427.

You are NOT alone and it is NOT your fault!

Haven

of Lake & Sumter
Counties, Inc.



*Serving Victims
of Domestic and
Sexual Violence
Since 1977*

HAVEN DOMESTIC VIOLENCE HOTLINE
352-753-5800
HAVEN SEXUAL ASSAULT HOTLINE
352-787-1379 (Lake & Sumter)

www.havenlakesumter.org

Administration & Counseling Ctr.
2600 South Street
Leesburg, FL 34748
352-787-5889

Lake Panasoffkee
2748 N CR 470
Lake Panasoffkee, FL 33538
352-793-5365

Administration
2602 South Street
Leesburg, FL 34748
352-315-0591 or 352-315-0449

24/7/365 FLORIDA Domestic Violence HOTLINE: 1-800-500-1119

Haven Wish List

Wish List

These items are in constant demand:

Feminine Sanitary Products Razors*
Shampoo*Conditioners*Soap*Deodorant*
*Paper Towels*Toilet Paper* Tissue*

Household Cleaning Supplies
Bleach Soap*

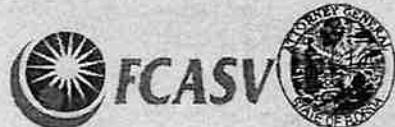
New Packaged Underwear for Women & Children

*Sweat pants/t-shirts/flip flops/pant with elastic waist
for sexual assault victims after exam (all sizes)*

Gift Cards for Perishable Food Items
*Non-Perishable Food Items*Gas Cards*Baby
Supplies*Diapers*
Newborn to Five and Pull-Ups

*Un-opened Make-up*DVDs and CDs for Residents*
VOLUNTEERS!

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Identifying support...

Developing a support network can be very helpful as you plan for safety. There are many places to turn for assistance. Community support: Friends, family, women's community groups, churches, and service providers (such as health, legal, counseling centers) can provide resources support, and assistance.

Domestic violence and sexual assault services can provide free, confidential help to those who need assistance. Information about these services is provided on the back of this brochure.

Legal Options...

Criminal charges can be brought against your attacker if you or other loved ones have been physically injured, threatened, raped, harassed, or stalked. You can report these crimes to law enforcement. Criminal charges may lead to your abuser/attacker being arrested and possibly imprisoned.

Restraining/protective orders can be set in place even if you do not want to press criminal charges. You can file for a civil court order that directs the abuser to stay away from you. In many states restraining/protective orders can also keep your partner from your home, grant child custody and support, or ban him/her from having weapons.

Attention:

If you do not speak English, or if you are deaf, hard of hearing, or sight impaired, YOU can have interpretive and translation services provided at no charge. Please ask for assistance.

No person shall, on the basis of race, color religion, national origin, sex, age or disability be excluded from participation in, be denied the benefits of, or be subjected to unlawful discrimination under any program or activity receiving or benefiting from federal financial assistance administered by the department and its providers. Any applicant or participant who believes he or she has been denied services may file a complaint with the United States Department of Health and Human Services, Office of Civil Rights, United States Department of Justice, Office of Justice Programs or the Department of Children and Families, Office of Civil Rights within 180 days of the alleged violation.

No person shall be retaliated against, harassed, intimidated, threatened, coerced or discriminated against for making a charge, testifying, assisting or participating in any manner in an investigation, proceeding, or hearing for opposing alleged unlawful discriminatory practices prohibited by state and federal laws.

Plan for safety...

Without help, domestic violence often continues to get more severe over time.

IT CAN SOMETIMES BECOME DEADLY

To increase your safety:

- **Tell others** you trust what is happening and talk about ways they might be able to help.
- **Memorize emergency phone numbers** for crisis hotlines, support persons, or friends. CALL 911.
- **Identify escape routes** and places to go if you need to flee quickly from an unsafe situation.
- **Talk with your children** about what they should do if a violent incident occurs or if they are afraid.
- **Keep an emergency bag** with money/checkbook, extra car keys, medicines, and important papers such as birth certificates, social security cards, immigration documents, and medical cards. Keep it safe and accessible such as with a trusted friend.
- **Trust your instincts** – If you think you are in immediate danger, you probably are.

Get to a safe place as soon as you can.