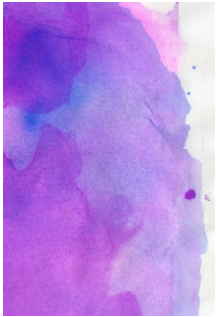


# The safety of you and your children is the most important need you have.



You can leave. Although you may be feeling vulnerable, you need to take control of the situation and do what is best for your safety and the safety of your children.

This may sound like too much to handle, but we can help.

*Even if you aren't ready to leave, you can still talk to someone about your options. We can help you make a safety plan, refer you to other resources, and just listen. Call 646-1753 when you're ready.*



## *You don't have to stay in the shelter...*

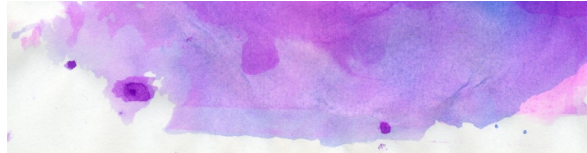
Safe Haven Center has a non-residential program for victims who need services, but don't need to reside in the shelter.

Women and children in this program receive the same benefits and services as the residential program.

## MAKE A DIFFERENCE.



*Getting involved sends a powerful message to victims and survivors of domestic violence in your family, circle of friends, neighborhood, workplace or church: we are a community that cares.*



## SUPPORT OUR EVENTS

### VOLUNTEER

### DONATE

Send monetary donations to:

**Safe Haven Center**

**P.O. Box 346**

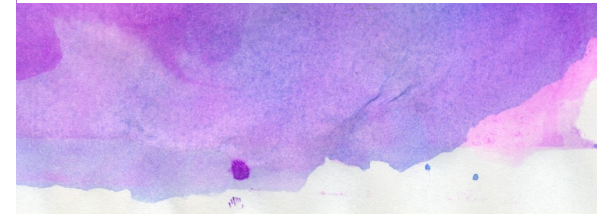
**Chillicothe, MO 64601**

*This project was supported by funding made available through the State Services to Victims Fund administered by the Missouri Department of Public Safety, Office of the Director.*

## IT CAN GET BETTER...



## IT WILL GET BETTER.



**Safe Haven**  
*Center*

*Serving Victims of Domestic Violence  
in Livingston & Surrounding Counties*

**1-660-646-1753**

*All services are free of charge.*

# Better days are ahead...

Do you even remember the last time you laughed without fear? Can you envision the “old you” and the freedom you felt? Wouldn’t it be nice to make your own decisions about where to go, who to see, what to buy?



*Strives to all empower all individuals and families to have safe and healthy relationships. Our locally controlled shelter is dedicated to providing services for victims of domestic violence.*

*We do not discriminate on the basis of race, color, national origin, religion, sex, disability or age in delivery of services.*

## PROGRAMS AND SERVICES

Domestic violence affects lives in many ways. Our programs and services address a broad range of issues that survivors encounter, providing them with tools to achieve self-reliance.

### PREVENTION

- Outreach
- Trainings
- Presentations
- Education

### INTERVENTION

- Shelter
- Case Management
- Counseling
- Protective order

### EMPOWERMENT

- Advocacy
- Referrals
- Client assistance
- Safety Planning

## DOMESTIC VIOLENCE=

A pattern of coercive behavior aimed at gaining and maintaining power and control over an intimate partner.

### ARE YOU A VICTIM?

- Is your partner threatening or violent towards you or the children?
- Do you find yourself making excuses or minimizing your partner's behavior?
- Do you feel completely controlled by your partner?
- Do you feel helpless, trapped, alone, and isolated?
- Do you blame yourself for the violence?
- Does your partner blame you for the abuse and say you are the cause of all his problems?
- Do you blame the violence on stress, drugs/alcohol, or a bad childhood?
- Does your partner constantly accuse you of having affairs? Does he tell you jealousy is a sign of love?
- Do you fear going home?
- Are you limited in your freedom like a child? (Go to the store and come straight home. It should take you 15 minutes.)
- Do you find yourself lying to hide your partner's real behavior (for example, saying you fell down the stairs when actually you were pushed)?
- Are you embarrassed or humiliated by your partner in an effort to control your behavior, especially in public?
- Does your partner abandon you, leave you places, or lock you out?
- Does your partner hide your keys, mail, or other important papers?



### It's not okay...

If you or someone you know lives with violence at home, help is available.

We care and we will listen.

**Call the Safe Haven Center at 646-1753.**

**If you or your children are in danger, call 911.**