

**If you or someone
you know is in
danger....**

help is available.

Family Counseling and
Shelter Services offers a
Support Group for victim of
domestic violence.

Participation is always kept
confidential.

**NO APPOINTMENT
NECESSARY**

FREE OF CHARGE

For more information, call

734-242-SAFE

HAVE A SAFETY PLAN

- ✓ Work out signals with neighbors to call the police
- ✓ Ask a friend or relative to come stay with you
- ✓ Decide where you can go and what to take with you if you must leave (money, important documents, spare clothes, car keys)
- ✓ Decide who you will call for help
- ✓ Plan protection and provisions for your children



**Family Counseling
and**

Shelter Services

14930 LaPlaisance Rd.

Suite 106

Monroe, MI 48161

734-241-0180

This program is funded in part
by the State of Michigan
Department of Human Services

ARE YOU SAFE?

For shelter and support

for victims of

domestic violence call

734-242-SAFE

**The Sunrise House Do-
mestic Violence Shelter is a
program of Family Counseling
and Shelter Services.**



The Sunrise House Domestic Violence Shelter is a 24-hour, 365-day a year shelter for victims and their children who have experienced the trauma of domestic violence. We offer:

- * A safe place for victims and their children to stay
- * Confidentiality
- * Victim advocacy services
- * Domestic violence support groups
- * Domestic violence prevention groups for men and women who want to stop abuse
- * Life Skills Training
- * Legal Advocacy
- * Assistance in finding housing
- * Crisis outreach advocacy

***ALL SERVICES ARE
CONFIDENTIAL***

AT THE SHELTER

- *We know you do not deserve to be hit.
- *We know that it is not your fault your partner loses his/her temper.
- *We know that it is not your partner's right to use physical or sexual force on you or anyone else.
- *We know that you may need a place of safety.

We know abuse can be emotional and verbal ,as well as physical.

EVERY 15 SECONDS A WOMAN IS ABUSED

Battering is the single major cause of injury to women, exceeding rapes, muggings, or auto accidents.

Every social, economic, educational, and cultural group has domestic violence.

Calling the police reduces the risk of a woman being attacked again within six months by as much as 62%.

Warning Signs of an Abusive Relationship

- * **Is jealousy** a factor in the relationship? (accusations, follows and check up on you)
- * **Is controlling** behavior an issue? (discounts ability to make decisions, constant questioning of time and activities, makes you ask for permission)
- * **Do you feel isolated?** Are you cut off from resources, friends, and family members?
- * **Do they blame** others for their problems? (“You made me lose my temper”)
- * **Is verbal abuse** present? (name calling, insults, humiliation)

ANYONE CAN BE A VICTIM OF DOMESTIC VIOLENCE.....

..rich...poor...young...old...married...single...
Black, White, Asian, Hispanic, Native American. Although both men and women can be victims, the vast majority of victims are women.

