

*“Abuse is behavior that physically harms, arouses fear or prevents a person from doing what he/she wishes.*

*It is the intent of the abusive behavior to undermine the will of the victim and substitute the will of the perpetrator for the will of the victim.*

*Perpetrators batter victims to achieve and maintain power over their victims.”*

*-- Massachusetts Department of Public Health*

## **Warning Signs of an Unhealthy, Abusive Relationships**

He is controlling, possessive and overly demanding of her time and attention. He appears at times to be two different people: one, charming, loving and kind; the other, abusive, vicious and mean. He has what is called a “Dr. Jekyll and Mr. Hyde” dual personality. He keeps her on edge, not knowing who he’ll be at any moment. He manipulates what she feels for him and makes her feel bad about herself. He will at times be sorry for what he has said and done and will promise never to do it again, but he will also deny, minimize or blame others for his behavior. She will feel it is her fault, that *if only* she had done something else, pleased him more, been more compliant, she would not be treated this way by him.

### **EMOTIONAL**

- He insults her, calls her names and belittles her in private and in public with her family and friends.
- He isolates her from family and friends, forbidding her to see them or limiting her access to them.
- He is jealous of her contact with others, particularly with other men. He exaggerates her relationships with other men, accusing her unfairly of having affairs outside of their relationship.
- He wants to know where she is at all times, calling or texting her to find out who she is with. He invades her privacy by checking her cell phone, viewing her email or monitoring her Web pages.
- He refuses to accept when she ends the relationship and may stalk her long afterwards.

### **PHYSICAL**

- He yells, screams and loses his temper easily, sometimes disproportionately over unimportant things.
- He destroys her things, kicks or breaks other property, making her fear that he could hurt her, too.
- He intimidates her, making her afraid of him by his looks, actions and gestures.
- He grabs her, kicks her, slaps her, punches her, strangles her or draws a gun or weapon and threatens to kill her. He harms her pets or threatens to hurt or harm her family or friends.
- He stalks her with unwanted phone calls, visits to her house or job and secretly monitors her actions.

### **ECONOMIC**

- He controls her access to money, even her own money or money she has earned herself.
- He refuses to pay bills or let her know about family income, investments or property.
- He keeps her from getting or keeping a job, refuses to support their family or children.
- He makes all the big decisions, using male privilege to get his way and insisting on rigid gender roles.

### **PSYCHOLOGICAL**

- She feels like she is going crazy, that his view of the world is not reasonable, but she will have little chance of convincing him otherwise and he demands her absolute loyalty to his way of thinking.
- He says he can’t live without her or will kill himself if she leaves, so she fears ending the relationship.
- He pushes the relationship too far, too fast and is obsessed with her and wants her for himself.
- He has unrealistic expectations and demands, and she feels it is her fault he’s not happy.

### **SEXUAL**

- He demands to have sex forcibly without her consent with him or with others.
- He withdraws sex from her or makes it conditional on her compliance to his demands.
- He calls her crude names, implying she is promiscuous and unfaithful sexually to him.

## **Signs of A Healthy Relationship**

In a healthy relationship, the two people are on an equal footing and they respect, trust and support each other. They are honest with each other and take responsibility for their actions. They are good parents, sharing responsibility in raising their kids. They have an economic partnership in which the best interests of both are considered, and they communicate, negotiate and treat each other fairly.

*Copyright © 2009 by Susan M. Omilian REPRINTED WITH PERMISSION  
For more information on Susan and her work, go to [myavengingangel.com](http://myavengingangel.com) or [thethriverworkbook.com](http://thethriverworkbook.com).*

---

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*

## **Impact of Domestic Violence on Women**

1. **She may be passive/silent, unable to articulate her experience**  
**OR**
2. **She may be agitated/aggressive, use weapons to defend herself against him.**
3. *She expects retaliation. Her every action will be watched by him; most of her actions will be thwarted by him and she will pay dearly for failure.*
4. **She is in denial. It's not happening. I can handle it. He'll change. He won't hurt the kids.**
5. **She feels guilty for getting him in trouble, having father of her children punished/jailed/restricted from seeing the children.**
6. **She may not receive support from family, friends or her church to leave him.**
7. **She may not seek services or feel judged when she does, so she goes it alone.**
8. **Her actions may appear contradictory. She's afraid of him but then she wants the TRO lifted. He beats her, emotionally abuses her but she will go back to him.**
9. **She may fight back and get arrested.**
10. **She will distrust everyone in the system; she may feel unworthy of help.**
11. **She wants someone to make him stop and, out of denial or fear or other factors, she may take little or no protective action herself.**

## Effects of Domestic Violence on Women

<b>HER THOUGHTS/BEHAVIORS</b>	<b>EMOTIONAL INJURIES</b>	<b>PHYSICAL INJURIES</b>
Not Able to Express, Name or Articulate Her Experience	<b>FEAR</b>	Severe Physical Injuries
It's Her Fault, Identifies with Abuser	<b>Anxiety</b>	Traumatic Brain Injury (TBI)
Anger, Resentment, Rage	Numbness, No Emotions	Chronic Physical Problems
Feeling Mistrustful, Lack of Trust	Isolation	Eating Disorders
Preoccupied with Survival Can't Make it Without Him Have No Money, Support	Depression, Sadness Hopelessness Learned Helplessness	Sleep Problems
<b>Low Self-Esteem</b> <ul style="list-style-type: none"> <li>• Believes that She is Worthless</li> <li>• She Should Be Able to Control His Behavior, Feeling Powerless</li> <li>• She Can't Make It on Her Own.</li> </ul>	<b>Self-Destructive Behaviors</b> <ul style="list-style-type: none"> <li>• Substance Abuse</li> <li>• Suicidal/Homicidal</li> <li>• Prostitution</li> </ul>	<b>Stress Related Diseases:</b> <ul style="list-style-type: none"> <li>• Heart Attack</li> <li>• Stomach/Ulcers</li> <li>• Immune System</li> <li>• MS</li> </ul>
Exhibits Spiteful Behavior or She May Provoke His Behavior	Loss of Desire for Sex or Intimacy	Possible Post Traumatic Stress Disorder (PTSD)

### SURVIVAL STRATEGIES

- Compliance
- Minimizing, Denying Abuse is Happening
- Stealing, Forging Checks to Survive Financially
- Substance Abuse
- Knowing Him Very Well, Reading Him
- Making Him a Priority Over a Child
- Checking Into a Hospital/Chronic Illnesses
- Bonding with Him
- Keeping Children Quiet, Very Strict with Children
- Run Out of House to Get Children Away from Children
- Isolate Herself, Avoid Contacts, Numbing

### POST TRAUMATIC STRESS DISORDER (PTSD)

**An abrupt injury to the brain or mind that causes:**

1. **Terror, horror or helplessness** from actual or threatened death or serious injury to self or others in close proximity.
2. **Damage to necessary or deeply held beliefs:**
  - In one's safety (e.g. "He's supposed to protect me, not hurt me.")
  - In one's sense of life's expectations (e.g. "He's supposed to love me.")
3. **Psychological hyperarousal** of the sympathetic nervous system, increased sensitivity of the startle reflex, and sleep abnormalities.
4. **Shame or guilt** for failing to meet one's own expectations, for surviving, for failing to safe/help others.

-- Eighty-four percent of women who are abused suffer from PTSD.

-- Between 22 – 35 % of the women who visit hospital emergency rooms are there for symptoms related to the on-going abuse.

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*

# **Effects on Child Victim/Witness of Domestic Violence**

## *Age-specific indicators*

### **Pregnancy**

- Physical abuse by partners compromises a woman's health during pregnancy, her likelihood of carrying a child to term and the health of her newborn (Harvard School of Public Health Study, 2006)

### **Infants** Basic need for attachment is disrupted.

- Routines around feeding/sleeping are disturbed.
- Injuries while "caught in the crossfire".
- Irritability or inconsolable crying.
- Frequent illness.
- Difficulty sleeping.
- Diarrhea.
- Developmental delays.
- Lack of responsiveness.

### **Preschool**

- Somatic or psychosomatic complaints.
- Regression.
- Irritability.
- Fearful of being alone.
- Extreme separation anxiety.
- Developmental delays.
- Sympathetic toward mother.

### **Elementary Age**

- Vacillate between being eager to please and being hostile.
- Verbal about home life.
- Developmental delays.
- Externalized behavior problems.
- Inadequate social skill development.
- Gender role modeling creates conflict/confusion.

### **Preadolescence**

- Behavior problems become more serious.
- Increased internalized behavior difficulties: depression, isolation, withdrawal.
- Emotional difficulties: shame, fear, confusion, rage.
- Poor social skills.
- Developmental delays.
- Protection of mother, sees her as "weak".
- Guarded/secretive about family.

### **Adolescence**

- Internalized and externalized behavior problems can become extreme and dangerous: drug/alcohol, truancy, gangs, sexual acting out, pregnancy, runaway, suicidal.
- Dating relationships may reflect violence learned or witnessed in the home.

## **Why Women Stay and Common High-Risk Situation**

It may take a woman an estimated seven to nine tries to leave an abusive relationship.

### **REASONS WHY SHE STAYS:**

#### **SAFETY: She fears for her safety.**

- She is fearful of being killed or more violent beatings.
- Abuser has threatened to seek her out and kill her, her children or others she cares about.
- She fears abuser's continued pursuit of her. He says he will never let her go. Stalking increases the unpredictability and danger of abuse.
- She feels there is no safe to go.
- She fears his threats that she will lose custody of her children; that he will make false reports of child abuse to DCF about her abusing her children.

#### **DEPENDENCY: She is economically dependent on him.**

- She has no job skills, no money of her own.
- She thinks she can't make it alone or support her children. He has continually told her she's dumb, stupid or worthless.

#### **MANIPULATION: She thinks he will change.**

- Abuser makes false promises to change, is unable to change or apologizes as part of the cycle of violence in the honeymoon period.
- She feels children need a father or that they will blame her if she makes him leave.
- She loves him.
- Because of his forced social isolation of her and consequent lack of support, she is totally reliant on him.
- Co-dependency – feel that she and the batterer cannot live without each other.
- Self-blame or guilt; belief that she deserves the abuse.
- Threats of reporting fraud to welfare or other social service agencies and withdrawal of child support.

#### **PRESSURE/OSTRACIZATION: She gets pressure not to leave or put up with the abuse**

- He threatens suicide if she leaves.
- Social, religious or family pressure to keep a family or relationship together, resulting in shame and withdrawal of emotional support or other assistance including money, child care, housing or employment options.
- Minimize the abuse, pressure to protect abuser from public accountability.
- Counselors, if being used, tend to try to keep the family together at all costs.
- She is ashamed and embarrassed to admit that she is being abused.
- She believes somehow she deserves to be beaten.

### **COMMON HIGH RISK SITUATIONS**

The situations that merit a higher degree of safety planning include:

- 1) when woman leaves or files for TRO, divorce/court orders on custody/child support,
- 2) he loses access to the house,
- 3) he or they lose custody of child or DCF is involved, and,
- 4) she is pregnant -- he doesn't believe the child is his.

---

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*

## **High Violence Risk Markers for Abuser**

How willing is he to violate TRO to get his way and not care about the consequences?

What will motivate him to change?

- Jail? Other punishment or consequences?
- Loss of custody of his children? DCF involvement in his family's life?
- Participation in a batterers' intervention program that helps him confront his behavior be held accountable and learn new tools besides violence?

Or will these and other sanctions inflame or exacerbate the situation? Put woman and children at greater risk? Higher risk?

## **Impact of Domestic Violence on Parenting in Custody/Visitation Matters**

### **VICTIM PROFILE:**

In court, she may appear hysterical, accuse him of child abuse/sexual assault for the first time. She may have been the primary caregiver prior to separation, now the parent trying to protect children.

### **BATTERER PROFILE**

In court, he may appear calm, logical, have good job, access to good attorney, no prior arrests. He may present evidence to show that he is the victim and minimize and blame her for his behavior. He may show a lack of empathy for her or for women in general.

Outside the court, he is

- Controlling
- Entitled/Self Centered/Self Absorbed
- Manipulative/Good public image
- Skillfully dishonest
- Disrespectful, superior, depersonalizing
- Externalizes responsibility (blames everyone else for his behaviors, actions.)
- Punishes, retaliates
- Batters serially (may have been abusive in previous relationships)
- Danger increases post separation.

### **BATTERERS' PARENTING STYLE:**

Outside court, he may intimidate/ingratiate children not to come forward, use the children as weapons against mother, teach them to disrespect her and retaliate against her for trying to protect the kids.

- Authoritarian, neglectful or under-involved parenting style
- Undermines mother's authority and interferes with mother's parenting
- Tends to see children as personnel possessions
- Rarely improves post-separation
- At high risk of child abuse. 50% of batterers also involved in child abuse.
- A batterer is seven times more likely also to abuse his children than non-batterer and six times more likely to engage in child sexual abuse than a non-batterer.

---

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*

## **HELPING SOMEONE YOU CARE ABOUT SURVIVE ABUSE**

### **SUPPORT HER**

**Believe her and let you know that you do.**

**Listen to what she tells you**

**Build on her strengths**

**Validate her feelings**

**Avoid victim-blaming**

**Take her fears seriously**

**Offer help**

**Support her decisions**

**EDUCATE YOURSELF – Learn all you can about the dynamics of abuse.**

**HELP WITH SAFETY PLANNING – How to keep herself and her children safe, while she is in the relationship and when she decides she can leave.**

## **HOW TO GIVE SUPPORT**

**Support IS** showing the other person you accept him or her, no matter what the other thinks, feels or says – even if you do not think/feel the same way or disagree.

**SUPPORT IS NOT** – “fixing” the other person’s “problem”

**When I support you . . .**

- I may not agree with you, but I accept that the way you see it is real for you.
- I accept the way you heard it is the way you heard it.
- I accept your right to feel differently about something from the way I would in the same situation.
- I accept your hesitations, fears, doubts, anger, and even joy, as fact – as real, as OK for you.

**Support might sound like . . .**

- Tell me if I’ve got it right, your position is that . . .
- You feel \_\_\_\_\_ (add a feeling here, like “sad,” “hurt,”)
- You’re upset because you think we didn’t tell you that . . .
- You’re worried that . . .
- You want to think about this some more before we talk.

**When you support me . . .**

- I relax a little. I feel less need to defend my position.
- I am better able to listen to your position.
- If the way you reflected my position or feelings is off-target, I’ll let you know and I may still feel supported.

---

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*

## **SAFETY PLANNING**

### **If you are still in the relationship:**

- Think about a safe place to go during an argument. Choose rooms with exits.
- Tell a friend or relative about your situation. Ask if you can go to their place to avoid the violence.
- Think of a code word or sign so friends, family or co-workers know when to call for help.
- Put all important documents in one place: driver's license, ATM card and checkbook, credit cards, bus pass, birth certificates, passport, Green card...
- Always have change and cash on you so you can leave quickly.
- Memorize numbers of important contacts: shelter, friends, family...
- Give your children instructions on how to stay safe. Tell them not to intervene or they may get hurt.

### **If you are thinking about leaving:**

- Think about where you will go; a shelter, a friend's, a relative's.
- Write down important information such as addresses and phone numbers of community resources including legal resources, shelters and counselors.
- Think about who you talk to about leaving; a relative or a friend.
- Think how and when you can leave most safely.
- Think about how you can safely travel to and from work.
- Think about how you can pick up and drop off your children at school.
- Think about your legal options; restraining order, custody of children and visitation provisions.

### **A Safety Plan for Your Children**

- Instruct the children to stay out of the parents' fights because they may get seriously injured.
- Agree on a safe place to go if there is a serious fight, such as a friend or neighbor's house.
- Teach them to call for help. Have them practice picking up the phone and calling 911 or a friend, family member or neighbor they know will help.
- Make sure they know their own names, addresses and phone numbers.
- If they are at home and feel unsafe, help them determine where they can go to feel safe.

## How to Help Someone You Love

### **WHAT CAN I DO FOR A FRIEND OR FAMILY MEMBER WHO IS BEING ABUSED?**

Our natural instinct is to tell someone when and how to leave. But the best support is to help her open a door to her own self-empowerment. Only by empowerment can lasting change happen.

#### What Helps

**Offer Support:** Talk to her, privately is best. Let her know you are there if she wants to talk or share her feelings. Don't pressure her or make her feel bad if she doesn't want to talk at any time. Honor her time line.

**SAY:** "I'm here to listen when you are ready."

**Understand:** Have respect for her fears and the pressures and needs that keep her in the relationship. It is not helpful to judge her reasons for staying or scare her with your fears.

**Listen, Feedback and Believe:** Listening without judgment is critical. Focus your feedback on her partner's behaviors that seem abusive, controlling, violent or manipulative to you. She may be in denial that the behaviors are abusive. Don't assume you know the reasons for his behavior. Believe what she tells you, even if you see her partner differently.

**SAY:** "When he won't allow you to see your family and friends, he is isolating you. That's a warning sign of abusive, controlling behavior."

**Educate Yourself/Provide Information:** Learn about the dynamics of abuse and what domestic violence resources are in your community. When she asks, **SAY** "Here's phone number where you to get help." and "This book may helped me, it may help you."

**Focus on Safety:** Ask if you can help her plan ways to keep herself and her children safe. She must be ready to do this and she alone may know what is safe for her, including staying when you think she should leave.

**Be Patient:** Ending an abusive relationship takes time and may be dangerous. She may reach out many before she can finally leave for good. Accept her decisions to stay or leave.

#### What Doesn't Help

**Trying to Rescue:** Our feelings and bonds toward a loved one might make it difficult for us to resist wanting to "rescue" her from her situation. We'll want to initiate a plan of action for her, such as arranging a stay at the shelter for her or accessing other services and not consult her first. Our sense of urgency about her safety may not be shared by her.  
**DON'T SAY:** "I know better than you how much danger you are in. If you don't do something soon, I'm going to have to do it."

**Telling Her What She "Ought" To Do:** The urge to help can be counterproductive if it is perceived as pressuring her, giving her ultimatums or further controlling her. You force her either to let you down when she doesn't follow your advice or once again be told how someone else wants her to behave. To foster her empowerment, you must let her make the choices she feels are best for her. When she can freely make her own decisions, she will find the power to become free.

**Blaming or Criticizing:** Continuing to offer support when the situation never seems to "get better" often becomes extremely frustrating. You may get angry or fed up with both her and the abuser. These are natural emotional reactions for you but she may sense that you blame her for staying or object to her choices. As a result, she may feel alienated from you or withdraw from your offers of help, further increasing her isolation. Talk to someone to get support for yourself so that you can show her that you believe in her and her ability to make the necessary changes when she's ready.

**Having Expectations:** Let go what you expect to happen, accept that there is no "quick fix" to domestic violence and the real obstacles that women face in leaving an abusive relationship.

## CONNECTICUT STATEWIDE SERVICES

### **Connecticut Coalition Against Domestic Violence (CCADV)**

**90 Pitkin Street, East Hartford, CT 06018**

**860-282-7899**

**www.ctcadv.org; e-mail: [info@ctcadv.org](mailto:info@ctcadv.org)**

**Statewide 24-Hour Toll Free Hotline: 1-888-774-2900**

CCADV, a coalition of Connecticut's community-based domestic violence programs, provides statewide public policy advocacy, legislative reform, and education on the issue of domestic violence. The community-based programs provide shelter, support, and advocacy to abused women and their children. Services, which are free, confidential, and available to all individuals regardless of age, race, religion, sexual preference, class, or physical ability, offer safety planning, advocacy, information, referrals, counseling, support groups and emergency shelter.

### **Connecticut Sexual Assault Crisis Services Inc. (CONNSACS)**

**96 Pitkin Street, East Hartford, CT 06108**

**860-282-9881**

**www.connsacs.org e-mail: [info@connsacs.org](mailto:info@connsacs.org)**

**Statewide 24 Hour Toll Free Hotline: 1-888-999-5545 English; 1-888-568-8332 Español**

CONNSACS is a statewide coalition of individual sexual assault crisis programs that works to end sexual violence through victim assistance, community education and public policy advocacy. It works to ensure that Connecticut residents have access to high quality, comprehensive and culturally competent sexual assault victim services.

### **INFO-LINE Dial 2-1-1**

2-1-1 is an integrated system of help via the telephone - a single source for information about community services, referrals to human services, and crisis intervention. It is accessed toll-free from anywhere in Connecticut by simply dialing 2-1-1. It operates 24 hours a day, 365 days a year. Multilingual call specialists and TDD access is available.

### **Connecticut Women's Educational and Legal Fund, Inc. (CWEALF)**

**135 Broad Street, Hartford, CT 06105-3701**

**860.247.6090**

**www.cwealf.org; e-mail: [cwealf@cwealf.org](mailto:cwealf@cwealf.org)**

CWEALF's Legal Education Program provides individuals with information regarding family and employment law, and educational equity through an Information & Referral Service (I&R) and community education.

#### ***For Information & Referral***

**Call 860.524.0601 or Toll Free: 800.479.2949**

**Mon, Wed, Thur & Fri: 8:30am – 5:00pm EST**

# Sexual Assault Crisis Services in Connecticut

The following is a list of the Connecticut Sexual Assault Crisis centers. All services are FREE and CONFIDENTIAL Call **888-999-5545 toll free 24-hours a day** to be connected to a Sexual Assault Crisis Center in your area. **¿Hablas Español? Para mas información: 888-568-8332.**

## Each Center Provides:

- Hotline Services 24 hours/day 7 days/week
- 24 hour Crisis Counseling
- Information & Referral
- Support groups and more
- Community education programs dealing with sexual assault issues
- Community prevention programs dealing with safety concerns.
- Short-term counseling for victims and their family and/or friends
- Advocacy for children and non-abusing parent

### **Center for Women and Families of Eastern Fairfield County, Inc. Rape Crisis Services**

753 Fairfield Avenue  
Bridgeport, CT 06604  
Office: 203-334-6154  
Hotline: 203-333-2233  
Email: [CWFServices@cwfecc.org](mailto:CWFServices@cwfecc.org)

### **Women's Center of Greater Danbury Sexual Assault Crisis Services**

2 West Street  
Danbury, CT 06810  
Office: 203-731-5200  
Hotline: 203-731-5204  
Email: [womens.cntn@snet.net](mailto:womens.cntn@snet.net)

### **Women and Families Center**

#### **Meriden Office**

169 Colony Street, Meriden, CT 06451  
Office: 203-235-9297  
Hotline: 860-235-4444

#### **Middletown Office**

29 Crescent Street, Middletown, CT 06457  
Office: 860-344-1474  
Hotline: 860-635-4424

#### **New Haven Office**

357 Whitney Ave. New Haven, CT 06511  
Office: 203-624-4576

### **Rape Crisis Center of Milford**

70 West River Street Milford, CT 06460  
Office: 203-874-8712  
Hotline: 203-878-1212

### **Susan B. Anthony Project**

P. O. Box 846  
Torrington, CT 06790  
Office: 860-489-3798

### **YWCA of New Britain Sexual Assault Crisis Services**

#### **New Britain Office**

22 Glen Street, P.O. Box 2545, New Britain, CT 06050  
Hotline: 860-223-1787  
Office: 860-225-4681

#### **Hartford Office**

163 Murphy Road, Hartford, CT 06114  
Hotline 860-547-1022  
Office: 860-241-9217  
Email: [nbsacs@snet.net](mailto:nbsacs@snet.net)

### **Stamford Sexual Assault Crisis Center, Inc.**

One Dock Street, Suite 320, Stamford, CT 06902  
Office: 203-348-9346  
Hotline: 203-329-2929  
Email: [info@sacec-ct.org](mailto:info@sacec-ct.org)

### **Safe Haven of Greater Waterbury**

29 Central Avenue, P. O. Box 1503  
Waterbury, CT 06721  
Office: 203-575-0036  
Hotline: 203-753-3613

### **Sexual Assault Crisis Center of Eastern CT**

#### **Willimantic Office**

P.O. Box 24, 90 South Park St. Willimantic CT 06226  
Office: 860-456-3595 and 860- 423-7673  
Hotline: 860-456-2789

Email: [weconnect@snet.net](mailto:weconnect@snet.net)

#### **New London Office**

165 State Street New London, CT 06320  
Office: 860-442-0604  
Hotline: 860-437-7766

## Domestic Violence Services in Connecticut

The Connecticut Coalition Against Domestic Violence (CCADV) is comprised of 18 programs that provide services to victims of domestic violence. Their services are free, confidential, and available to all individuals regardless of age, race, religion, sexual preference, class, or physical ability. They offer 24-hour crisis hotline, emergency shelter, individual counseling, safety planning, legal advocacy, information and referrals, counseling, support groups, community education and children's programs.

**You can be immediately connected with a program in your area by calling our STATEWIDE TOLL-FREE HOTLINE AT: 888-774-2900**

The Umbrella Program  
HOTLINE: (203) 736-9944  
Ansonia

Prudence Crandall Center for Women  
HOTLINE: (860) 225-6357  
New Britain

The Center of Women and Families  
HOTLINE: (203) 731-5206  
Bridgeport

Domestic Violence Services of Greater New Haven  
HOTLINE: (203) 789-8104  
New Haven

Women's Center of Greater Danbury, Inc.  
HOTLINE: (203) 731-5206  
Danbury

Women's Center of SE Connecticut  
HOTLINE: (860) 701-6000  
New London

United Services  
Domestic Violence Program  
HOTLINE: (860) 774-8648  
Dayville

Women's Crisis Center Inc.  
HOTLINE: (203) 852-1980  
Norwalk

The Network Against Domestic Abuse  
HOTLINE: (860) 763-4542  
Enfield

Domestic Violence Services  
HOTLINE: (203) 357-8162  
Stamford

Women's Support Services  
HOTLINE: (860) 824-1080  
Falls Village

Susan B. Anthony Project  
HOTLINE: (860) 482-7133  
Torrington

Greenwich YWCA  
Domestic Abuse Service  
HOTLINE: (203) 622-0003  
Greenwich

Safe Haven of Greater Waterbury  
HOTLINE: (203) 575-0036  
Waterbury

Interval House  
HOTLINE: (860) 527-0550  
Hartford

United Services  
Domestic Violence Program  
HOTLINE: (860) 456-9476  
Willimantic

Meriden-Wallingford Chrysalis  
HOT LINE (203)-238-1501  
Meriden

New Horizons  
HOTLINE: (860) 347-3044  
Middletown, Clinton

---

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*

## **RESOURCE LIST**

### **Violence Against Women**

“The Thriver Workbook: Journey From Victim to Survivor to Thriver!” by Susan M. Omilian (Butterfly Bliss Productions 2010)

“I Closed My Eyes: Revelations of a Battered Woman” by Michele Weldon (Hazelden, 1999)

“A Private Family Matter: A Memoir” by Victor Rivas Rivers (Atria Books, 2005)

“The Verbally Abusive Relationship: How to Recognize it and How to Respond” by Patricia Evans (Adams Media Corporation; 2nd expanded edition, 1996, first edition 1992). Also “Verbal Abuse Survivors Speak Out; On Relationship and Recovery.”

“It Could Happen to Anyone: Why Battered Women Stay” (Second Edition) by Alyce D. LaViolette and Ola W. Barnett (Sage Publications, 2000).

“Next Time She’ll Be Dead: Battering and How to Stop It” by Ann Jones (Beacon Press, 1994)

“Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror” by Judith Herman, M.D. (Basic Books, 1992, 1997)

“Women and Male Violence,” by Susan Schechter (South End Press, 1983)

“When Love Goes Wrong: What to Do When You Can’t Do Anything Right – Strategies for Women with Controlling Partners,” by Ann Jones, Susan Schechter (Harper, 1993)

“The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help” by Jackson Katz (Sourcebooks Inc., 2006) Website: [www.jacksonkatz.com](http://www.jacksonkatz.com)

“Stop Hurting the Woman You Love: Breaking the Cycle of Abusive Behavior” by Charlie Donaldson, Randy Flood, Elaine Eldridge (Hazelden, 2006)

### **Batterers/Batterers as Parents**

“Why Does He Do That? Inside the Minds of Angry and Controlling Men” by Lundy Bancroft (Putnam Books, 2002) Website: [www.lundybancroft.com](http://www.lundybancroft.com)

“The Batterer as Parent” by Lundy Bancroft, Jay G. Silverman (Sage Publications 2002)

“When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse,” by Lundy Bancroft (Putnam Books, 2004)

“Violent No More: Helping Men End Domestic Abuse” by Michael Paymay, (Hunter House, 1993)

### **Web sites:**

American Bar Association Commission on Domestic Violence: [www.abanet.org/domviol/home.html](http://www.abanet.org/domviol/home.html)

Family Violence Prevention Fund: [www.endabuse.org](http://www.endabuse.org)

National Coalition Against Domestic Violence: [www.ncadv.org](http://www.ncadv.org)

The Non-Violence Alliance (NOVA) Program in Middletown CT: [www.endingviolence.com](http://www.endingviolence.com)

---

*Materials provided by CT-ALIVE – CT Alliance for Victims of Violence and Their Families*