

What is abuse?

Sometimes people don't realize they are being abused. Abuse takes many forms and each act is painful.

Sexual - any unwanted sexual behavior

Physical - including slapping, punching, choking, pulling hair or any kind of physical force

Mental/Emotional - making the victim feel guilty, humiliated and/or fearful

Intimidation - forcing or deterring an individual from taking action by making her/him feel fearful

Isolation - separating the victim from family and friends, controlling where the victim goes and dictating with whom the victim speaks

Minimizing, Denying, Blaming - making light of the abuse, saying it didn't happen, saying it's the victim's fault

Using Children - threatening to harm the children if the victim does not do what the abuser says, threatening to take the children if the victim leaves

Economic - withholding money from the victim, not allowing her/him to work or not letting the victim know about the family income

Domestic Violence Services of Southwestern PA is committed to providing services to individuals and their children who are abused or threatened with abuse. Domestic Violence Services of Southwestern PA is a safe, non-judgmental alternative to domestic violence. We are working toward making the community aware of the scope of domestic violence and its impact on individuals, the family and society.

We offer:

- Temporary safe house;
- 24-hour hotline;
- 24-hour transportation and intake;
- Empowerment counseling and support groups for both residents and community members;
- Information and referrals;
- Advocacy;
- Accompaniment;
- Legal advocacy program;
- Transitional housing;
- Children's program;
- Food, clothing and personal care items for residents;
- Domestic violence prevention programs in schools;
- Community education and training programs.

**ALL SERVICES ARE
FREE AND CONFIDENTIAL.**

DVSSP is a member program of PCADV



SUPPORTED BY THE UNITED WAY

Support Group Empowerment Counseling

DVSSP

Domestic Violence Services
of Southwestern PA



EDUCATING COMMUNITIES • EMPOWERING SURVIVORS
ELIMINATING RELATIONSHIP VIOLENCE

24/7 hotline:

Washington County 724-223-9190

Greene County 724-852-2463

Fayette County 724-439-9500

or

800-791-4000

peacefromdv.org



NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

Do you....

- Avoid arguments because you are afraid of upsetting your partner?
- Account to your partner for the way you spend your time and money?
- Avoid contact with friends or family because your partner disapproves of them?
- Need your partner's permission or approval for everything you do?
- Fear your partner?

Does your partner...

- Degrade and humiliate you? Call you names?
- Blame others (especially you) for problems?
- Break objects when angry? Destroy your possessions or punch walls?
- Track your whereabouts by cell phone or other electronic devices?
- Use sexual force? Throw you, hold you down, make demands?
- Mistreat children and/or animals?

**VIOLENCE BETWEEN PARTNERS
DOESN'T ALWAYS START
WITH HITTING.**

Support Group vs. Empowerment Counseling

Which one is best for me?

Support Group

Group setting

Weekly

Empowerment Counseling

One-on-one

By appointment

Both support group and empowerment counseling are designed to offer support, information and education specific to domestic violence in a safe, non-judgmental atmosphere.

Topics Covered

- Safety planning
- Legal issues
- Deciding whether or not to leave
- Effects of an abusive relationship
- Regaining self-esteem
- Red flags in a new relationship
- Community resources
- Other relevant ideas generated by the group and/or individual



Frequently Asked Questions

Q: Is there a fee to attend support group or empowerment counseling?

A: No, all services are free and confidential.

Q: Do I have to live in the shelter to participate in these services?

A: No, an individual choosing to attend either support group or individual counseling sessions does not need to be receiving any other service from our agency.

"I'm glad that there's a support group with other people like me that have been through the same type of situation. I connect with others stories and am happy to learn from others while I can share some stories of my own."

For times, location, or additional information about these services, please contact your local office.

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**NOBODY deserves to be abused.
Help is available.**