



United Way of Central and Northeastern Connecticut

To make a donation call:

860-246-9149: Ext. 312
For volunteer opportunities: Ext. 350
To donate items "in-kind": Ext. 358
For program and shelter information: Ext. 315
Community Education call:
860-645-4034 Ext. 301

All calls to the 24-hour hotlines are confidential.

Interval House: 860-527-0550

Interval House East: 860-645-4033

Statewide Domestic Violence Hotline English:

1-888-774-2900

Español: 1-844-831-9200

TDD/TTY: 860-249-5384

intervalhousect.org

YES, I'm concerned about domestic violence and I would like to help battered women and their children.

I would like to donate \$_____ to support the work of Interval House.

I would like to volunteer my time and skills.

I would like to have a speaker come to my job, church, club, school, organization or business.

I would like to receive the newsletter.

Name _____

Phone _____

Address _____

City _____ State _____ Zip _____

Please mail completed form to:

Development Department, Interval House,
P.O. Box 340207, Hartford, CT 06134

You can also email us at: H.B@intervalhousect.org



working to end domestic violence

OFFERING HOPE TO VICTIMS OF DOMESTIC VIOLENCE

24-Hour Hotline: 860-527-0550

Business Phone: 860-246-9149

Fax: 860-247-2042

facebook.com/intervalhousect

intervalhousect.org

ABOUT INTERVAL HOUSE

Since 1977, Interval House has Saved Lives, Given Voice and Changed the Future for hundreds of thousands of people – mostly women and children – who have experienced physical and psychological abuse by an intimate partner or family member.

Interval House pledges to stand with victims of domestic abuse in their struggle for safety and justice by providing a safe place to stay, advocacy in the courts, and life-saving information and education.

Victims and their families will always be given support, understanding and access to community resources to empower themselves. Also, through Interval House's specialized services and counseling, children and teens are given the help they need to understand and navigate the dynamics of abuse in their home and as a result, are less likely to continue the cycle of violence in their future.

INTERVAL HOUSE MISSION STATEMENT

Interval House is dedicated to ending domestic violence and providing services that will prevent and break the cycle of family and intimate partner abuse. We strive to reach all persons at risk and bring about social change.

SERVICES

- 24-hour Hotline
- Safety Planning & Counseling
- Emergency Safe House
- Adult & Teen Support Groups
- Court Advocacy
- Children Programs
- Community Education
- Information and Referrals



The Need Continues To Grow

Each year, Interval House serves thousands of clients, and its outreach program provides education and training to residents in its 24-town catchment area. Along with confidential and free services, it operates a safe house in the Greater Hartford area and a satellite office in Manchester.

There Is Help...You Are Not Alone

Domestic violence occurs in an intimate relationship or family setting when one person maintains power over the other by using a pattern of controlling and abusive behavior. The abuse may be emotional, verbal or physical. Victims may feel scared, confused, dependent, and insecure. Physical or sexual assault of an intimate partner – or the threat of – is a crime.

Domestic violence destroys the body, the spirit, the family and the future for thousands of victims each year. Victims are often ashamed to let anyone know about abuse and that is why domestic violence thrives in silence.

There is NEVER an excuse for abuse. The only person responsible for the tragedy of domestic violence is the abuser. Intervention and education is the key to stopping this insidious cycle of violence.

Crisis Counseling/Advocacy

Counselors and Advocates interview callers, assess needs and review options with victims. They do not tell clients what to do, but educate them about abuse, its repercussions, and the impact on children and families.

Counselors and advocates refer clients to other Interval House and community services as needed and help victims develop an individual safety plan. Safety planning is based on the belief the victim knows the abuser and situation better than anyone. In most cases, the victim is constantly changing their safety plan in response to the abuser's behavior.

Criminal Court

When there's an arrest, Family Violence Victim Advocates educate their clients about criminal court, and advocate for them within the system. They do not offer legal advice, but with the client's permission, an advocate can provide crucial information to court officials. Family Violence Victim Advocates help clients understand law enforcement and criminal court procedures.



If you are unsure of what is or isn't considered acceptable behavior, please seek professional guidance from a Domestic Violence Advocate at Interval House for assistance and support.

Civil Court

Court Advocates help with civil court by educating clients and advocating for them. Just as in criminal court, they do not offer legal advice. Court Advocates help clients obtain attorneys, understand restraining orders, custody issues and visitation rights, as well as divorce procedures.

Support Groups

Groups meet weekly in confidential and safe locations. Trained staff and volunteers facilitate these groups where participants talk about their experiences and share safety-planning ideas. They gain knowledge on a wide-range of subjects including: safety planning, criminal and civil law, as well as other domestic violence issues and topics. Support groups rebuild self-esteem so victims feel empowered to make their own decisions and direct their own lives. Childcare is available for all groups.

Emergency Safe House

Interval House's confidentially located safe house is available for abused women and their children 24-hours a day, 365 days a year. It's the largest domestic violence safe house in the state, and even if all beds are full, Interval House will try and find you a safe place to stay. The safe house is wheelchair accessible, and has bilingual staff. It also has an on-call translation service so staff can communicate with hotline callers and clients in hundreds of languages.

Community Education

Since its inception, Interval House has always promoted outreach and education as a key component to prevent domestic abuse and break the cycle violence. The Community Educator is available for presentations to businesses, schools, churches, and other organizations. Topics include the complex dynamics of domestic violence, teen dating violence, the impact of domestic violence on children and families, and how to get someone help.

Interval House East

Since 1994, Interval House has maintained a satellite office in Manchester to serve towns east of the Connecticut River. The facility, also at a confidential location, allows staff and volunteers to provide direct services to clients. Victims can receive one-on-one counseling and safety planning as well as advocacy and guidance in the Vernon/Rockville and Hartford family court systems.

Manchester Outreach Team

Since 1997, Interval House and the Manchester Police have collaborated to provide services to anyone who lives or works in Manchester, and to victims of abuse that occur in Manchester. The Manchester Domestic Violence Outreach Team is housed at the Manchester Police headquarters where a uniformed officer partners with an Interval House Advocate to provide services.

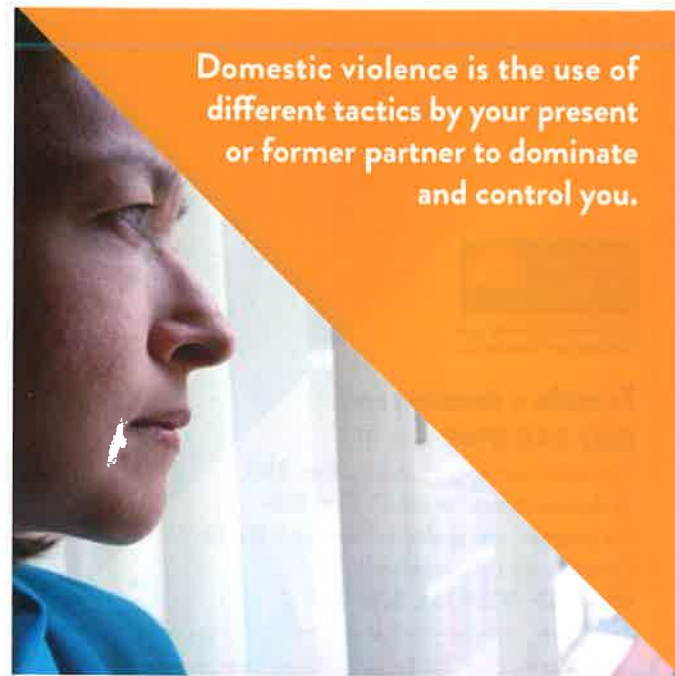
Children's Services

Child Advocates provide services to the children of our clients living in the community or in our safe house. Children can attend weekly groups and participate in age-appropriate activities that address self-esteem and safety planning. Abusers perpetuate the cycle of violence by exposing their children to domestic abuse.



24-HOUR HOTLINES

**Main Interval House Hotline:
860-527-0550**



Domestic violence is the use of different tactics by your present or former partner to dominate and control you.

Child Advocates help parents get information in areas such as:

- Counseling
- Financial & Legal Aid
- Parenting & Healthy Relationships
- Victim Rights
- State Agencies.

24-Hour Hotlines:

Callers may be:

- Current or former clients who have an emergency
- Current or past victims of abuse who need to talk
- Anyone uneasy about their relationship, wondering if they're being abused
- Friends and family of a victim calling for guidance on how to help
- Agencies requesting information about our services and programs.

Manchester/Interval House East:
860-645-4033

Statewide Hotline: **1-888-774-2900**

Español: **1-844-831 9200**