Be a friend of The Crisis Center

Name _____
Address _____
City _____
Phone (day) _____ (evening) _____
I have enclosed a contribution of:
☐ $25 ☐ $50 ☐ $100 Other _____

You may also make a memorial gift or honor gift in someone's name by specifying who the donation is in memory/honor of.

Would you like to receive our newsletter?
Check here ☐

Please call or e-mail about volunteering in these areas:

- ☐ Crisis Line
- ☐ Outreach
- ☐ Office Assistance
- ☐ Fundraising
- ☐ Other

Mail to: The Crisis Center
for Domestic Violence and Sexual Assault
114 E. Military
PO Box 622
Fremont, NE 68026
(402)721-4340
crisiscenter@qwestoffice.net

Mission Statement

The Crisis Center is committed to the prevention and elimination of domestic violence and sexual assault.

We work to enhance safety and to promote equality in relationships. We are opposed to the use of violence to control others.

The Crisis Center is committed to eliminating violence in the lives of women and children through empowerment, education, and social action.

Domestic Violence affects all members of the family.

Domestic abuse happens in families of all races, social, economic and educational backgrounds.

Once violence begins, it usually becomes more frequent and severe.

Domestic violence is the training ground for societal violence. At least 85% of men in prison grew up in violent homes.

Violence begets violence. Family violence is learned and seen as the normal response to frustration in some families.

The Crisis Center is a private, nonprofit agency part of a state and national network of domestic violence programs.

The Crisis Center generates no income through fees for services. We are funded by the United Way, government grants and contracts, private foundations, and donations from the community. Both community support and volunteers are vital to our continued operation.

Services

24-Hour Crisis Line:
727-7777
1-888-721-4340

- Confidential Help
- Crisis Intervention
- Emergency/Temporary Shelter
- Support Groups for Women and Children who have experienced Domestic Violence
- Medical and Legal Referrals
- Criminal Justice Advocacy
- Men's Batterers Program
- Public Education

All victim services are free and confidential

A United Way Agency

The Crisis Center for Domestic Abuse/ Sexual Assault

Serving Residents of Dodge, Cuming, Burt, Washington and Saunders Counties

A safe place for women and children–
A place when home isn't safe.

114 East Military
Fremont, NE 68025
1630 Washington
Blair, NE 68008
Office: (402) 721-4340
Blair Office: (402) 533-4411
24-Hour Crisis Line (402) 727-7777
Toll Free: 1-888-721-4340
crisiscenter@qwestoffice.net
www.knowanddowhatsright.com

Are you being abused?

Does your partner...

- Hit, punch, slap, shove, or choke you?
- Threaten you, put you down, or call you names?
- Have sudden outbursts of anger or overreact to small things?
- Display unreasonable jealousy?
- Threaten you with weapons or other objects?
- Show quick and extreme mood swings (Jekyll and Hyde personality)?
- Have a history of abuse or observing others being abused?
- Treat you like a possession, say that no one else can have you?
- Mistreat children or pets?
- Have problems discussing or showing feelings other than anger?
- Try to isolate you from family and friends?
- Display rigid thinking and stereotypical ideas of male/female roles?
- Accept no responsibility for his behavior?
- Have a problem with authority figures?
- Seem charming and likeable to outsiders?

If your partner shows any of these signs, Get Help!

Crisis Center staff can help you discuss your options and develop a safety plan.

We can be reached 24 hours a day.

When preparing to leave...

Hide an extra set of house and car keys.

ꕥ

Keep important papers in a safe place: Birth Certificates, social security cards, bank records, family photos and mementos.

ꕥ

Tell a trusted neighbor or friend who can get help quickly. Tell your family what is happening. Make an escape plan with children: how to get out, where to go, who to call.

ꕥ

Keep a small suitcase packed and hidden away (clothes, special toys, etc.).

ꕥ

Put some money aside or open your own bank account.

ꕥ

Do not leave without your children. Seek counseling, support, and legal advice.

Children do suffer from Domestic Violence.

Girls raised in a violent home are 6 times more likely to end up in an abusive relationship.

Boys from violent homes are 10 times more likely to become abusive in their intimate relationships.

Children who witness domestic violence may have:

- Poor relationships with peers.
- Low self-esteem.
- High risk for alcohol and drug abuse.
- Tendencies to abuse or torture animals or other children.
- High risk for juvenile crime and promiscuity.
- Acceptance of violence as a normal behavior.
- Poor performance in school and excessive absences.
- Stress, anxiety, and depression.
- High risk for suicidal thoughts or attempts.
- Either aversion to being touched or excessively clingy.
- Lack of problem solving skills, low tolerance for frustration.

The Facts

- In the United States, a woman is beaten every 9 seconds.
- Domestic Violence is the leading cause of injury to women, more so than all muggings, stranger rapes, and car accidents combined.
- As many as 35% of emergency room visits by females are for injuries related to domestic violence.
- According to the American Medical Association, 37% of pregnant women are battered.
- One out of every 4 high school students and one out of 3 college students have been abused.

It is a criminal act to abuse or threaten to abuse any family member, current or former spouse, or intimate partner.

The Crisis Center can help you understand and use the legal system to stay safe. We can accompany you to court, assist you in finding proper legal counsel, or simply be there for support.

Important Numbers

24-Hour Crisis Line - 727-7777 **Toll Free - 1-888-721-4340** **Office - 721-4340**

Blair Office—533-4411 **Spanish Crisis Line - 1-877-215-0167**

WWW.KNOWANDDOWHATSRIGHT.COM CRISISCENTER@QWESTOFFICE.NET