

---

---

There is a focus on the growing issues of domestic violence nationwide.

The CDC reports that 1 in 3 women and 1 in 7 men in the US are victims of verbal, emotional, or physical abuse from a dating partner.

---

---



*Support, Encourage, Empower  
the Scared, the Silent, the Abused*

### Warning Signs

Many of the signs women are taught to interpret as caring, attentive, and romantic are actually early warning signs of future abuse. Some examples include:

#### Intrusion

Constantly asks you where you are going and who you are with etc.

#### Isolation

Insist that you spend all or most of your time together, cutting you off from friends and family.

#### Possession and Jealousy

Acuses you of flirting, having sexual relationships with others. Monitors your clothing and or make-up.

#### Need for control

Extreme anger when things do not go their way, attempts to make all of your decisions.

Do you know the signs of domestic violence?



Scars of Survival  
Pain-Healing-Endurance  
(404) 710-8553

[www.scarsofsurvival.org](http://www.scarsofsurvival.org)  
[sathyanelson@scarsofsurvival.org](mailto:sathyanelson@scarsofsurvival.org)  
[scarsofsurvival@gmail.com](mailto:scarsofsurvival@gmail.com)

# Scars OF Survival

PAIN • HEALING • ENDURANCE

## What can Scars of Survival do for me?

Resource advocacy- help with community services, housing, employment, food, clothing.

Help accessing safe shelter- we can help you find a safe place for you and/or your children to stay.

Cell phones- 911 cell phone for emergency use

Monthly support groups- a chance to talk about whats on your mind with others in similar situations.

Individual supportive counseling- confidential one on one support an safety planning assistance.

24hr hotline- crisis intervention information referral and emotional support.

6 week therapeutic program- helping individuals take their power back by restoring faith, hope, and courage.

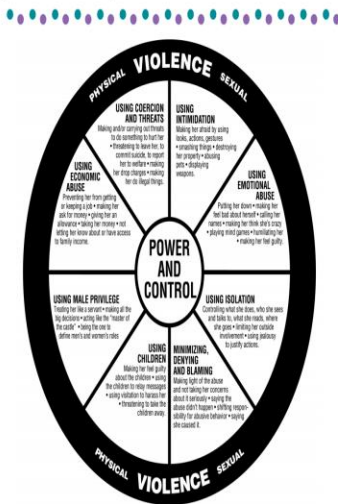
Care pouches provided on a as needed basis

Access to monthly events- helping individuals with their social skills and getting comfortable with being in the public around others.

**All services are free and confidential**

## How do I know if I am abused?

If your partner does things that restrict your personal freedom or that make you afraid, you may be a victim of domestic violence. Although physical abuse is common, there are a lot of other things your partner might do to make you afraid.



## Does your partner...

- Physically beat you (IE- hit, push, kick, throw objects, slap)?
- Constantly putting you down, calling you names, or tell you that your worthless?
- Threaten to hurt you, your children, or someone close to you?
- Follow you, stalk, or check up on you?
- Control your access to money and information about your finances?
- Limit what you do, who you are, and tell you what you read or where you go?

## Not sure if Scars of Survival can help you? Call to find out.

You don't need to wait for an emergency to reach out. In fact, you don't even have to know exactly why you're calling to use our hotline and talk with someone.

Living with the effects of abuse is difficult. We don't expect you to have all the answers or all the questions. For that matter, sometimes talking to someone who will listen to you, understand, support you and respect you enough.

You can call and tell us as much about yourself as is comfortable for you and you can ask anything about us you want to know.

Whether you've been hurt physically or not. Whether you currently live with your partner or not, we're here to help.

## If you call us you can expect us to...

- Protect your right and confidentiality
- Help you identify and weigh the options available to you
- Answer your questions honestly and fully
- Respect and support your right to make your own decisions about what not to do
- Listen to you with understanding and support