

October is
**Domestic
Violence**
Awareness Month



THE WOMEN'S SAFE HOUSE
EMPOWERMENT STARTS HERE

October 2018 Newsletter



#SurvivorSpeaks

Rosemary felt like she would never escape the abuse even after leaving. She had tried many times to get an order of protection against her abuser but her request was always denied. That all changed once she came to The Women's Safe House and worked with the legal advocate, Jasmine. Click the link below to read Rosemary's story.

[Rosemary's Story](#)

Domestic Violence

Domestic Violence is a systematic pattern of assaultive and coercive behaviors used to control an intimate partner.

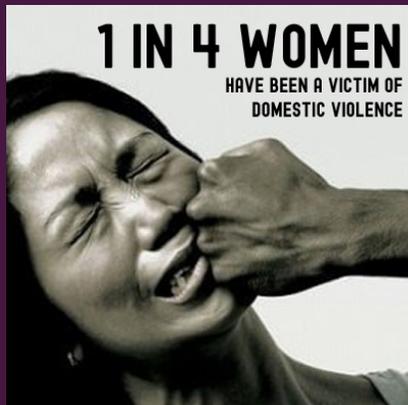
There are multiple types of domestic violence making it hard for some to recognize the behavior as domestic violence. Staying educated about domestic violence is one way that people can protect themselves from being abused by a partner.

The types of abuse are:

- Physical Abuse
- Emotional Abuse
- Sexual Abuse
- Financial Abuse
- Technological Abuse

Take this [short quiz](#) to test your knowledge about domestic violence.

The Statistics





Ways to Prevent Domestic Violence

After learning about domestic violence it's best to understand ways to prevent domestic violence. While you change an abuser you can learn how to help a victim or prevent yourself from becoming a victim.

1. Know the signs
2. Don't ignore the signs
3. Listen and believe the victim
4. Know the resources in your community
5. Check-in with the victim and don't pull away if they aren't responding the way you feel they should
6. Advocate against domestic violence

Get Involved

If you are compelled to help women and children that have experienced domestic violence there are many ways to give back. If you are interested in getting involved here is a list of possibilities:

- Host a Holiday Drive
- [Donate](#) to support our services
- Volunteer at the shelter
- Follow us on Facebook or Instagram for the latest news

To learn about more opportunities within the shelter email the Volunteer Manager, [Monica DuBois](#) or call 314-772-4535

Don't forget to follow us on Facebook and Instagram to see our 31 Days of Domestic Violence Awareness posts in the month of October

#DVAMatTWSH

