Does the person you love...

- "Track" all of your time?
- Constantly accuse you of being unfaithful?
- Discourage relationships with family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or using drugs?
- Control all finances and force you to account for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, or bite you or the children?
- Use or threaten to use a weapon against you?
- Threaten to hurt you or the children?
- Force you to have sex against your will?

If you find yourself saying yes to any of these, it's time to get help.

Toll FREE Crisis (866) 593-9999
TOGETHER WE CAN DO SO MUCH!

DOMESTIC & SEXUAL VIOLENCE AFFECT EVERYONE
ALL races
ALL genders
ALL ages
ALL religions
ALL professions
EVERYONE

Domestic violence is the use of power and control within an intimate relationship. It's not always physical abuse. It can be mental, verbal, emotional, or financial. It affects all ages, sexes, cultures, professions, and incomes levels. Sexual violence is someone forcing or manipulating someone else into unwanted sexual activity without their consent, regardless of the relationship. Both are epidemics affecting all communities. If you or someone you know needs help, talk to someone or call!

EMERGENCY HOUSING
• Safety planning
• Case management
• Advocacy and support for domestic and sexual violence survivors

OUTREACH SERVICES
• 24-hour crisis response
• Non-residential support
• Community and professional training

PREVENTION PROGRAMMING
• Dating violence and sexual assault prevention programming
• Specialized training for alcohol-serving establishments

CHILDREN’S PROGRAMMING
• Specialized programming
• Support and education groups
• Advocacy
• Recreational opportunities

Want to do something to help, but not sure where to start?

Here are five ways you can help.

SPEAK OUT
If you know someone experiencing domestic or sexual violence, speak out for them. Call Alternatives Inc. to get information to support and encourage them to live a healthier and safer life.

SHARE THE STORY
Call Alternatives Inc. and schedule a presentation or program for your club or organization.

DONATE SUPPLIES
Gifts of linens, personal care items, laundry products, and food stretch the shelter’s budget and extend services.

VOLUNTEER YOUR TIME
Many agency programs depend on volunteers to keep costs in line.

JOIN OUR ADVOCACY CLUB
Support Alternatives Inc. with a financial contribution that shows your commitment for a healthier community.