

## HOW CAN THE COMMUNITY HELP BREAK THE CYCLE OF VIOLENCE AND STRENGTHEN LINCOLN COUNTY?

**Volunteer:** HAVEN depends on volunteers. See below and contact HAVEN for more information.

**Get Informed:** Invite HAVEN Advocates to speak at your church, school, club or organization.

**Donate:** Your time, items, services and dollars.

**Communicate:** To your friends and relatives about HAVEN services.

**Ask:** For help when you hear/see verbal/emotional/physical/sexual abuse occurring.

### INTERESTED IN VOLUNTEERING?

Join HAVEN in their mission to strengthen those who have experienced abuse. Together we can end abuse and empower survivors.

- Be a Mentor
- Provide Transportation
- Receive Calls, Visitors and Donations
- Monitor the Legal System
- Provide Medical Accompaniment

## What Can You Do?

**If you are being victimized...**

Know that you are NOT alone. Others have struggled with many of the same questions you are now asking yourself:

- Why does this happen?
- What can I do to stop it?
- Should I stay or leave?
- Where can I go?
- What will my friends and family think?
- What legal options do I have?
- Is it my fault?

### IT IS NOT YOUR FAULT!

Call HAVEN. Advocates will help you find answers to these questions and assist you in any way we can.

**If you are a friend or relative...**

Know that your support and understanding are of great value. The most helpful support you can offer is to just listen. Limit judgement on the victim and the abuser. Remember, this person has a lot invested in the relationship regardless of how the relationship appears to you.

Call HAVEN. You will receive valuable information to pass on to your friend or relative.



### Our Mission Statement:

*HAVEN is a champion to people who have experienced abuse. We provide safety, shelter and assistance to victims and survivors in a free and confidential manner. Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.*

### 24 Hour Crisis/Support Line

715-536-1300

Toll Free:

1-855-888-9272



*give yourself time*

*Your journey is yours...we are here to walk with you.*

## Are you in an

### abusive relationship?

*You don't need scars or bruises  
To be a victim of abuse.*

Abuse occurs when oppressive patterns of behaviors are used to establish and maintain power and control over another person.

If you are caught in a vicious cycle....

**Know that you are not alone.**

TALK WITH SOMEONE.

Those who are VICTIMIZED can be man, woman or child. *Secondary victims also occur.*

Those who ABUSE come from all socio-economic groups, ages, races, ethnicities, genders, and educational levels.

RESEARCH AND EXPERIENCE support the correlation between exposure to trauma caused by abuse and lasting negative impact on individuals, families, and communities.

 HavenIncMerrillWI

 HavenInc-Hispano

 HavenInc.Advocate

[www.haveninc.org](http://www.haveninc.org)

## HOW CAN HAVEN HELP?

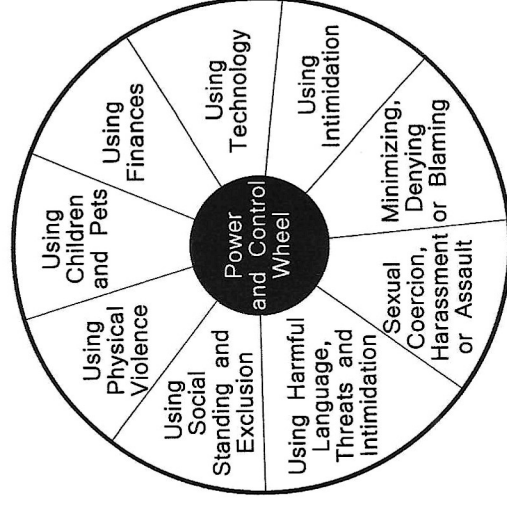
HAVEN provides the following services to all those affected by domestic violence and sexual abuse/assault:

- 24 HOUR CRISIS/SUPPORT LINE  
**715-536-1300 or 1-855-888-9272**
- ADVOCACY  
BILINGUAL/SPANISH ADVOCATES AVAILABLE
- EMERGENCY TRANSPORTATION
- REFERRALS TO COMMUNITY PARTNERS & RESOURCES
- FOLLOW-UP SERVICES
- TEMPORARY RESIDENTIAL PROGRAM
- ASSISTANCE WITH EMPLOYMENT/HOUSING
- SUPPORT GROUPS
- PEER SUPPORT

### HAVEN Inc. also provides:

- PUBLIC OUTREACH/AWARENESS
- ~Interpersonal violence & how HAVEN helps  
~ACEs (Adverse Childhood Experiences)  
~Bullying  
~Child Sexual Abuse Awareness & Prevention  
~Elder Abuse  
~Healthy Relationships  
~Human Trafficking  
~Sexual Assault Myths & Facts  
~Teen Dating Abuse & Violence  
~Trauma Responsive Perspectives

## The Problem: Abuse



## The Goal: Equality

