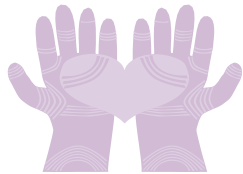


Warning Signs

You may be at risk if the person you are dating is:

- ◆ Extremely jealous and possessive
- ◆ Calling/texting every few minutes or unreasonable hours to “check-up”
- ◆ Shows up unexpectedly
- ◆ Humiliates you when you are alone or in front of others
- ◆ Explosive temper when you don't do what he/she wants
- ◆ Threatens or tries to intimidate you with looks or gestures
- ◆ Tries to control what you wear and how you look
- ◆ Tries to control who you talk to, what you do, and where you go



Know Your Rights

You can do something about domestic violence.

- ◆ In a crisis situation call 911 or the police
- ◆ Domestic violence is against the law
- ◆ You have the right to a Temporary Order of Protection (*It does not matter if you do not speak English or are undocumented*)
- ◆ If you do not speak English officials must provide you with adequate interpreters
- ◆ Public Assistance Programs can help with: *food, clothing, Shelter, etc.*
- ◆ **YOU ARE NOT ALONE, HELP IS AVAILABLE!**



935 So. Lake Boulevard
Suite #2
Mahopac, NY. 10541
Tel: 845.628.9284
Fax: 845.628.9272
Email: Info@pnwwrc.org

Putnam/Northern Westchester



Women's
Resource
Center

Providing services
to victims of
domestic violence
and sexual assault

OFFICE HOURS:

Monday - Friday
9:30 am to 4:30 pm
Additional hours by appointment

CRISIS AND INFORMATION
HOTLINE
24 HOURS: 845-628-2166

Our Mission

The Putnam/ Northern Westchester Women's Resource Center (WRC) is a not for profit organization established to provide advocacy, education and services to the community in order to create a safe, supportive environment that eliminates violence against women, men and children, and promotes gender equality.

All our services are free and confidential.

DOMESTIC VIOLENCE IS A CRIME!

Call our emergency hotline:
845-628-2166

All services provided by the Putnam/Northern Westchester Women's Resource Center are free and confidential

What is an Abusive Relationship

There are many forms of abuse:

Physical Abuse

- ◆ Hit
- ◆ Choke
- ◆ Push
- ◆ Throw things
- ◆ Pulls your hair

Emotional Abuse

- ◆ Insults or blames you
- ◆ Isolates you from family and friends
- ◆ Accuses you of infidelity frequently
- ◆ Threats of killing you or suicide
- ◆ Manipulates you through the children
- ◆ Making false accusations

Sexual Abuse

- ◆ Rape
- ◆ Forces you to have sex with other people
- ◆ Touches you without consent

Economic Abuse

- ◆ Takes your money
- ◆ Controls ALL finances
- ◆ Makes you ask for money/"allowance"
- ◆ Prevents you from keeping/getting a job

**If you want more information or if you need help, you can call us at:
845-628-2166 (se habla español).**

Our Services

- ◆ 24 Hour Hotline
- ◆ Clinical Services:
 - ◆ Individual Counseling
 - ◆ Group counseling
- ◆ A confidential residential shelter
- ◆ Advocacy Services:
 - Accompaniment to police stations, courts, hospitals and social services agencies
 - Assistance in filing a compensation claim with the *Office of Victim Services*
 - Information about your rights and options as a victim of domestic violence
 - Assistance to obtain an order of protection
- ◆ Information and referrals
- ◆ Monthly Legal Clinic
- ◆ Domestic violence walk-in group (Weekly) Call for time.

Call 845-628-9284
For more information about our services. Hablamos Español!