**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!**
**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

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**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

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**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.

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Call 845-628-9284

For more information about our services. Hablamos Español!