**Shelter**

Our confidential domestic violence shelter provides individuals and families with safe refuge from dangerous situations. Staying at the shelter will provide individuals the opportunity to heal and develop the economic self-sustainability needed in order to maintain safety.

---

**Peace in the World Begins with Peace in the Home**

---

**Donate**

We are incredibly grateful to the hundreds who have stood with us to end violence by supporting us through donations. If you are interested in donating, visit our website: www.pnwwrc.org

---

**How to Help**

- Become a Volunteer Hospital Advocate for victims of sexual assault by attending our 8 week 40-hour training
- Assist us as an Administrative Volunteer, assisting our staff with duties such as data entry, filing, or tabling at events
- Adopt a family during the holidays or go on our website and visit our Shelter Wishlist

---

**Follow us!**

facebook.com/pnwwrc
@PNWWRCNY
@PNWWRC

---

**935 South Lake Blvd Suite #2**
**Mahopac, NY. 10541**
**Office Line: (845) 628-9284**
**Fax: (845) 628-9272**
**Email: Info@pnwwrc.org**
**Website: www.pnwwrc.org**

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

---

**Free & Confidential**

---

**24/7 Hotline**
**(845) 628-2166**
Our Mission
To provide advocacy, education and services to the community in order to create a safe, supportive environment that eliminates violence, promotes and equality.

Case Management
- Assistance with attaining long term goals & connection to services to overcome obstacles and resolve issues resulting from victimization
- Provide information & referrals to assist victims with accessing community services related to: housing, temporary assistance, food, medical care, insurance benefits, and identifying employment and educational needs

Community Education
Uniquely tailored presentations to a variety of organizations, businesses, schools, and colleges on the following topics and more
- Affirmative Consent
- Cyber Safety
- Bring in the Bystander
- Healthy Relationships
- Power & Privilege Dynamics
- Gender Bias and Stereotypes
- Sexual Harassment
- LGBT Cultural Competency
- Trauma and the Brain

Do I Need Help?
While there is no single sign of abuse, some indicators that one might experience are:

- Physical Abuse
  - Hitting
  - Restraining
  - Pushing
  - Throwing things
- Emotional Abuse
  - Insulting or blaming you
  - Isolating you from family or friends
  - Threatening to harm themselves, or others
  - Manipulating you through the children
- Economic Abuse
  - Taking your money
  - Controls finances
  - Makes you ask for money
  - Prevents you from keeping or getting a job
- Sexual Abuse
  - Rape
  - Touching without consent

Advocacy
- Provides immediate crisis intervention to crime victims through safety planning and referrals to therapy, case management, and legal services
- Preparing Family Offense Petitions, assistance with family court petitions and violations
- Advocacy and coordination with law enforcement
- Providing information on victim rights and civil/family/criminal justice processes
- Collaboration with Child and Adult Protective Services, and Accompaniment to Putnam County family/criminal court, District Attorney Office, Probation, Police Stations, and Hospitals
- Co-located Domestic Violence Advocate at the Department of Social Services
- Bilingual advocacy services

Everyone deserves to be in a healthy relationship. Need to talk?

We’re here to listen.
24-hr Hotline (845) 628-2166

Therapy
- Compassionate licensed counselors are available to meet with survivors to discuss immediate and ongoing concerns and to create client-centered goals
- Empathic trauma-informed therapy individualized for adult, child, and adolescent needs
- Empowering survivors to understand personal trauma and healing
- Weekly Sexual Assault Survivors Group, walk in Domestic Violence Support Group, and various other therapeutic groups for all ages
- Hospital advocates available to accompany and guide survivors in the Emergency Room after a sexual assault/Sexual Assault Nurse Examination
- Therapists specializing in the treatment of trauma related to sexual assault, emotional abuse, power and control dynamics, divorce, financial exploitation, and inter-partner violence/domestic violence related issues
- All services are offered in English and Spanish