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Domestic Violence Services

Providing services since 1977.

**OUR
SERVICES**

**LEARN
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NOW**

COVID-19: WOMENRISING'S DOMESTIC VIOLENCE SERVICES HAVE NOT BEEN HALTED DUE TO COVID-19.
CALL US TODAY TO GET THE HELP YOU DESERVE. (201) 333-5700.

DV Safety Plan

Now more than ever it is crucial for victims of domestic violence to have a safety plan. Click [here \(https://www.womenrising.org/safety-planning\)](https://www.womenrising.org/safety-planning) to see where to start.

Domestic Violence: Over 35 years of services

WomenRising is the State of New Jersey's designated provider for Hudson County's domestic violence programming. For over 30

years, WomenRising has provided direct, immediate and comprehensive access to services 24 hours a day, 7 days a week, for women and children victimized by domestic violence.

SERVICES INCLUDE:

- 24-hour hotline
- Bilingual staff
- DV Emergency Shelter
- Crisis intervention
- Resources /referrals
- Counseling and support
- DV Response Teams with trained volunteers
- Support groups
- Assistance with legal rights, restraining orders and court accompaniment

- Community Outreach and Education
- Court Liaison

Learn about Domestic Violence

**WHO IS
AFFECTED**

**TYPES OF
ABUSE**

**HOW CAN YOU
HELP**

DOMESTIC VIOLENCE (D.V.) IS A PATTERN OF ABUSIVE BEHAVIOR IN WHICH ONE PERSON GAINS AND MAINTAINS POWER AND CONTROL OVER ANOTHER PERSON IN THE RELATIONSHIP.

WHO IS AFFECTED BY DOMESTIC VIOLENCE?

Anyone can be a victim of domestic violence.

Victims can be of any age, sex, race, culture, religion, education, employment or marital status. Partners may be married or not married; heterosexual, gay, lesbian, bisexual, transgender; living together, separating, dating

or related.

There are many forms of abuse used to gain and maintain power and control over another person such as physical abuse, sexual abuse, emotional and psychological abuse and financial abuse. Some tactics used to gain and maintain power and control over another person are; threats of violence, pushing, slapping, pinching, biting, punching, kicking, strangling, sexual assaults, name calling, isolation, intimidation, breaking one self-esteem down, withholding money, stalking etc ...

If you are a victim of domestic violence please know that **you are not alone, it is not your fault** and **help is available.**

WHAT ARE SOME TYPES OF ABUSE?

> **Physical Abuse**

Physical abuse is a force that may result in bodily injury, physical pain, or impairment.

- Pushing
- Slapping
- Punching
- Kicking
- Biting
- Strangling
- Food and sleep deprivation
- Driving recklessly
- Forcing you to use drugs or alcohol
- Using weapons to threaten or harm you

> **Emotional and Psychological Abuse**

Emotional or psychological abuse is characterized by a person subjecting another person to behavior that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder.

- Name calling
- Insults
- Jealousy
- Possessiveness
- Lack of trusts
- Lack of equality
- Monitoring your activity
- Home imprisonment
- Blaming you
- Humiliating you

- Threatening to harm you, children, family or pets

> **Sexual Abuse**

A sexual act committed against someone without that person's freely given consent.

- Completed or attempted forced penetration of a victim
- Completed or attempted alcohol/drug-facilitated penetration of a victim
- Completed or attempted forced acts in which a victim is made to penetrate a perpetrator
- Non-physically forced penetration which occurs after a person is pressured verbally or through intimidation
- Unwanted sexual contact

- Non-contact unwanted sexual experiences such as sexual comments

> **Financial Abuse**

Financial abuse includes tactics to limit the partners access to assets or conceal information and accessibility to the family's finances.

- Not allowing the victim access to bank accounts
- Withholding money or giving an allowance
- Forbidding the victim from attending job training or advanced opportunities
- Forcing the victim to work in a family business without pay
- Refusing to pay bills and ruin the victim's credit

- New forcing the victim to turn over all finances
- Stealing the victim's identity property or inheritance
- Running a large amounts of debt on joint accounts
- Refusing to work or contribute to the family income

HOW CAN YOU HELP A LOVED ONE?

You may have a friend, relative, or neighbor who is being abused. You may have witnessed the violence, heard it, seen physical signs of it, or merely suspected it for various reasons. **What should you do?**

> **Ask** direct questions, gently. Give her ample opportunity to talk. Don't run into providing solutions.

> **Listen without judging.** Abused women often believe their abusers' negative messages. They feel responsible, ashamed, inadequate, and are afraid they will be judged.

> Let her know that you **support and care** about her, that she's not responsible for the violence, that only the abuser can stop the violence.

> **Explain** that physical violence in a relationship is never acceptable, at any time. There is no excuse for it: not alcohol or drugs, not financial pressures, not depression, not jealousy.

> Make sure she knows that **she's not alone:** that millions of American women from every ethnic, racial, and economic group suffer

from abuse, and that many women find it difficult to leave.

> Also explain that **domestic violence is a crime**: as much of a crime as robbery or rape, and that she can seek protection through the justice system.

> If she has children, **reinforce her concern for them**, letting her know that this is damaging to children. In fact, you may want to reach out to support her children, and let them know you're there for them too.

> Let her know that it is likely that, in spite of his promises, the **violence will continue**, and probably, escalate.

> **Emphasize** that when she is ready, she can make a choice to leave the relationship, and that there is help available.

> **Provide her with information** about local resources: the phone number of the local domestic violence hotline, support groups, counseling, shelter programs, and legal advocacy services.

> She may need financial assistance, or help finding a place to live, or a place to store her belongings. She may need assistance to escape. **Decide** if you feel comfortable helping out in these ways.

> If she is planning to leave, **remind her** to take important papers with her, such as birth certificates, passports, health insurance documents, etc.

> If she remains in the relationship, **continue to be her friend** while at the same time firmly communicating to her that she and her

children do not deserve to be in this violent situation.

> If you see or hear an assault in progress, **call the police**. Because these assaults are often dangerous, do not physically intervene.

WomenRising DV Support Group Schedule

Updated March 19th, 2021

To learn more about the impact domestic violence had on New Jersey, and Hudson County specifically, in 2015 click here (http://www.njsp.org/ucr/pdf/domesticviolence/2015_domestic_violence.pdf).

Domestic Violence Education and Support Group for Women

You are not alone, help is available!

- If you are experiencing or have experienced physical, emotional, sexual, or economic abuse, we invite you to join us.
- We offer a safe space in which women are able to share and talk about their experiences.
- Relevant information and resources will also be shared with participants.



FREE AND CONFIDENTIAL

Mondays (English-Speaking):
3:00 pm - 4:00 pm & 4:00 pm - 5:00 pm

Wednesdays (Spanish-Speaking):
4:00 pm - 5:00 pm

For more information, please call us at 201-333-5700 ext. 521 or ext. 511.

Please RSVP, space is limited.

All participants must wear a mask and social distance while attending.

WomenRising
2011

270 Fairmount Avenue, Jersey City

Grupo de apoyo y educación sobre violencia domestica para mujeres

¡No está sola, hay ayuda disponible!

- Si en su relación anterior o presente ha vivido o está viviendo abuso físico, emocional, sexual o financiero, le invitamos a formar parte de este grupo.
- Ofrecemos un espacio en donde las mujeres pueden compartir y hablar sobre sus experiencias.
- A la vez, se compartirá información y recursos relevantes para las participantes.



GRATIS Y CONFIDENCIAL

Por favor vengan con máscaras,
y nos distanciaremos durante grupo para mantenernos saludables.

El grupo se reunirá los días
MIÉRCOLES de 4 a 5PM
Se Ofrece Cuidado de Niños
Para Registrarte y Obtener Más Información Por
Favor Llamar a: 201-333-5700 ext. 521
o llamar al 201-744-0908
Por favor llame para asegurar su cupo, por qué el
espacio es limitado.

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270 Fairmount Avenue, Jersey City

**If you are a victim of domestic violence
contact us at 201-333-5700**

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270 Fairmount Ave. Jersey City, NJ
07306 (</our-mission>)

201-333-5700 |

Info@womenrising.org

[@womenrisinginc](#)

