

## Safety, healing and freedom from domestic abuse and sexual assault

## You are Being Abused If:

- ⇒ You are kicked, shoved, slapped, chased, punched, thrown around, and/or physically harmed in any way.
- ⇒ You are continuously afraid to express your feelings for fear of your partner's response.
- ⇒ You are forced to have sex against your will.
- ⇒ You are isolated from friends and relatives.
- ⇒ Your partner verbally and sexually degrades you.
- **⇒** You must keep your partner constantly informed of your whereabouts.
- ⇒ Your partner expresses an unusual amount of jealousy toward friends and family.
- ⇒ Your partner threatens to kidnap the children if you leave him/her.
- $\Rightarrow$  Your partner abuses pets.
- ⇒ Your partner loses his/her temper frequently and/or easily.
- ⇒ Your partner does not allow you to work.
- ⇒ Your partner insists on unwanted touching.
- **⇒** Your partner threatens to commit suicide if you leave him.
- ⇒ Your partner calls you names and insults you in front of your children.

## If this is happening to you, THERE IS HELP!!!!

The WCA Crisis Center provides services to victims of domestic violence and sexual assault. Advocates assist petitioners in filing protection orders, Master's level therapists provide counseling, and a safe shelter program is available with classes and case management to support women and their children fleeing from violence.

### FOR HELP CALL:

24 Hour Crisis Lines Available

Domestic Violence Crisis Line Rape Crisis Line
343-7025 345-7273

# **WCA Crisis Center**

#### 120-DAY RESIDENTIAL PROGRAM

Comprehensive and secure housing/shelter program with round-the-clock staff assistance, private rooms, and common living facilities available to women and children. All residents receive the benefit of the individual counseling, groups, and case management, free of charge while in the residential program.

#### **DOMESTIC VIOLENCE ORIENTATION**

Orientation is an educational group that focuses on the cycle of violence and the characteristics of batterers, victims, and abusive relationships. It is held every Wednesday night, 4:30 p.m. to 6 p.m. It is open to the public and free of charge. Limited childcare is available. You must call for childcare by 10 a.m., each Tuesday.

#### RAP

RAP is a weekly support group for women survivors of domestic violence. It meets Wednesdays 6 p.m. to 7:15 p.m. First time participants must attend Domestic Violence Orientation (4:30 p.m. to 6 p.m.) before attending Rap. This group is offered free and is supported by grants. Limited childcare is available. You must call for childcare by 10 a.m., each Tuesday.

#### **COUNSELING**

Master's level clinicians and interns provide counseling services to women and children who are survivors of physical and sexual abuse. Fees are dependant upon the service provided and the length of session. We can bill many insurances and Victims' Compensation. We can work also work with you on a payment plan and can offer limited subsidized fees.

#### **COURT ADVOCACY**

Trained advocates assist petitioners in seeking protection orders by helping them fill out protection order petitions and accompanying them to court.

#### RAPE CRISIS ADVOCACY

The WCA operates a 24 hour hotline for rape survivors. Individual counseling is available with Master's level clinicians or interns. Fees are dependant upon the service provided and the length of session. We can bill many insurances and Victims' Compensation. We can work also work with you on a payment plan and can offer limited subsidized fees.

#### PARENTING CLASS

The WCA Parenting class is a psycho-educational group that meets weekly utilizing the *Nurturing Parenting* Curriculum, a best practice program recognized by SAMHSA. Community clients are required to obtain a counselor or case manager referral.

#### "HELPING WOMEN RECOVER"

Helping Women Recover is a psycho-educational group that meets weekly utilizing the *Women in Recovery* curriculum, a best practice program recognized by SAMSHA. The focus of the group is to assist women recover from the trauma they have experienced. Community clients are required to obtain a counselor or case manager referral.

#### "I IEE SKII I S"

Life Skills is an educational group that meets weekly to discuss different topics such as wellness, nutrition, job interviewing, finances and budgeting. Community clients are required to obtain a counselor or case manager referral.

#### ADDITIONAL GROUPS

Additional groups are held at different times of the year for community clients – adults and children. Please call 343-7025 to see what groups are currently being offered.

#### INDIVIDUALIZED SAFETY PLANNING

Clients can complete a personalized safety plan with trained WCA personnel. These appointments are held at FACES, 417 S.  $6^{th}$  St. (Downtown Boise, 6th and Myrtle). Call Martha at 577-4498 to schedule an appointment.

#### **SUBSTANCE ABUSE GROUPS**

Substance abuse treatment groups are held on-site twice a week for women who have been approved for state funded substance abuse treatment.

On-site childcare is available during all groups and for individual counseling and case management appointments.