

About the YWCA

Since 1977, the YWCA of Topeka has served victims of domestic violence and sexual assault. The YWCA Center for Safety and Empowerment, formerly the YWCA Battered Women Task Force, is here to help.

Domestic violence is a pattern of abusive physical, emotional and/or sexual abuse in a relationship.

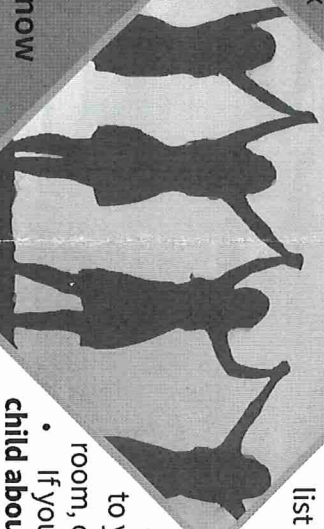
Common abusive tactics include:

- Threats
- Intimidation by using looks or actions
- Emotional or verbal abuse
- Isolating the victim from others
- Minimizing the abuse
- Blaming the victim for the abuse
- Extreme jealousy
- Using gender roles to control
- Limiting access to money
- Physical abuse
- Forcing or talking into sex

Sexual violence is any sexual activity without consent or that interferes with someone's right to say "no."

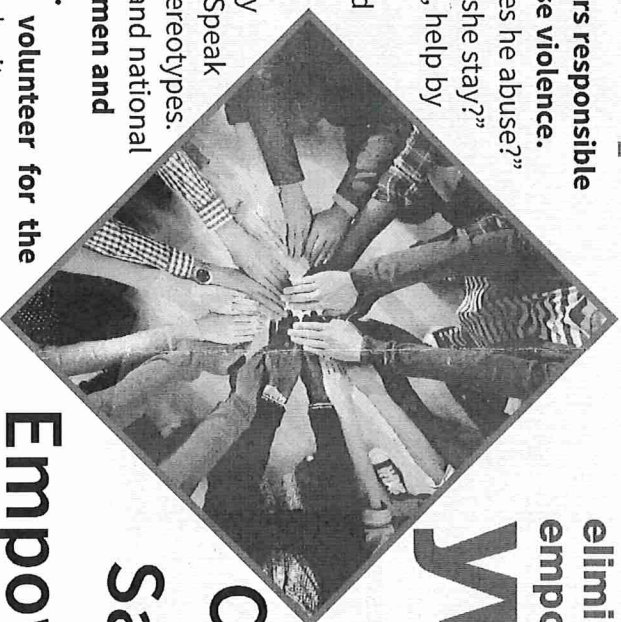
If you or someone you know needs help, call us.

1-888-822-2983



You Can Help

- **Hold abusive partners responsible for their choice to use violence.** Begin to ask "why does he abuse?" instead of "why does she stay?"
- **If you know a victim,** help by being supportive, non-judgemental and offering information about YWCA services.
- Help prevent abuse by **empowering youth.** Speak out against gender stereotypes.
- Support local, state, and national laws that **protect women and children from abuse.**
- Give your time as a **volunteer for the YWCA.** Call today or submit your application online at ywcaneks.org.
- Donate money or items to **support survivors of violence** as they heal from abuse. Find a current wish list of needed items online at ywcaneks.org.



eliminating racism
empowering women

YWCA

Center for Safety and Empowerment

Serving victims of domestic
violence and sexual assault

*Shawnee, Jackson, and
Wabaunsee Counties*

24 hour toll free helpline

1-888-822-2983

www.ywcaneks.org

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Safety

Each year, thousands of people call the YWCA crisis hotline for help. Anytime they call, a victim's advocate is there to help, whether a caller needs help or just wants to talk. All of our services for adults and children in crises are free of charge and confidential. Services include:

- 24 hour toll free hotline
- Accessible emergency shelter
- Help filing protection orders
- Safety planning

"I am writing you as a former client who came for help in a time of crisis. I wanted to let you know that I am now raising my three children on a waitress salary. This is the proudest I've felt in my life. Thank you"

-Survivor

Support

Domestic violence is a pattern of abuse that can affect victims emotionally and physically. Individual and group counseling helps survivors find their strength. Support services include:

- Individual counseling
- Support groups
- Case management
- Court advocacy for criminal and civil cases

"From the first meeting, when you held my hand and heard my story, you told me I was worth it. You helped me recognize my own power and strength." -Survivor

Prevention

The YWCA advocates for a world free from violence and abuse. Working with youth to stop violence before it starts is key to prevention. Programs reveal the presence of teens being abused, seeing friends being hurt and witnessing violence in their home in nearly every classroom. Prevention programs include:

- Classes for youth and community organizations
- Training for professionals
- Awareness-raising public events

"This presentation helped me see I'm not alone. More people need to hear about this before it happens to them. Thank you!" -Survivor



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