

You are not alone.

Help is available in Niagara County

Community Resources

Many resources are available in Niagara County including emergency shelter and safe dwelling. Services are available whether or not you remain in your home. Other services include supportive counseling, support groups and advocacy.

Emergency Numbers

Police **911**

Domestic Violence Hotlines

Lockport	433-6716
Niagara Falls	299-0909
Crisis/Suicide Hotline	285-3515

Niagara County Sheriff's Office

Domestic Violence Intervention Program

Lockport	438-3301
Niagara Falls	286-4573

Victim Assistance Unit 438-3306

Family and Children's Service of Niagara

Counseling & Support Groups 285-6984

YWCA of Niagara

Domestic Violence & Rape Crisis 433-6714

National Domestic Violence Hotline 1-800-799-7233

NYS Child Abuse Hotline 1-800-342-3720

Child Advocacy Center of Niagara Services

- A child friendly atmosphere for child abuse interviews and services
- Medical evaluations
- Coordination of investigative, legal, medical and mental health services
- Victim assistance and support
- Information and referral
- Professional training
- Community education and prevention
- Evidence-based trauma treatment
- Child Abuse Intervention Project
- Family Violence Intervention Project
- Child Fatality Review Team
- Safe Harbour (child trafficking) Project

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THE
CHILD ADVOCACY CENTER
OF NIAGARA

Golisano Center for
Community Health
533 Tenth Street
Niagara Falls, NY 14301
(716) 285-0045
www.cacofniagara.org



Domestic Violence and Child Abuse



NIAGARA FALLS
Memorial Medical Center
Exceptional care, exceptionally close.

Domestic Violence and Child Abuse

Domestic violence and child abuse often occur in the same families and households.

Many children who live in homes with domestic are victims of abuse themselves. And many parents whose children are being abused are also victims of domestic violence.

Children living in homes with domestic violence can experience serious harm such as fearfulness, sleeplessness, lower intellectual functioning, anxiety, withdrawal, depression, problems in school, difficulty making friends and aggression. Even when children are not physically harmed, they may have emotional and behavior problems.

Children do not need to directly witness the violence to experience harm. Children are often more aware of the violence than we know.

If you are experiencing domestic violence, the CAC staff can help.

What is Domestic Violence?

Domestic violence is violence that occurs between people in a relationship. It can include hitting, kicking, biting, slapping, punching or forcing sex. It can also include belittling, name calling and controlling your actions. Some domestic violence is against the law.

Domestic violence affects people of all ages, races, religion, marital status, education, culture or employment. It happens in cities, suburbs, rural communities and all across the country.

"I feel like I have no options".

This is a common feeling. There are legal and community resources available to victims of domestic violence. The CAC staff will help link you to services. Services are available whether you decide to leave your home or to stay.

What if I don't feel safe?

If you are a victim of domestic violence, it is important to find a safe place for you and your children. These steps can help you make the transition of leaving more safely.

- Determine who will allow you to stay with them or lend you money if needed.
- Always try to take your children with you or make arrangements for them to stay with someone safe.
- Open a bank account in your own name.
- Try to obtain a post office box in your own name so that you can receive mail safely.
- Work with CAC staff or a domestic violence advocate to plan the safest way to leave your partner.
- Rehearse a safety plan with your children.

CAC staff are here to help you develop a safety plan and link you and your family to services in the community.

NO ONE has the right to hurt you.

Check list

Refer to this checklist of items you will want to take with you when you leave.

- Identification
- Driver's license, car registration and title
- Children's birth certificates
- Your birth and marriage certificates
- Security numbers/cards for you and your children
- Cell phone; addresses and phone numbers
- Order of protection if you have one
- Money, ATM card, credit card, checkbooks and bank account information
- Health insurance or medical cards for you and your children
- House and car keys
- Medication and prescriptions; medical records; immunization records
- Green card; immigration records; passports
- Divorce or custody papers
- Insurance cards; public assistance cards or other benefit information

Even if you do not plan to leave, it is good to have a safety plan in case things change. Think about where you could go. Identify people who could help you. Make plans for your children. Make plans for your pets. Memorize crisis numbers or call 911 if you are not safe.