**October is Domestic Violence Awareness Month**

**Increase your awareness:**

According to *The Domestic Violence Awareness Project*, domestic violence is defined as “a pattern of abusive behaviors-including physical, sexual and psychological attacks as well as economic coercion-used by one intimate partner against another to gain maintain or regain power and control in the relationship.”

In many cases, it is not always easy to tell if you or someone you know is experiencing domestic abuse. If you are concerned here are some warning signs to look for:

(Information taken from: http://www.thehotline.org/)

* + - Telling you that you can never do anything right
		- Showing jealousy of your friends and time spent away
		- Keeping you or discouraging you from seeing friends or family members
		- Insulting, demeaning or shaming you with put-downs
		- Controlling every penny spent in the household
		- Taking your money or refusing to give you money for expenses
		- Looking at you or acting in ways that scare you
		- Controlling who you see, where you go, or what you do
		- Preventing you from making your own decisions
		- Telling you that you are a bad parent or threatening to harm or take away your children
		- Preventing you from working or attending school
		- Destroying your property or threatening to hurt or kill your pets
		- Intimidating you with guns, knives or other weapons
		- Pressuring you to have sex when you don’t want to or do things sexually you’re not comfortable with
		- Pressuring you to use drugs or alcohol

It is also important to note that domestic abuse can happen to anyone regardless of your race, gender, sexual orientation or religion. For additional information or to obtain please reach out to the following resources:

Local: National:

Connecticut Coalition Against Domestic Violence The National Domestic Violence Hotline

<http://www.ctcadv.org/> http://www.thehotline.org/

24 hour hotline: 888-774-2900 1-800-799-7233

Safe Haven of Greater Waterbury **911 or Local Police**

http://www.safehavengw.org/

Local Hotline Number: 203-575-0036
Statewide Toll Free Number: 1-888-774-2900

Women’s Center of Greater Danbury

<http://www.wcogd.org/>

Domestic Violence Line: (**203) 731-5206**