

and to change attitudes and social institutions that foster and perpetuate violence.

contact New Beginnings



New Beginnings' mission is to provide shelter, advocacy and support for battered women and their children

## helping a friend

Chances are that you know someone who is being abused. Find a safe way to communicate your support. If your friend is ready to talk:

- Meet in a safe, private place
- Take time to listen
- Support your friend's strengths
- Don't judge or criticize
- Don't pressure your friend to leave
- Protect your friend's privacy
- Help your friend develop a plan

You may be their only support, so believe in them and you may make the difference.

Call the New Beginnings crisis line to learn more: 206.522.9472

TO SPEAK TO AN ADVOCATE,  
24 HOURS (VOICE OR TTY)  
**206.522.9472**

TO VOLUNTEER  
**206.926.3016**

ON THE WEB  
[www.newbegin.org](http://www.newbegin.org)

## other important numbers

Washington State Domestic Violence Hotline  
**1.800.562.6025**

Alcohol Drug 24 Hour Help Line  
**1.800.562.1240**

National Domestic Violence Hotline  
**1.800.799.7233**



P.O. Box 75125, Seattle, WA 98175  
PHONE 206.783.4520  
FAX 206.706.0291  
EMAIL [info@newbegin.org](mailto:info@newbegin.org)  
United Way Partner Agency

# believe

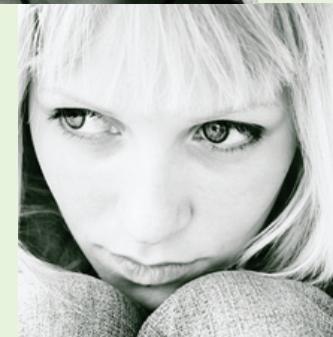
that you can be free of violence

# recognize

that it's not your fault

# plan

for a safe future for you  
and your children



## some of the services we offer

Services are provided by a diverse group of staff and volunteers, many of whom have lived with domestic violence.

- A crisis line – available 24 hours – offers experienced people to listen and to provide information
- Emergency shelter and transitional housing
- Free, confidential weekly support groups (with childcare)
- Skilled advocates who can:
  - help you take steps to live without violence
  - help your children to heal
  - help a friend or family member too

Services include legal advocacy and a weekly legal clinic, parenting support and classes, groups for children and a weekly group led by a chemical dependency specialist.

*"I never would have been able to leave without this place. Thank you for giving me hope for a brighter future for myself and my son."*

— New Beginnings Program Participant



Photos are of models, not program participants.

## prevention and change

Since 1976, New Beginnings has been working for domestic violence prevention and social change.

Through staff and volunteers, we provide violence prevention education to young people, professional training, and community outreach. We help children who have lived with violence to heal.

### What is domestic violence?

It isn't a "domestic dispute."

It isn't the alcohol talking.

It isn't a private matter. Not anymore.

**Get involved. You can make a difference.**



## domestic violence...

### ...is a choice

The abuser is not "out of control."

### ...is a pattern

There may be good times, but the ugliness returns — and it usually gets worse.

### ...is intended to control

Sometimes it's physical, often it isn't.

It's whatever works to keep an intimate partner in line.

### ...is an attitude and a behavior

Sometimes it's emotional abuse — name-calling or intimidation.

Sometimes it's threats — to harm you, or anyone or anything you love.

Sometimes it's using sex to demean.

Sometimes it's physical — pushing, hitting, punching.

### sometimes it's life threatening



## are you hurting your partner?

If you see fear in your partner's eyes, it's time to stop.

If you see fear in your children's eyes, it's time to stop.

**Only you can stop the violence.**

## are you being hurt by your partner?

If you're walking on eggshells, something is wrong.

If you're afraid in your own home, something is wrong.

**You can't stop the violence.**

**But you CAN take steps to protect yourself — and to protect your children.**

**You deserve a life without violence. So do your children.**

## how you can help us

For every person we serve, many more are turned away due to lack of resources. With the help of both individual and corporate donors, we are working to offer survivors and their children the freedom to live a violence-free life.

### here is my gift of \$

Enclosed is a matching form for my employer

EMPLOYER \_\_\_\_\_

Visa  MasterCard

ACCOUNT # \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

I'd like to make this gift  in honor of  in memory of:



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