

Battered? FEELING TRAPPED?

Your situation is *not hopeless*.
There is a place to turn.

The Safe House provides:

- Temporary, *safe housing* for you and your children
- An emotionally *supportive environment*
- Emergency *medical* treatment
- *Counseling* and referral services
- *Legal* advocacy
- Comprehensive *children's programs*
- Housing *Advocacy*

All Services are
Free
and
Confidential

■ ■ SAINT BARNABAS
■ ■ HEALTH CARE SYSTEM

Clara Maass Medical Center

1-888-SBHS-123

www.saintbarnabas.com



24 HOURS A DAY
7 Days a Week
365 Days a Year...



Here To
Provide Shelter,
Here To
Provide Hope.

■ ■ SAINT BARNABAS
■ ■ HEALTH CARE SYSTEM

Clara Maass Medical Center



Clara Maass Medical Center's Safe House, located in Essex County, provides relief for victims of domestic violence through the following services:

SAFE HOUSING ■ Shelter victims are provided with safe housing. The shelter facility is under the direction of the Domestic Violence Director, who provides direction and supervision over all activities. **COUNSELING SERVICES** ■ Short term counseling is available to individuals in crisis, to provide assistance with welfare, child care, vocational and educational opportunities, legal options and job counseling. **ADVOCACY SERVICES** ■ An advocacy services staff may accompany a client, if requested or necessary, to the hospital, police station, or through court proceedings. **DOMESTIC VIOLENCE HOT-LINE** ■ A 24-hour hotline service

provides timely and immediate assistance to victims of domestic violence, 973-759-2154. **SAFE, HEALTHY ENVIRONMENT** ■ A series of rules and regulations have been established to provide for and maintain the health and safety of all residents in the Safe House. **CHILDREN'S SERVICES** ■ All children's services include a cooperative approach to enhance education, recreational and diversional activities. **GROUP MEETINGS** ■ Group meetings are held each week to develop self-determination, decision making, independence and empowerment. **MEALS** ■ Nutritional meals are provided to all shelter residents. **ACTIVITIES** ■ A weekly activity schedule including an exercise program is available. Attendance is optional. **HEALTH EDUCATION CLASSES** ■ Classes on nutrition and parenting skills

are offered. **HOUSING ADVOCACY** ■ Victims receive assistance in finding safe, adequate housing when ready to leave the shelter. **COMMUNITY SUPPORT GROUP** ■ Self-help groups directed to community members in need of counseling or assistance are available. Support groups and counseling for women are also provided. **COMMUNITY OUTREACH** ■ Outreach speakers are available for community education and training in areas pertaining to domestic violence.

