

	S.L. Gimbel Foundation Fund Grant Evaluation Form
Grant Period:	10/1/12-9/30/13

Organization: The Family Center, Inc.

Contact Name: Gracie Gonner

Title: Executive Director

Phone Number: 870-338-8447

Grant Period: 10/1/12- 9/30/13

Award Amount: \$25,000

Grant Number: 2012745

- Describe the project's key outcomes and results based on your goals and objectives. Provide the number of clients served and other relevant statistics.
Attached please find quarterly reports, which will give you more detailed information about services. These are unduplicated counts as we count the number of victims. Individual support hours for residents were increased to 219 hours for Angels of Grace and 139 for Anna's Place due to the additional staff hours.
- What were the challenges and obstacles you encountered (if any) in attaining your goals & objectives? How did you overcome and/or address the challenges and obstacles? What were the lessons learned?
NONE
- Describe any unintended positive outcomes as a result of the efforts supported by this grant.
The agency has been able to computerize most of its forms; thus making the job of advocates more efficient since the forms are on the computer. There is no more running out of forms, using the last one and needing one and they are now easily located because they are all in one place on the computer.
- Describe the overall effect this grant has had on your organization.
It has enhanced the agency's ability to have more staff hours for direct services to victims. Oftentimes, there is a shortage of manpower when there are so many and varied needs of victims that there does not seem to be enough hours in a day/shift to get all of their needs met. Having an extra 20 hours per week for each shelter also allowed staff to focus better on serving victims or responding to crisis calls without interruption. Staff did not appear to be so overwhelmed and exhausted.
- Tell us a few success stories that made an impact on your organization and/or community as a result of this grant.
Please see attached testimonies.
- Provide a financial report on the use of your grant funds (expenditures).
See attached report.
- ❖ Please send copies of publicity and other promotional materials.
- ❖ All variances or time extensions must be approved by The Community Foundation's Grant Committee. Please contact us at 951-684-4194, ext. 114 immediately if a variance or extension becomes necessary.

Please return the completed form to:

Celia Cudiamat, Executive Vice President of Grants & Programs
3700 Sixth St., Suite 200, Riverside, CA 92501 or fax to 951-684-1911
Or email to: ccudiamat@thecommunityfoundation.net



OFFICE OF INTERGOVERNMENTAL SERVICES

VICTIM JUSTICE AND ASSISTANCE PROGRAM

VICTIMS OF CRIME (VOCA)

QUARTERLY PERFORMANCE REPORT

		REPORTING PERIOD:	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
			X			
SUBGRANT ORGANIZATION:		The Family Center, Inc.				
SUBGRANT NUMBER:	12 154 12V	AUTHORIZED OFFICIAL:	Michelle Hunter			
INDICATE THE NUMBER OF VICTIMS SERVED BY TYPE OF VICTIMIZATION: NOTE: Each victim should be counted only once unless served on multiple occasions as a result of separate and unrelated crimes.		INDICATE THE NUMBER OF VICTIMS WHO RECEIVED THE FOLLOWING SERVICES				
		Crisis Counseling	42			
		Follow-up Contact	33			
		Therapy	6			
Child Physical Abuse		Group Treatment	46			
Child Sexual Abuse		Crisis Hotline Counseling	52			
Domestic Violence	34	Shelter/Safe House	34			
Sexual Assault		Information and Referral (In person)	60			
DUI/DWI		Criminal Justice Support/Advocacy	0			
Survivors of Homicide Victims		Emergency Financial Assistance	0			
Assault		Emergency Legal Advocacy	9			
Adults Molested as Children		Assistance in Filing Compensation Claims	0			
Elder Abuse		Personal Advocacy	37			
Robbery		Telephone Contact (I & R)	17			
Other Violent Crimes		Emergency Food, Clothing, & Furniture	101			
TOTAL	34	TOTAL	437			

I certify that I am the authorized or acting authorized official of the subgrant organization named above. The contents of this report are a true and accurate representation of the services provided during the reporting period. Furthermore, I accept that this certification shall be treated as a material representation of fact upon which reliance will be placed by the State of Arkansas, Department of Finance and Administration.


Authorized Official Signature

1/10/13
Date

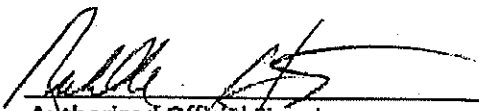
ATTACH PROGRAM SPECIFIC REQUIREMENTS AND QUARTERLY STATISTICAL SUMMARY REPORTS



ARKANSAS DEPARTMENT OF FINANCE AND ADMINISTRATION
OFFICE OF INTERGOVERNMENTAL SERVICES
VICTIM JUSTICE AND ASSISTANCE PROGRAM
VICTIMS OF CRIME (VOCA)
QUARTERLY PERFORMANCE REPORT

		REPORTING PERIOD:	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
				X		
SUBGRANT ORGANIZATION:		The Family Center, Inc.				
SUBGRANT NUMBER:	12 154 12V	AUTHORIZED OFFICIAL:	Michelle Hunter			
INDICATE THE NUMBER OF VICTIMS SERVED BY TYPE OF VICTIMIZATION: NOTE: Each victim should be counted only once unless served on multiple occasions as a result of separate and unrelated crimes.		INDICATE THE NUMBER OF VICTIMS WHO RECEIVED THE FOLLOWING SERVICES				
		Crisis Counseling	40			
		Follow-up Contact	33			
		Therapy	7			
Child Physical Abuse		Group Treatment	39			
Child Sexual Abuse		Crisis Hotline Counseling	53			
Domestic Violence	18	Shelter/Safe House	18			
Sexual Assault		Information and Referral (In person)	67			
DUI/DWI		Criminal Justice Support/Advocacy	0			
Survivors of Homicide Victims		Emergency Financial Assistance	0			
Assault		Emergency Legal Advocacy	7			
Adults Molested as Children		Assistance in Filing Compensation Claims	0			
Elder Abuse		Personal Advocacy	30			
Robbery		Telephone Contact (I & R)	19			
Other Violent Crimes		Emergency Food, Clothing, & Furniture	113			
TOTAL	18	TOTAL	426			

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Authorized Official Signature

4/10/13
Date

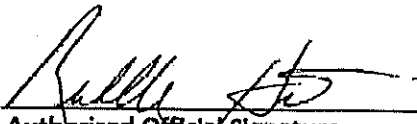
ATTACH PROGRAM SPECIFIC REQUIREMENTS AND QUARTERLY STATISTICAL SUMMARY REPORTS



ARKANSAS DEPARTMENT OF FINANCE AND ADMINISTRATION
OFFICE OF INTERGOVERNMENTAL SERVICES
VICTIM JUSTICE AND ASSISTANCE PROGRAM
VICTIMS OF CRIME (VOCA)
QUARTERLY PERFORMANCE REPORT

		REPORTING PERIOD:	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
					X	
SUBGRANT ORGANIZATION:		The Family Center, Inc.				
SUBGRANT NUMBER:	12 154 12V	AUTHORIZED OFFICIAL:	Michelle Hunter			
INDICATE THE NUMBER OF VICTIMS SERVED BY TYPE OF VICTIMIZATION: NOTE: Each victim should be counted only once unless served on multiple occasions as a result of separate and unrelated crimes.		INDICATE THE NUMBER OF VICTIMS WHO RECEIVED THE FOLLOWING SERVICES				
		Crisis Counseling	57			
		Follow-up Contact	26			
		Therapy	9			
Child Physical Abuse		Group Treatment	24			
Child Sexual Abuse		Crisis Hotline Counseling	56			
Domestic Violence		Shelter/Safe House	36			
Sexual Assault		Information and Referral (In-person)	71			
DUI/DWI		Criminal Justice Support/Advocacy	0			
Survivors of Homicide Victims		Emergency Financial Assistance	0			
Assault		Emergency Legal Advocacy	5			
Adults Molested as Children		Assistance in Filing Compensation Claims	0			
Elder Abuse		Personal Advocacy	34			
Robbery		Telephone Contact (I & R)	21			
Other Violent Crimes		Emergency Food, Clothing, & Furniture	109			
TOTAL		TOTAL	448			

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Authorized Official Signature

7/27/13
Date

ATTACH PROGRAM SPECIFIC REQUIREMENTS AND QUARTERLY STATISTICAL SUMMARY REPORTS

These are the words of an anonymous resident of Angels of Grace shelter taken y staff.

"The shelter has helped me to get ready for my future plans and it has helped me to wait on what I need, and don't lose faith."

"And it is learning me how to live with other people, which I had never did that before."

"It learnt me some things, that you have taught me that I didn't know."

Like what?

"How not to be ripped off with my money and to see where I'm going in the future."

How did you come to the shelter/how you found out about it?

"I heard about the shelter and I wanted to come over here so I would have somewhere to live at until I could get things straightened out, get me a place, and pay my bills."

How did you hear about the shelter?

"From people"

Word of mouth?

"Mhmm"

Favorite thing about shelter?

"Well, I get a chance to go out and eat, spend some time with friends"

Did you meet these friends here?

"Mhmm"

Would you say that the women here help each other out?

"Mhmm. Some come in and leave, but some of them we share things with each other."

"Somebody to talk to"

Do you feel more empowered?

"Mhmm. Empowered...well, I found out things that I didn't know living in the shelter."

Like what?

"When I get out on my own, I will be more appreciative of what a home means to me. I had always had one until I moved in here. I will be more appreciative of what I have and know not to lose it."

These words were taken from an anonymous resident of Anna's Place by staff.

"I just didn't have anywhere to go, and they took me in, helped me out, giving me some time to get up on my feet like getting a job and going out of town to Job Corp. They are helping me with transportation to get back and forth to school because I'm starting back up in the fall...And I'm safe."

Would you say that you weren't safe before?

"No, I'm just safe. There is a lot happening around here. I don't want to be walking around on the street...people are shooting. I don't want to be a victim. Here I am safe."

Do you want to say anything the shelter is helping you out with specifically?

"It is helping me out..getting me ready for jobs. You helped me do my resume, so I have my resume done. It is helping me save money..I don't have any utilities to pay, so I'll be good financially when I leave."

Do you want to share any of your future plans?

"I am planning on getting another car again, I am planning on keeping a job longer than I did when I was down here, planning on having two jobs, finishing school, getting my own house..just getting my life together."

Favorite moment/anything that stood out to you so far?

"Being safe. And being cared about, because if they didn't care about you, then you wouldn't be here. They wouldn't give you their time."

Formed relationships with other women?

"Yeah, we get along."

Have they helped you out at all?

"Mhm, with the rooms and stuff around here."

Do you feel more empowered since being here?

"Yes"

How so?

"Because the stuff you go through out there, you don't go through in here, so I have a good range of time to get everything done that I need to get done."

"I don't want to get too comfortable, I put the time in, you get too comfortable, then you get lazy, I want to leave by September."

Advice for others?

"If you need help, there's always a place to go. It might be hard to find, but its good to call around about shelters because you never know."

How'd you find out about this one?

"I had a friend staying at another shelter that told me about this one."

Word of mouth?

"Mhm"

"I told a friend in need that this is here. I just talked to her today."

These are the words of an anonymous resident of Angels of Grace shelter by staff.

How did you find out about the shelter?

"The manager of Twin City Manor told me about this place."

Why did you need to come into the shelter?

"I was homeless, didn't have a place to go"

Favorite part about the shelter?

"I've got a roof over my head, they feed me and keep me clothed, and everyone is nice here."

What are some things that the shelter has helped you with?

"Helped me think about how to get back on my feet, I can't think of everything."

Helped with appts?

"They take me to doctor's appointments if I need to go, they take me around to where I need to go. They pick us up."

Helped emotionally?

"Yes, how to cope with my life."

Staff, support group?

"Everything."

Do you feel like you've grown here?

"Yes"

Think you'll be independent when you leave?

"Yes, I don't know right now. Right now I don't have any finances."

"Working on trying to get my veteran money, that's all I know."

Do the other women in the shelter help you?

"Yes, we thank God we are together, I guess we help each other."

How so?

"Just bein a friend."

Graduating from the financial class?

"Yes, I learned how to not get credit cards and how to manage your money, not to go overboard with things you don't need, don't get it."

How'd you feel when you got the certificate?

"Real good."

Feel more empowered?

"Can't count my eggs before they hatch, but hopefully."

Plans and goals after shelter

"My goal is to get me a place to live, probably move out of town with me and my family. Hopefully I'll be on my feet. That's all."

Most helpful thing about shelter?

"It's the time."

"I've been here about a month"

Advice to someone in a similar situation?

"If you need help, come to the shelter. You have to do what you have to do. Thank God you've got a roof over your head. Everybody's situation is different."

"Finances are probably what have thrown me in the shelter."

Feel more prepared?

"Right now I don't have any money to manage, my children are going to help."

Advice?

"Just go around to different places, ask questions to different people."

Self-esteem?

"Yeah, it did. I was down when I came here. No finances, you know. At least I'm happy I've got a roof over my head now, as far as finances I just take that one day at a time."

Support groups?

"It helps some with peace of mind."

**The Family Center, Inc.
Gimbel Foundation Grant
2012 - 2013 Expense Report**

Type	Date	Name	Amount	Balance
Beginning Award				12,500.00
Salaries				
Advocate				
Paycheck	10/01/2012	Dorothy Webb	279.26	12,220.74
Paycheck	10/15/2012	Dorothy Webb	279.26	11,941.48
Paycheck	10/29/2012	Dorothy Webb	279.26	11,662.22
Paycheck	11/12/2012	Dorothy Webb	279.26	11,382.96
Paycheck	11/26/2012	Dorothy Webb	279.26	11,103.70
Paycheck	12/10/2012	Dorothy Webb	279.26	10,824.44
Paycheck	12/24/2012	Dorothy Webb	279.26	10,545.18
Paycheck	01/07/2013	Dorothy Webb	279.26	10,265.93
Paycheck	01/21/2013	Dorothy Webb	279.26	9,986.67
Paycheck	02/04/2013	Dorothy Webb	279.26	9,707.41
Paycheck	02/18/2013	Dorothy Webb	279.26	9,428.15
Paycheck	03/04/2013	Dorothy Webb	279.26	9,148.89
Paycheck	03/18/2013	Dorothy Webb	279.26	8,869.63
Paycheck	04/01/2013	Dorothy Webb	279.26	8,590.37
Paycheck	04/15/2013	Dorothy Webb	279.26	8,311.11
Paycheck	04/29/2013	Dorothy Webb	279.26	8,031.85
Paycheck	05/13/2013	Dorothy Webb	279.26	7,752.59
Paycheck	05/27/2013	Dorothy Webb	279.26	7,473.33
Paycheck	06/10/2013	Dorothy Webb	279.26	7,194.07
Paycheck	06/24/2013	Dorothy Webb	279.26	6,914.81
Paycheck	07/08/2013	Dorothy Webb	279.26	6,635.55
Paycheck	07/22/2013	Dorothy Webb	279.26	6,356.30
Paycheck	08/05/2013	Dorothy Webb	279.26	6,077.04
Paycheck	08/19/2013	Dorothy Webb	279.26	5,797.78
Paycheck	09/02/2013	Dorothy Webb	279.26	5,518.52
Paycheck	09/16/2013	Dorothy Webb	279.26	5,239.26
Paycheck	09/30/2013	Dorothy Webb	279.26	4,960.00
			Total Salary	7,540.00
Fringe				
FICA 10/12- 9/13	7.65% @ \$7,540		576.81	4,383.19
SUI 10/12- 9/13	2.31% @ \$7,540		174.17	4,209.01
			Total Fringe	750.98
Apple Computer				
Check	05/26/2013	Micro Center	2,899.85	1,309.16
Printer				
Check	05/26/2013	Micro Center	853.53	455.63
Ink Supplies				
Check	05/26/2013	Micro Center	295.43	160.20
			Total supplies	295.43

**The Family Center, Inc.
Gimbel Foundation Grant
2012 - 2013 Expense Report**

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Beginning Award				12,500.00	
Salaries					
Advocate					
Paycheck	10/01/2012	Marilyn A Roland	279.26	12,220.74	
Paycheck	10/15/2012	Marilyn A Roland	279.26	11,941.48	
Paycheck	10/29/2012	Marilyn A Roland	279.26	11,662.22	
Paycheck	11/12/2012	Marilyn A Roland	279.26	11,382.96	
Paycheck	11/26/2012	Marilyn A Roland	279.26	11,103.70	
Paycheck	12/10/2012	Marilyn A Roland	279.26	10,824.44	
Paycheck	12/24/2012	Marilyn A Roland	279.26	10,545.18	
Paycheck	01/07/2013	Marilyn A Roland	279.26	10,265.93	
Paycheck	01/21/2013	Marilyn A Roland	279.26	9,986.67	
Paycheck	02/04/2013	Marilyn A Roland	279.26	9,707.41	
Paycheck	02/18/2013	Marilyn A Roland	279.26	9,428.15	
Paycheck	03/04/2013	Marilyn A Roland	279.26	9,148.89	
Paycheck	03/18/2013	Marilyn A Roland	279.26	8,869.63	
Paycheck	04/01/2013	Marilyn A Roland	279.26	8,590.37	
Paycheck	04/15/2013	Marilyn A Roland	279.26	8,311.11	
Paycheck	04/29/2013	Marilyn A Roland	279.26	8,031.85	
Paycheck	05/13/2013	Marilyn A Roland	279.26	7,752.59	
Paycheck	05/27/2013	Marilyn A Roland	279.26	7,473.33	
Paycheck	06/10/2013	Marilyn A Roland	279.26	7,194.07	
Paycheck	06/24/2013	Marilyn A Roland	279.26	6,914.81	
Paycheck	07/08/2013	Marilyn A Roland	279.26	6,635.55	
Paycheck	07/22/2013	Marilyn A Roland	279.26	6,356.30	
Paycheck	08/05/2013	Marilyn A Roland	279.26	6,077.04	
Paycheck	08/19/2013	Marilyn A Roland	279.26	5,797.78	
Paycheck	09/02/2013	Marilyn A Roland	279.26	5,518.52	
Paycheck	09/16/2013	Marilyn A Roland	279.26	5,239.26	
Paycheck	09/30/2013	Marilyn A Roland	279.26	4,960.00	
			Total Salary		7,540.00
Fringe					
FICA 10/12- 9/13	7.65% @ \$7,540		576.81	4,383.19	
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			Total Fringe		750.98
Apple Computer					
Check	05/26/2013	Micro Center	2,899.85	1,309.16	
Printer				Total compter	2,899.85
Check	05/26/2013	Micro Center	853.53	455.63	
Ink Supplies				Total printer	853.53
Check	05/26/2013	Micro Center	320.61	135.02	
			Total supplies		320.61

Subject: FW: Your receipt from Micro Center, Brentwood

From: Yolanda L. Wallace (ylwallace@hotmail.com)

To: ggonner0614@yahoo.com;

Date: Wednesday, June 5, 2013 2:14 PM

From: csrs@microcenterorder.com
 To: YLWALLACE@HOTMAIL.COM
 Subject: Your receipt from Micro Center, Brentwood
 Date: Sun, 26 May 2013 17:13:29 -0400

Thank you for shopping at Micro Center.

87 Brentwood Promenade Ct.
 Brentwood, MO 63144
 General Manager Aaron Nolte
 www.microcenter.com

Transaction Number »095-PO-1280981

Transaction Date »05/26/13

Customer »YOLANDA WALLACE (YLWALLACE@HOTMAIL.COM)

CSR »Jessica S.

Your Sale Information

Item SKU	Item Description	Quantity	Per Item Price	Total Price
908814	HP HP 131A YELLOW TONER	1	89.99	89.99
908830	HP HP 131A MAGENTA TONER	1	89.99	89.99
908707	HP HP 131A CYAN TONER	1	89.99	89.99
171850	APPLE IMAC 21.5"/2.7QC15/8G/1T S/N:SC17K4FP8DNCR	1	1,199.99	1,199.99
171850	APPLE IMAC 21.5"/2.7QC15/8G/1T S/N:SC02K4NH2DNCR	1	1,199.99	1,199.99
462465	HP HP 80A LASER TONER	1	107.99	107.99
462507	HP HP 80X LASER TONER	1	184.99	184.99
690990	APPLE MBP 13.3/2.9/2X4GB/750/SD S/N:SC1MK4CW8DTY4	1	1,349.99	1,349.99
690990	APPLE MBP 13.3/2.9/2X4GB/750/SD S/N:SC1MJF1BVDTY4	1	1,349.99	1,349.99
945360	HP LJ PRO M251NW COLOR S/N:CND1H02032	1	329.99	329.99
945360	HP LJ PRO M251NW COLOR	1	329.99	329.99

	S/N:CND1H02033			
941492	HP LASERJET PRO 400 M401DW	1	449.99	449.99
	S/N:VNB3K14933			
941492	HP LASERJET PRO 400 M401DW	1	449.99	449.99
	S/N:VNB3D13627			
869321	APPLE APPLE MAGIC TRACKPAD USA	1	69.99	69.99
339960	IPSG LG 8X DVD REWRTR	1	29.99	29.99
339960	IPSG LG 8X DVD REWRTR	1	29.99	29.99
869321	APPLE APPLE MAGIC TRACKPAD USA	1	69.99	69.99

Subtotal >> 7,422.83

Tax >> 699.97

Sale Total >> \$8,122.80

Check (005499) >> \$8,122.80

Your Satisfaction is our #1 Priority. To tell us about your experience at Micro Center visit www.microcentersurveys.com
To view our Return Policy visit www.microcenter.com/customer_support/returns.html
For rebate information visit www.microcenter.com/rebates/rebate_center.phtml
To view our Privacy Policy visit www.microcenter.com/customer_support/privacy_policy.html
For Micro Center Technical Support visit www.microcentertech.com
For Live Technical Support Chat visit www.microcentertech.com/chat.html

Connect with us: ☐ Email Newsletters ☐ Follow us on Twitter ☐ Become a Fan on Facebook

Domestic violence can be more
than just physical...

VERBAL

EMOTIONAL

PSYCHOLOGICAL

FINANCIAL

and

SEXUAL

abuse are equally as
undeserved and dangerous.

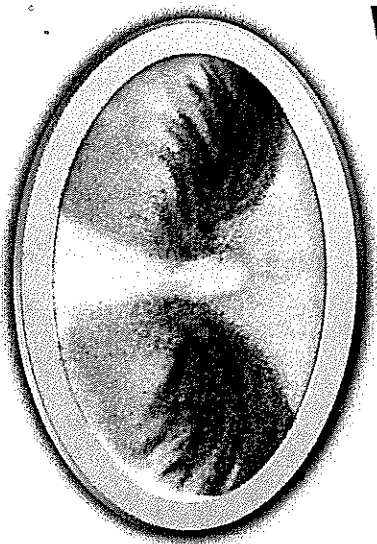
**Domestic violence affects
everyone.**

Close, trusted loved ones are most
often the ones who become a
person's abuser.

It can start at any time.

If you or someone you know is or
might be a victim of domestic
violence, don't hesitate to call us.

There is help. There is hope.



STOP THE SILENCE.

END THE VIOLENCE.

The Family Center, Inc.: (870) 338-8447
Hotline: (877) 572-9530
National Hotline: 1-800-799-7233
Helena-West Helena Police: (870) 572-3441
Phillips County Sheriff: (870) 338-5555
Marianna Police: (870) 295-2508
Lee County Sheriff: (870) 295-7775
Forrest City Police: (870) 633-3434
St. Francis County Sheriff: (870) 633-2611
Brinkley Police: (870) 734-3434
Monroe County Sheriff: (870) 747-3811
Clarendon Police: (870) 747-3417
Holly Grove Police: (870) 462-3422 (day)
or (870) 742-3623 (after 5pm)
Augusta Police: (870) 347-5189
Woodruff County Sheriff: (870) 347-5152
Emergency: 911

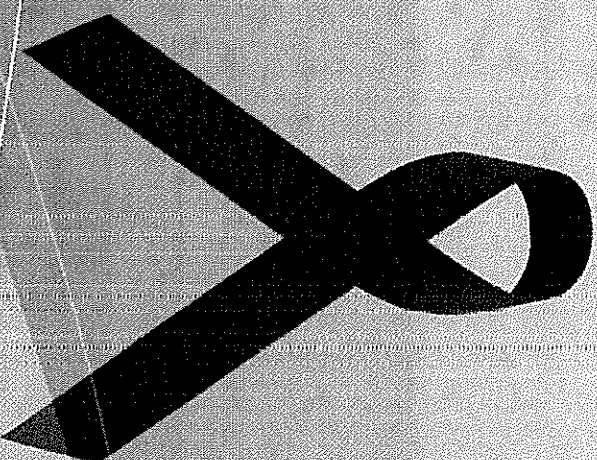
The Family Center, Inc.
dba Angels of Grace

406 Pecan Street
Helena, AR 72342

Made possible in part by a grant from the
S.L. Gimbel Foundation. Advised Fund at the Community
Foundation. Serving the Counties of Riverside and

The Family Center, Inc.
dba Angels of Grace
Battered Women's Shelter

THERE IS HELP



**THERE IS
HOPE**

Everyone deserves to live a peaceful life.

Are you in an abusive relationship?

Do you...

- ❖ Have to watch every word you say?
- ❖ Apologize all the time?
- ❖ Hide your emotions, especially anger?
- ❖ Give up things that make you happy?
- ❖ Feel the need to accept blame for things you didn't do?

Does your partner...

- ❖ Act jealous or possessive of you?
- ❖ Dominate you physically?
- ❖ Do things to you against your will?
- ❖ Control your actions and/or your money?
- ❖ Criticize or humiliate you?
- ❖ Isolate you from friends and family?
- ❖ Have a history of violence or substance use?
- ❖ Display a quick temper or mood swings?

You are NOT alone!

- ❖ About half of all women in Arkansas have experienced domestic violence in an intimate relationship.
- ❖ Domestic abuse happens regardless of race, sex, religion, age, physique, sexual orientation, or economic status.

Safety tips:

- ❖ Identify safe exits from your home. If an argument seems unavoidable, try to have it in an area close to one of these exits, and away from potential weapons.
- ❖ Keep a packed bag of essentials at the home of a trusted friend or family member.
- ❖ Devise a code word to use with family or friends to request the police.
- ❖ Use your instincts and best judgment. If the situation is dangerous, consider giving the abuser what they want to calm them down. Protect yourself until you are out of danger.

You can call for help.

- ❖ Battering is a crime. The police are required to help you and your children get to a safe place. You can call 911 and leave the phone off the hook; emergency services will dispatch the police immediately.



Prepare to leave.

- ❖ Open a savings or credit account in your own name to ensure financial independence.
- ❖ Get your own Post Office Box in order to receive funds, information, and other necessities after you leave.
- ❖ Put money, keys, medications, and (copies of) important documents into a bag, ready and accessible for the day you leave.
- ❖ Be sure to bring your license or other form of identification, as well as your children's.
- ❖ Determine where you can stay and from whom you can borrow money once you leave. Confirm with them that they will be prepared and willing to assist you.
- ❖ If you are leaving with children, consider whether it will help you to make them aware of your plan.
- ❖ Keep useful phone numbers at the ready.
- ❖ Our hotline is open any time, day or night, and can guarantee you a safe place to stay. The number will not show up on your phone bill. We will be here!

Domestic violence can be more
than just physical...

VERBAL

EMOTIONAL

PSYCHOLOGICAL

FINANCIAL

and

SEXUAL

abuse are equally as
undeserved and dangerous.

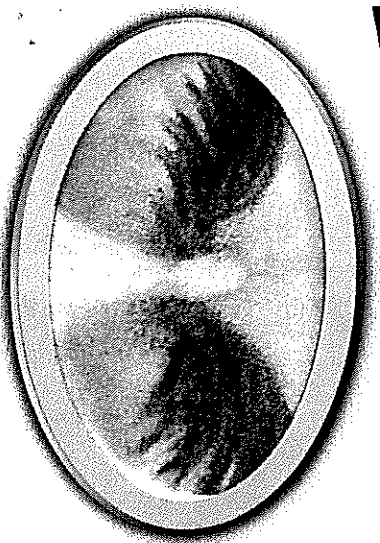
**Domestic violence affects
everyone.**

Close, trusted loved ones are most
often the ones who become a
person's abuser.

It can start at any time.

If you or someone you know is or
might be a victim of domestic
violence, don't hesitate to call us.

There is help. There is hope.



STOP THE SILENCE.

END THE VIOLENCE.

The Family Center, Inc.: (870) 338-8447
Hotline: (877) 572-9530
National Hotline: 1-800-799-7233
Helena-West Helena Police: (870) 572-3441
Phillips County Sheriff: (870) 338-5555
Marianna Police: (870) 295-2508
Lee County Sheriff: (870) 295-7775
Forrest City Police: (870) 633-3434
St. Francis County Sheriff: (870) 633-2611
Brinkley Police: (870) 734-3434
Monroe County Sheriff: (870) 747-3811
Clarendon Police: (870) 747-3417
Holly Grove Police: (870) 462-3422 (day)
or (870) 742-3623 (after 5pm)
Augusta Police: (870) 347-5189
Woodruff County Sheriff: (870) 347-5152
Emergency: 911

The Family Center, Inc.

dba Anna's Place

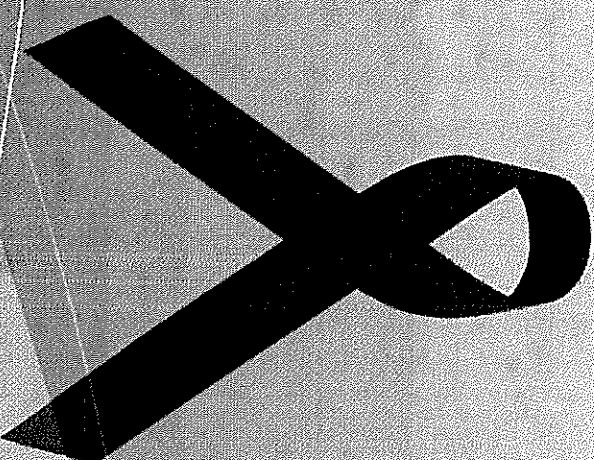
406 Pecan Street

Helena, AR 72342

Made possible in part by a grant from the
S.L. Gimbel Foundation. Advised Fund at the Community
Foundation. Serving the Counties of Riverside and

The Family Center, Inc.
dba Anna's Place
Battered Women's Shelter

THERE IS HELP



**THERE IS
HOPE**

Everyone deserves to live a peaceful life.

Are you in an abusive relationship?

Do you...

- ❖ Have to watch every word you say?
- ❖ Apologize all the time?
- ❖ Hide your emotions, especially anger?
- ❖ Give up things that make you happy?
- ❖ Feel the need to accept blame for things you didn't do?

Does your partner...

- ❖ Act jealous or possessive of you?
- ❖ Dominate you physically?
- ❖ Do things to you against your will?
- ❖ Control your actions and/or your money?
- ❖ Criticize or humiliate you?
- ❖ Isolate you from friends and family?
- ❖ Have a history of violence or substance use?
- ❖ Display a quick temper or mood swings?

You are NOT alone!

- ❖ About half of all women in Arkansas have experienced domestic violence in an intimate relationship.
- ❖ Domestic abuse happens regardless of race, sex, religion, age, physique, sexual orientation, or economic status.

Safety tips:

- ❖ Identify safe exits from your home. If an argument seems unavoidable, try to have it in an area close to one of these exits, and away from potential weapons.
 - ❖ Keep a packed bag of essentials at the home of a trusted friend or family member.
 - ❖ Devise a code word to use with family or friends to request the police.
 - ❖ Use your instincts and best judgment. If the situation is dangerous, consider giving the abuser what they want to calm them down. Protect yourself until you are out of danger.
- You can call for help.**
- ❖ Battering is a crime. The police are required to help you and your children get to a safe place. You can call 911 and leave the phone off the hook; emergency services will dispatch the police immediately.

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