

Things to think about

- You have a right to set limits.
- Communicate your limits clearly.
- Respect boundaries.
- Trust yourself. If a situation doesn't feel right, you can leave.
- Don't condone gender stereotypes.
- Use respectful language. Let others know where you stand.
- Using drugs and alcohol does not give permission to hurt others.
- No is never wrong. It's your right.
- Consider your safety.
- Consider how your behavior affects others' safety.
- Avoid assumptions. Anyone can be impacted by violence.
- 1 in 4 women and 1 in 6 men will be victims of violence by the age of 18.

Safety Planning*

A safety plan is a personalized and practical plan that identifies ways to remain safe while in a relationship, when planning to leave a relationship, or after you leave. Safety planning centers around personal safety strategies, coping with your emotions, how to tell your friends and family about the abuse, and how to take legal action if you choose, and more.

A good safety plan will have pertinent information that is tailored to your unique situation, and will help give you the tools that you need to more safely walk through the different situations that may come up in your life.

When your adrenaline is pumping in crisis, it can be hard to think clearly and logically, so planning ahead and being pro-active about your safety, will help you to think more clearly in that moment of crisis.

For more info or help, call 715-343-7125.

*Source: The National Domestic Violence Hotline, thehotline.org

Family Crisis Center is one of CAP Services' interconnected solutions designed to further our mission.



capservices.org/what-we-do

Our 5 intention approach

1. It takes courage to tell someone, ask for help, survive abuse.
2. It's not your fault.
3. We believe you.
4. You're not alone.
5. Everyone deserves to be safe.



Corporate Headquarters
2900 Hoover Road, Suite A
Stevens Point, WI 54481

This institution is an equal opportunity provider.



Family Crisis Center

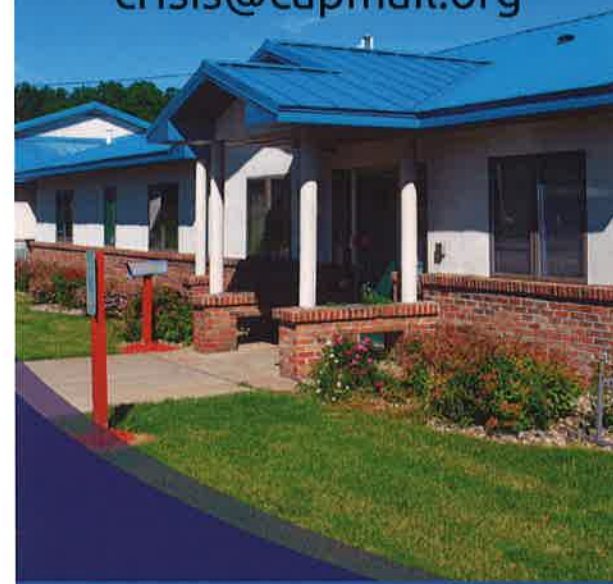
For free and confidential 24-hour Domestic Abuse; Sexual Assault; and Child and Youth services,

call 715-343-7125

OR

1-800-472-3377

crisis@capmail.org



capservices.org/fcc

Domestic Abuse Services

Domestic abuse can include verbal, financial, emotional, sexual and physical abuse. Services are available in Portage, Waupaca and Waushara counties.

- Temporary shelter
- Supportive services for survivors and their family and friends
- 24-hour telephone response and walk-in crisis counseling
- Assistance with petitions for temporary restraining orders
- Support groups for survivors and children who have experienced domestic abuse situations
- Information and referrals to additional supportive services and people
- Accompaniment to, and support during, medical examinations and legal proceedings

Contact

Portage County

1608 West River Drive
Stevens Point, WI 54481
(715) 343-7125

Waupaca County

101 Tower Road
Waupaca, WI 54981
(715) 258-9575

Waushara County

CAPsell Center
205 East Main Street
Wautoma, WI 54982
(920) 787-3889

Spanish-speaking Advocate available (715) 340-4192

Child and Youth Services

It's not easy being a child or youth in today's world. The effects of Domestic violence, sexual assault, dating violence, drug abuse, and suicide are all increasing. The Family Crisis Center offers the following services for children, youth and their parents:

- Supportive services for children, youth, family and friends including mediation
- Temporary shelter for youth
- 24-hour telephone response
- Walk-in crisis counseling
- Information and referrals to additional supportive services and people
- Healthy Relationships for Teens - Education and support group
- Street outreach available in Portage and Waupaca counties

Contact

Portage County

1616 West River Drive
Stevens Point, WI 54481
(715) 347-7133

Waupaca County

101 Tower Road
Waupaca, WI 54981
(715) 258-9575

Sexual Assault Victim Services (SAVS)

Sexual assault is any sexual contact with someone without their consent. Services are available in Portage and Waupaca counties.

- Temporary shelter
- Supportive services for survivors and their family and friends
- 24 hour telephone response and walk-in crisis counseling
- Assistance with petitions for temporary restraining orders
- Support groups for individuals who have experienced sexual abuse/assault
- Accompaniment to, and support during, medical examinations and legal proceedings
- Information and referrals to additional supportive services and people

Contact

Portage County

1616 West River Drive
Stevens Point, WI 54481
(715) 343-7125

Waupaca County

101 Tower Road
Waupaca, WI 54981
(715) 258-9575

Spanish-speaking Advocate available (715) 340-4192

Hmong Family Strengthening

CAP Services' Hmong Family Strengthening program provides culturally specific family violence education, prevention, intervention and advocacy services.

- Temporary Shelter
- Supportive services for survivors and their family
- Culturally appropriate safety planning
- Support groups for survivors and teens
- Navigation support to navigate different resources and systems
- Assistance with petitions for temporary restraining orders

Contact

1616 West River Drive
Stevens Point, WI 54481
Advocate (715) 340-5631

Statewide Helpline

(877) 740-4292

Additional Services

- Community Education – presentations are available on topics related to domestic abuse, sexual assault, family violence, youth in crisis, and services offered by the Family Crisis Center
- Interpreter resources available for domestic abuse/sexual assault victims/survivors to be able to communicate in their primary language
- Emergency transportation to shelter