

# TABLE OF CONTENTS

Breaking the Silence:
Healing from Domestic Violence

Creating a Safety Plan: Empowering Survivors of Domestic Violence

Navigating the Path to Love: Dating After Domestic Abuse

Inspirational Corner



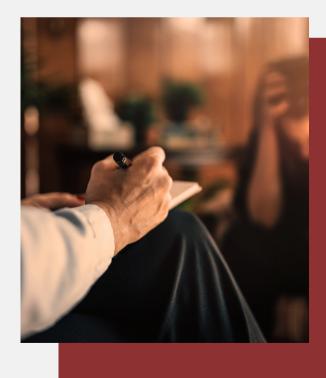




Domestic violence is a pervasive issue that affects individuals from all walks of life, regardless of age, gender, race, or socioeconomic status. It inflicts physical, emotional, and psychological harm, leaving lasting scars on survivors and their loved ones. Despite its prevalence, domestic violence often remains hidden behind closed doors, shrouded in shame and secrecy. However, breaking the silence is the first step towards healing and creating a safer, more supportive environment for survivors.

Understanding Domestic Violence: Domestic violence encompasses a range of abusive behaviors, including physical violence, emotional manipulation, sexual assault, financial control, and isolation. Contrary to popular belief, it is not limited to physical aggression but also includes coercive control tactics aimed at maintaining power and domination over the victim.

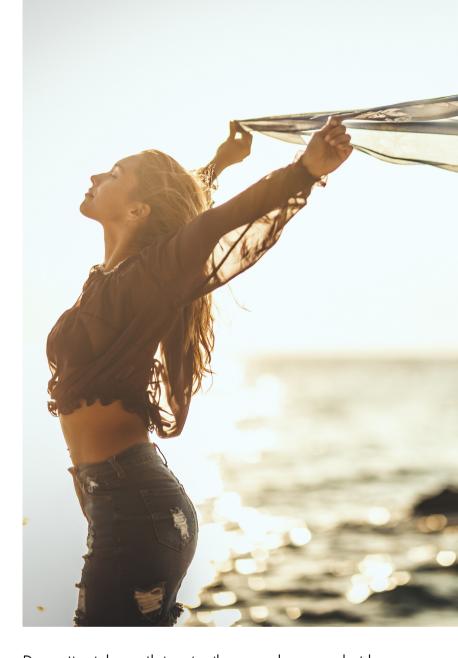
The Impact on Survivors: The consequences of domestic violence extend far beyond the physical bruises and scars. Survivors often grapple with low self-esteem, anxiety, depression, post-traumatic stress disorder (PTSD), and other mental health issues. Additionally, the trauma of abuse can affect their ability to form healthy relationships, hold down a job, and engage in everyday activities. Children who witness domestic violence may experience long-term emotional and developmental challenges, perpetuating the cycle of abuse into future generations.



Breaking the Cycle: Breaking free from an abusive relationship is a complex and courageous journey that requires support, resources, and empowerment. For many survivors, leaving an abusive partner is not a one-time event but a process that may involve seeking legal protection, finding safe housing, accessing counseling services, and rebuilding their lives. Community organizations, shelters, hotlines, and support groups play a crucial role in providing assistance and advocacy for survivors.

Empowering Survivors: Empowering survivors of domestic violence involves validating their experiences, affirming their autonomy, and equipping them with the tools to reclaim their lives. This includes offering trauma-informed therapy, legal assistance, financial resources, and practical skills training. Moreover, promoting education and awareness about healthy relationships and consent is essential for preventing future instances of abuse.

The Role of Society: Ending domestic violence requires a collective effort from individuals, communities, and institutions. Society must challenge harmful gender norms, confront victimblaming attitudes, and hold perpetrators accountable for their actions. This entails providing comprehensive education on consent and respectful relationships in schools, implementing stricter laws against domestic violence, and investing in support services for survivors.



Domestic violence thrives in silence and secrecy, but by shedding light on this issue and offering support to survivors, we can create a culture of safety, respect, and empowerment. It's time to break the cycle of abuse and build a future where everyone can live free from fear and violence. Together, we can make a difference.

If you or someone you know is experiencing domestic violence, help is available. Contact the Precious Hearts Foundation Hotline at 1-877-731-2210 or visit our website at www.preciousheartsfoundation.org for confidential support and resources.

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Safety planning is a crucial tool for individuals experiencing domestic violence to protect themselves and their loved ones from harm. It involves developing a personalized strategy to navigate the complexities of leaving or staying in an abusive relationship safely. While every situation is unique, a well-thought-out safety plan can provide survivors with a sense of empowerment and control amidst chaos and uncertainty.

A safety plan typically consists of practical steps and strategies to enhance safety in various aspects of a survivor's life.

Safety planning is not a one-size-fits-all approach but rather a dynamic process tailored to the survivor's specific needs, circumstances, and resources. It typically involves assessing risks, identifying potential triggers, and establishing practical steps to enhance safety and minimize harm. Whether someone is planning to leave the relationship, considering staying, or in the process of leaving a safety plan can help mitigate risks and increase the likelihood of a successful outcome. The first step in safety planning is to assess the level of risk involved in the situation This includes identifying patterns of abuse, understanding the perpetrator's behavior, and recognizing potential danger signs. Factors such as the presence of firearms, previous threats of violence, substance abuse, and escalation of abusive behaviors can significantly increase the risk to the survivor and their children.

By understanding these risk factors, survivors can make informed decisions about their safety and develop strategies to mitigate potential harm. A safety plan typically consists of practical steps and strategies to enhance safety in various aspects of a survivor's life.

## This may include:

- Establishing a safety network: Identify trusted friends, family members, or support organizations that can provide assistance and shelter in times of crisis.
- Securing important documents: Gather essential documents such as identification passports, birth certificates, financial records, and medical records, and store them in a safe and accessible location.
- Developing a code word: Create a secret code word or signal to communicate distress to trusted individuals without alerting the abuser.
- Planning escape routes: Identify multiple exit routes from the home and practice using them to ensure a quick and safe escape if necessary.
- Utilizing technology safely: Be cautious when using technology, including phones, computers, and social media, as abusers may use these platforms to monitor and control survivors' activities.
- Seeking legal protection: Explore legal options such as obtaining a restraining order, filing for divorce, or seeking custody arrangements to protect yourself and your children from further harm.

Navigating the complexities of domestic violence can be overwhelming, but survivors do not have to face it alone. Seek support from domestic violence hotlines, shelters, support groups, and advocacy organizations that can offer guidance, resources, and emotional support throughout the safety planning process. Remember, you deserve to live a life free from fear and violence, and there are people ready to help you every step of the way.

Safety planning is a proactive and empowering tool for survivors of domestic violence to reclaim their safety and autonomy. By assessing risks, identifying strategies, and seeking support, survivors can navigate the challenges of leaving or staying in an abusive relationship with greater confidence and resilience. Remember, you are not alone, and help is available. You deserve to live a life free from violence, and safety planning can help



Precious Hearts Foundation's Caring Closet for ALL provides free clothing and accessories for men, women and children in need. We are happy to have been providing clothing to our community for a decade and counting.

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Many victims of domestic violence have been forced to leave their homes because of abuse, which results in homelessness. Please consider donating. Visit: https://www.preciousheartsfoundation.org/caringcloset.htm

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## NAVIGATING THE PATH TO LOVE:



Dating After Domestic Abuse

Dating after experiencing domestic abuse can be a daunting and challenging journey. Survivors often carry emotional scars and trust issues from their past relationships, making it difficult to open up to new romantic possibilities. However, with patience, self-awareness, and a supportive network, survivors can embark on a path of healing and rediscover the joy of healthy relationships. Before diving into the dating scene, it's essential for survivors to prioritize their healing journey.

Domestic abuse can leave deep emotional wounds that require time and attention to heal. Seeking therapy, support groups, and self-care practices can help survivors process their trauma, rebuild their self-esteem, and develop healthier coping mechanisms. By addressing past trauma, survivors can approach new relationships with a stronger sense of self-awareness and emotional resilience. Setting boundaries is crucial when reentering the dating world after domestic abuse. Survivors may have a heightened awareness of red flags and warning signs of abusive behavior, making it essential to trust their instincts and prioritize their safety.

Clearly communicating boundaries with potential partners from the outset can help establish mutual respect and prevent the recurrence of abusive patterns. Remember, it's okay to say no to anything that makes you feel uncomfortable or unsafe. Rebuilding trust in oneself and others is a central aspect of dating after domestic abuse. Survivors may struggle with feelings of distrust, fear, and vulnerability, which can impact their ability to form meaningful connections. It's essential to take things slow, give yourself permission to trust at your own pace and surround yourself with supportive individuals who respect your journey. Trust is earned over time through consistent actions, honesty, and mutual respect. When dating after domestic abuse, it's essential to prioritize relationships that are built on mutual respect, trust, and equality. Look for partners who demonstrate empathy, compassion, and a willingness to support your healing journey.

Pay attention to how they communicate, handle conflict, and respect your boundaries. Trust your intuition and prioritize your emotional wellbeing above all else. Remember, you deserve to be with someone who treats you with kindness and respect. Navigating the complexities of dating after domestic abuse can be overwhelming, but you don't have to do it alone. Surround yourself with a supportive network of friends, family members, therapists, and support groups who can offer guidance, validation, and encouragement along the way. Share your experiences, fears, and triumphs with those who understand and affirm your journey toward healing and love. Dating after domestic abuse is a deeply personal and transformative journey that requires courage, resilience, and self-love. By prioritizing healing, setting boundaries, building trust, and choosing healthy partners, survivors can embark on a path of rediscovery and embrace the possibility of love and connection once again.

Remember, you are worthy of happiness and fulfillment in all aspects of your life, including your romantic relationships. Trust in your strength, and know that you deserve nothing less than a love that uplifts and empowers you.





Inspirational Cogner

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www.TonyWarrick.com

You can put your hope in God, knowing with absolute confidence that He is never going to let you down or lead you astray.

He is faithful, and He is with you!

Faith is a verb, and it requires action. Doubt will stagnate your dreams, and make your soned. Faith will free you feel you are in bondage.

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eople have been removed from your life because God is getting your life, and they ready to elevate your life, and your cannot go where God is taking you.

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