

CENTER FOR HOPE AND SAFETY

REBUILDING
LIVES
Beyond
DOMESTIC
VIOLENCE

24-HOUR CONFIDENTIAL HOTLINE:
201-944-9600

NUMERO DE EMERGENICA LAS 24 HORAS



CENTER FOR
HOPE AND SAFETY

Formerly Shelter Our Sisters

CENTER FOR HOPE AND SAFETY assists women and children who are victims of domestic violence, including emotional, economic, sexual, and physical abuse. Available 24 hours, seven days a week, Center For Hope And Safety is Bergen County's only nonprofit organization providing temporary safe housing, hotline counseling, and life-changing support services to women and children every year.

Since 1976, Center For Hope And Safety's mission is to foster healing and change. We provide emergency and transitional housing, emotional support, and a diversified continuum of services focused on safety, empowerment, and self-sufficiency. Through community partnerships and group and individual contributions, Center For Hope And Safety raises awareness, provides critical services, and educates community members about domestic violence.

What Is Domestic Violence?

Domestic Violence (DV) is a pattern of abusive behavior that is used by one partner to gain power and control over another intimate partner. DV can be physical, sexual, emotional, or psychological actions or threats of actions. This can include:

- Emotional abuse
- Verbal put-downs
- Harassment
- Threats of physical harm
- Physical abuse
- Forced sexual relations
- Bullying
- Financial control



Are You Affected by Domestic Violence?

- Do you live with or date someone who is excessively jealous, overly controlling, angry, or badgering?
- Does your partner blame you for "all" the problems in the home?
- Does your partner ever humiliate you, slap you, curse at you, or threaten you?
- Has your partner alienated you from your friends and family?
- Do you ever feel like you are walking on eggshells?
- Do you feel isolated?
- Do you think your partner has two personalities?
- Does your partner control all of the money?
- Are you afraid for your own or your family's safety?

*Did You Know?
Children from violent homes
suffer from emotional and
often physical abuse.*

If the answer is "Yes" to any of the above questions, there is help. Call our confidential hotline at 201-944-9600 and speak with one of our counselors.



Counseling and Support

- Safety planning
- Individual and group counseling for women and children
- Parent support groups
- Project Self-Sufficiency (job-readiness training)
- Community referrals and housing searches
- Bilingual services for Hispanic families
Services in other languages can be arranged
- Court accompaniment and legal advocacy
- Skills building for empowerment
- Educational and employment guidance

Emergency Shelter Support

- Safe, confidential, emergency shelter 24 hours a day for women and children
- Specially trained domestic violence counselors available day and night
- Families reside together
- Three nutritional meals every day
- Creative arts therapy for women and children
- Preschool activities and tutoring for children
- Recreation
- Child advocacy

Safety:
Help in Crisis

24x7 Confidential Hotline • Crisis Counseling
Court Accompaniment • Food & Shelter
Children's Services • Job-Readiness Training

SHORT
TERM

Strength:
Transition to
Self-Sufficiency

Supportive Counseling • Education
Vocational Assistance • Transitional Housing
Mentoring

LONG
TERM

Hope:
Sustaining a Life
Free From Violence

Follow-Up Program • Creative Arts Therapy
Community Outreach Services
Community Education

ONGOING

All Victims
At Any Stage

24x7 Confidential Hotline • Counseling
Legal Advocacy • Housing Support
Community Referrals • Bilingual Services

ALL
STAGES

*Did You Know?
One in Four women will experience
domestic violence in her lifetime.*

Transitional Housing

- Post-shelter housing
- Homes located throughout Bergen County
- Counseling services
- Financial literacy support
- Assistance with securing permanent housing

Community Children's Program

Project CHILD builds Confidence, Hope,
Independence, Love, and Direction

- Individual and group art, play, and music therapy
- Case management
- Counseling for the non-abusive parent
- Transportation available

For Project CHILD services call 201-300-6666

Community Services

- Case management for victims not seeking shelter
- Information and referrals
- Follow-up services for former residents
- Community education and training
- Support services for men, elderly and disabled victims, and individuals with multicultural needs

For Community Services call 201-527-6222

*Services in Spanish available
and can be arranged in
other languages*

Deaf and
hard-of-hearing
individuals can text us
at: 201-587-4734



Donors & Volunteers

We need your help!

Much of the funding for our services is through the benevolence and charity of donors. This includes individual contributions, family foundation gifts, the purchase of personalized bricks in our "Pathway," a bequest in a will or other planned giving opportunities. To make a gift or join our mailing list, call our administrative office at 201-498-9247.

Our agency has an extensive volunteer program, which is integral to our success. We rely on the generosity of our volunteers, who contribute their time and skills. To learn more about volunteer opportunities, call our Director of Volunteers at 201-836-1075 or email volunteer@hopeandsafetynj.org.

Administrative Office

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Center For Hope And Safety is a private, non-profit, incorporated agency in Bergen County, New Jersey. All contributions are tax-deductible to the extent allowable by law.

Sumario de Servicios

Centro De Esperanza Y Seguridad asiste a mujeres y niños que son victimas de la violencia domestica, incluyendo abuso emocional, financiero, sexual y fisico. Proveemos alojamiento de emergencia y transicional, apoyo emocional, y una serie de servicios con enfoque en seguridad, valor personal, y autosuficiencia.

Centro De Esperanza Y Seguridad ofrece los siguientes servicios para mujeres y niños:

- Alojamiento seguro y confidencial de emergencia las 24 horas del día
- Consejeria individual y en grupo
- Grupos de apoyo para las Madres
- Proyectó autosuficiencia (entrenamiento laboral)
- Referencia a servicios en la comunidad
- Consejeria para los niños, terapia de arte, recreación, y tutoría

La violencia domestica es el maltrato fisico, mental, y espiritual, que tambien incluye:

- Abuso verbal
- Amenazas de maltrato fisico
- Abuso emocional
- Hostigamiento
- Abuso fisico
- Abuso sexual o forzado

Llame nuestra línea directa las 24-horas
201-944-9600

Consejeras especializados en la violencia domestica estarán disponibles a cualquier hora del día o de la noche