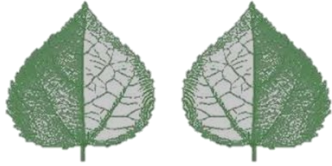


We Can Help!

ASPEN provides free and confidential support services to victims/survivors of domestic and sexual violence.

Our services include:



*24-Hour Support Line
Emergency Housing
Crisis Counseling & Support
Legal Advocacy
Help with Orders of Protection
Information and Referrals
Safety Planning
Forensic Medical Exam Support
Support Group*



Our Mission

ASPEN provides support services to victims/survivors of domestic and sexual violence and empowers them to create safe and healthy lives for themselves and their families. ASPEN is also committed to breaking the cycle of violence by providing educational and awareness activities in the community.

We believe that...

Values

- ◆ Everyone has the right to live a life free from violence.
- ◆ All individuals deserve to be treated with respect and understanding.
- ◆ Domestic and sexual violence are community problems and need a community solution.
- ◆ All individuals have a right to privacy and confidentiality.
- ◆ Education and awareness are crucial to individual and community change.
- ◆ Every individual has inherent worth and is a valuable asset to our community.



Abuse Support & Prevention
Education Network

P.O. Box 653, 411 E. Callender Street
Livingston, MT 59047
Office: 406-222-5902
info@aspenmt.org
24-HOUR SUPPORT LINE:
406-222-8154



Abuse Support & Prevention
Education Network

*Serving Park, Sweet Grass
& Meagher Counties*



*Domestic & Sexual Violence
Advocacy*



24-Hour

**Support Line:
406-222-8154**

www.aspenmt.org

Prevention Education



Trust, Empathy, Empowerment (TREE) Education Program- Age-appropriate educational programs that address:

- ◆ Respect and Character Building
- ◆ Bullying
- ◆ Promoting Healthy Relationships
- ◆ Teen Dating Violence and Cyber Safety

Community Outreach – Workshops and presentations to increase awareness and break the cycle of violence. Examples include:

- ◆ How to Help a Friend or Family Member
- ◆ Bystander Intervention
- ◆ Effects on Children

Professional Training – Enhancing the ability of local professionals to identify risk factors and symptoms of domestic and sexual violence and offer appropriate resources.

Workshops are available for:

- ◆ Health Care Workers
- ◆ Law Enforcement
- ◆ Clergy
- ◆ Cosmetologists
- ◆ Counselors & Social Workers
- ◆ Anyone in contact with potential victims

Call today to schedule a presentation for your school, organization, or business.

What is Domestic Violence?

Domestic violence is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

It can affect anyone, regardless of economic, racial, cultural, generational, religious, sexual orientation or gender status.

Types of Abuse



Physical – hitting, pinching, hair pulling, biting, kicking, stabbing, shooting, strangulation.



Emotional – name calling, belittling, unfounded accusations, criticism, undermining self-worth.



Sexual – rape, coercing sexual contact, fondling, unprotected sex, sex with others, sodomy.



Legal – vicious custody battles or expensive court cases, refusal to pay court ordered support or alimony.



Economic – withholding or controlling access to money, requiring justification for all money spent.



Stalking - repeatedly being watched, followed or harassed. Stalking can often begin when an individual has decided to leave a domestic violent situation.



Warning Signs

You may be a victim of domestic violence if your partner:

Jealousy and Possessiveness:

- ◆ Isolates you from your friends and family
- ◆ Expects you to spend all your time with him/her

Controlling Behavior:

- ◆ Calls or texts you constantly
- ◆ Shows up at your work or school to check up on you
- ◆ Gives you orders
- ◆ Makes all the decisions
- ◆ Discounts your feelings
- ◆ Makes you feel trapped or crazy
- ◆ Blames you for all his/her problems and makes you feel his/her behavior is your fault
- ◆ Puts you down and calls you names

Hypersensitivity and Explosive Behavior:

- ◆ Bursts out in anger unpredictably
- ◆ Makes you feel like you're walking on eggshells
- ◆ Makes your friends and family concerned for you and your safety

Threatening and Using Violence:

- ◆ Grabs, pushes, shoves, slaps, shakes, kicks, punches and strangles you
- ◆ Pressures you for sex
- ◆ Breaks or destroys objects, especially those you value

