

# WE CAN HELP

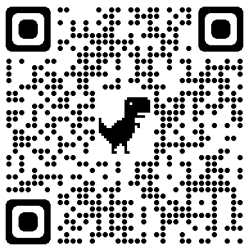


ASPEN provides free and confidential support services to victims/survivors of domestic and sexual violence and human trafficking.

## Our services include:

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

## visit us:



**24-HOUR SUPPORT LINE:  
(406) 222-8154**

# OUR MISSION

ASPEN provides support services to victims/survivors of domestic and sexual violence and human trafficking 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.

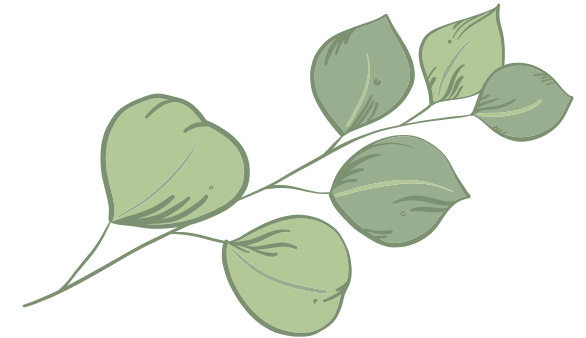
# OUR VALUES

- 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.

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LIVINGSTON, MT 59047  
OFFICE: 406-222-5902  
INFO@ASPENMT.ORG  
24-HOUR SUPPORT LINE:  
406-222-8154



Abuse Support & Prevention  
Education Network



*Domestic &  
Sexual Violence  
Advocacy*

*Serving Park,  
Sweet Grass & Meagher  
counties*

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www.aspenmt.org**

# PREVENTION EDUCATION



## **Trust, Respect, Empathy, Empowerment (TREE) Education Program:**

- Respect and Character Building
- Bystander Intervention
- 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:**

- Lunch & Learn Education Hours
- Information Tables at Local Events
- Collaboration with Local Businesses

## **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

# 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 or forcing sexual contact, fondling, sabotaging birth control.

**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** - a pattern of behavior from one individual that instills fear in another. Stalking can often begin when an individual has decided to leave a relationship.

# WARNING SIGNS

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

### **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