

# It Shouldn't Hurt to Go Home



The Domestic Violence Victim's Handbook



## OUR MISSION

The Maryland Network Against Domestic Violence (MNADV) is the state domestic violence coalition that brings

together victim service providers, allied professionals, and concerned individuals for the common purpose of reducing intimate partner and family violence and its harmful effects on our citizens. The Network accomplishes this goal by providing education, training, resources, and advocacy to advance victim safety and abuser accountability.

The MNADV is a private, not-for-profit 501 (c) (3) organization.

## OUR VISION

One day Maryland will be a state where families and relationships thrive on mutual trust and respect and where there is no place for violence.

**Domestic violence is a pattern of coercive behavior characterized by the domination and control of one person over another, usually an intimate partner, through physical, psychological, emotional, verbal, sexual, and/or economic abuse.**



**This booklet was adapted from the original booklet created by the Idaho Coalition Against Sexual and Domestic Violence.**

# It Shouldn't Hurt to Go Home

## The Domestic Violence Victim's Handbook

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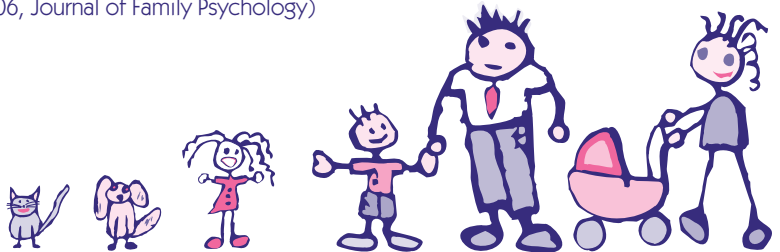
# Now is the Time

If you are a victim of domestic violence, now is the time to protect yourself and those who count on you for safety.

You don't deserve to be abused. There is help.

## Facts

- ◆ Nearly 1 in 4 women and just over 1 in 10 men in the U.S. report experiencing violence by a current or former spouse or dating partner at some point in their life. (2008, CDC)
- ◆ On average, more than three women are murdered by their husbands or boyfriends each day in the U.S. (Catalano, 2007, Department of Justice)
- ◆ Women are 85% of the victims of intimate partner violence. (2005, Department of Justice)
- ◆ Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence. (2006, Department of Justice)
- ◆ Homicide is the leading cause of death among pregnant women in Maryland. (Cheng and Horon, 2010, Obstetrics and Gynecology)
- ◆ 15.5 million children in the U.S. live in families in which partner violence occurred at least once in the past year. (McDonald et al., 2006, Journal of Family Psychology)



MNADV Statewide Helpline  
1-800-MD-HELPS  
(1-800-634-3577)  
National Domestic Violence Hotline  
1-800-799-7233



Call the local domestic violence program  
in your county (see page 20) for:

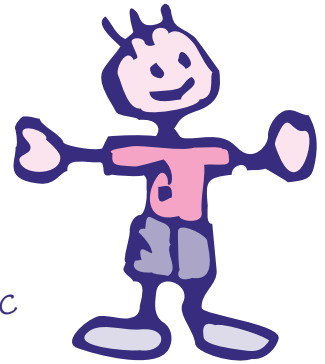
- ◆ 24 hour crisis hotline
- ◆ Telephone translation services for non-English speakers
- ◆ Temporary emergency shelter for victims and their children
- ◆ Counseling for victims, abusers, and children
- ◆ Legal information and court accompaniment
- ◆ Referrals to legal, medical, financial, housing and employment services

Where  
to  
Turn  
for  
Help

# What is Domestic Violence?

Domestic violence can take different forms, but its purpose is always the same: Abusers want to control their domestic partners through fear. They do this by abusing them physically, sexually, psychologically, verbally, and economically.

Here are some of the forms domestic violence can take:



## Physical Abuse

Hitting	Slapping
Kicking	Choking
Pushing	Punching
Beating	

## Verbal Abuse

Constant criticism	Mocking
Making humiliating remarks	Yelling
Name-calling	Swearing
	Interrupting

## Sexual Abuse

- Forcing sex on an unwilling partner
- Demanding sexual acts that the victim does not want to perform
- Degrading treatment

## Isolation

- Making it hard for the victim to see friends and relatives
- Monitoring phone calls
- Reading mail
- Controlling where the victim goes
- Taking the victim's car keys
- Destroying the victim's passport

## Coercion

- Making the victim feel guilty
- Sulking
- Manipulating children and other family members
- Always insisting on being right
- Making up impossible "rules" and punishing the victim for breaking them

## Harassment

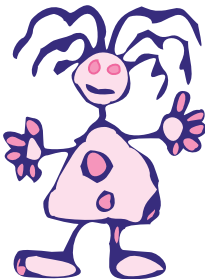
Following or stalking  
Embarrassing the victim in public  
Constantly checking up  
on the victim  
Refusing to leave when asked

## Economic Control

Not paying bills  
Refusing to give the victim money  
Not letting the victim work  
Interfering with the victim's job  
Prohibiting the victim from  
going to school  
Not allowing the victim to  
learn a job skill  
Refusing to work and support  
the family

## Abusing Trust

Lying  
Breaking promises  
Withholding important information  
Being unfaithful  
Being overly  
jealous  
Not sharing  
domestic  
responsibilities



## Threats and Intimidation

Threatening to harm the victim,  
the children, family members  
and pets  
Using physical size to intimidate  
Shouting  
Keeping weapons and threatening  
to use them

## Emotional Withholding

Not expressing feelings  
Not giving compliments  
Not paying attention  
Not respecting the victim's  
feelings, rights and opinions  
Not taking the victim's concerns  
seriously

## Destruction of Property

Destroying furniture  
Punching walls  
Throwing or breaking things  
Abusing pets

## Self-Destructive Behaviors

Abusing drugs or alcohol  
Threatening self-harm or suicide  
Driving recklessly  
Deliberately doing things that  
will cause trouble

(See **Power & Control Wheel** on Page 12)

# Don't Believe These

**You can't believe everything you read and hear about domestic violence. Here are ten common "myths" about domestic violence. They are not true.**

## **Myth #1:**

**Domestic violence does not affect many people.**

It is believed that domestic violence is the most common, but least reported, crime in the United States.

## **Myth #2:**

**Domestic violence is only physical abuse.**

Physical violence is only part of a larger pattern of abuse, which also includes psychological, emotional, sexual and/or economic abuse. Sometimes there is no physical abuse, but the abuser will use the other forms of abuse to exert power and control over an intimate partner.

## **Myth #3:**

**Domestic abuse is just a momentary loss of temper.**

Domestic abuse is just the opposite of a "momentary loss of temper." The abuser makes a decision to abuse. It is an ongoing technique to enforce control through the use of fear, and it is part of a pattern of abuse.

## **Myth #4:**

**Domestic violence only happens in poor families.**

Domestic violence occurs throughout all levels of society and in every racial, ethnic, and religious group. There is no evidence to suggest that any income level, occupation, social class, or culture is immune from domestic violence. Wealthy, educated professionals are just as prone to violence as anyone.

## **Myth #5:**

**Domestic violence is just an occasional slap or punch that isn't serious.**

Victims are often seriously injured. Over 30% of the women seeking care in hospital emergency rooms are there because they have been injured by their domestic partners. Abused women are more likely to suffer miscarriages or to give birth prematurely.





# Domestic Violence Myths



## Myth #6

**Drinking or drug abuse causes domestic violence.**

Some abusers make alcohol and drugs an excuse for violent behavior. While there is a correlation between substance abuse and domestic violence, one does not cause the other. However, substance abuse does lower inhibitions and may increase the frequency and severity of the abuse.

## Myth #7:

**The victim can always walk away from the relationship.**

Victims believe that they do not have anyplace to go where they will be safe from the abuser. The abuser often knows the victim's friends and family members and can find a victim who leaves. It takes money, a support network, and time for planning to ensure that a victim can escape.

## Myth #8:

**If the abuser is truly sorry and promises to reform, the abuse is going to stop.**

Remorse and begging for forgiveness are manipulative methods used by abusers to control their victims. Abusers rarely stop abusing; in fact, the abuse will almost always get worse as time goes on.

## Myth #9:

**If the violent episodes don't happen very often, the situation is not that serious.**

Even if the violence doesn't happen often, the threat of it remains a terrorizing means of control. No matter how far apart the violent episodes are, each one is a reminder of the one that happened before and creates fear of the one that will happen in the future.

## Myth #10:

**Victims have the types of personalities that seek out and encourage abuse.**

A number of studies have determined that there is no set of personality traits that describe victims of domestic violence. It is the abuser who is responsible for the abuse, not the victim.



# Who are the Victims?

## Statistically, Most Victims Are Women

- ◆ 85% of all domestic violence victims are women who are abused by their husbands or boyfriends.
- ◆ Teenaged, pregnant and disabled women are especially at risk.
- ◆ Even though most victims are women, men can be victims, too.

## Children Can Be Direct Or Indirect Victims

- ◆ They may be abused themselves.
- ◆ They may be forced to see their parent abused in front of them.
- ◆ The abuser may use threats to harm them as a means of controlling the victim.
- ◆ They grow up seeing abuse as the natural way for domestic partners to relate to each other.
- ◆ They grow up in an insecure environment filled with tension and violence.

## Teenagers Experience Dating Violence

- ◆ Teenagers are just as vulnerable to relationship violence and it is just as dangerous.
- ◆ Teenagers may not seek help because they distrust adults.



## Domestic Violence Can Also Occur In Gay and Lesbian Households

- ◆ Gay and lesbian relationships are not immune to the pattern of abusive and coercive behaviors that constitute domestic violence.
- ◆ Victims may not seek help because they don't believe that help is available for same sex domestic abuse or because they fear they will be mistreated because of their sexual orientation.

## The Elderly And People With Disabilities Can Be Victims

- ◆ They may be abused by their spouses or partners, adult children or caretakers.
- ◆ They may be physically unable to defend themselves or escape from the abuse.
- ◆ They may be physically or mentally unable to report the abuse to anyone.

## Anyone Can Be A Victim

- ◆ Studies have found no characteristic link between personality type and being a victim.
- ◆ Victims can not stop the abuse by simply changing how they behave.
- ◆ Everyone deserves to be safe from domestic violence.

### Abusers Typically:

- ◆ Deny that the abuse has occurred or make light of a violent episode.
- ◆ Blame the victim, other people or outside events for the violent attack.

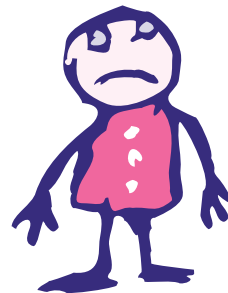
### Abusers Don't Act Because They Are "Out of Control"

- ◆ Abusers choose to respond to a situation violently. They are making a decision to behave in a violent manner.
- ◆ They know what they're doing and what they want from their victims.
- ◆ They are not acting purely out of anger.
- ◆ They are not only reacting to stress.
- ◆ They are not helplessly under the control of drugs and alcohol.



### Abuse Is A Learned Behavior

- ◆ It is not a "natural" reaction to an outside event.
- ◆ It is not "normal" to behave in a violent manner within a personal relationship.
- ◆ It may be learned from seeing abuse used as a successful tactic of control - often in the home in which the abuser grew up.
- ◆ It is reinforced when abusers are not arrested or prosecuted or otherwise held responsible for their acts.

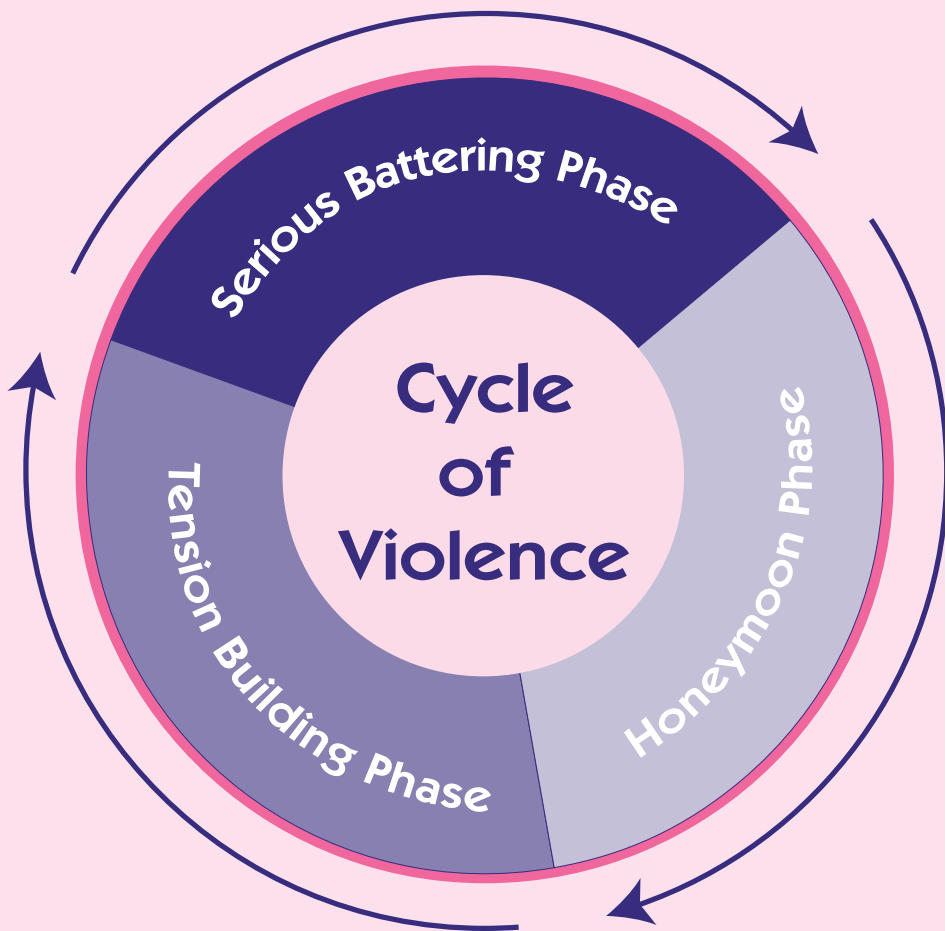


### Abusers May Even:

- ◆ Express remorse and beg for forgiveness with seemingly loving gestures.
- ◆ Be hard workers and good providers.
- ◆ Be witty, charming, attractive and intelligent.
- ◆ At times, be loving parents.

# Who are the Abusers?

# Breaking the Cycle of Violence



## Honeymoon Phase



This is where the relationship begins. Violent relationships may begin very romantically. They are quick, intense and seductive. The victim frequently looks back at this happy, loving time, hoping that the abuse will end and that the relationship will be like it was at the beginning. This phase is what perpetuates the relationship.

After violence occurs, this is a period of apologies, gifts, and promises that the abuse will never occur again and that the abuser will change. Both the victim and the abuser may minimize and rationalize the behavior and the seriousness of injuries. This can also be a time of renewed courtship, romance and sexual intimacy.

## Tension-Building Phase

The tension-building phase may last a week, months, or even years. However, once the cycle of violence begins, it will usually occur more frequently. The tension-building phase is characterized by increased emotional abuse and a feeling of threat or intimidation. It may include minor physical abuse like slapping or pushing. Victims feel tense and afraid and often

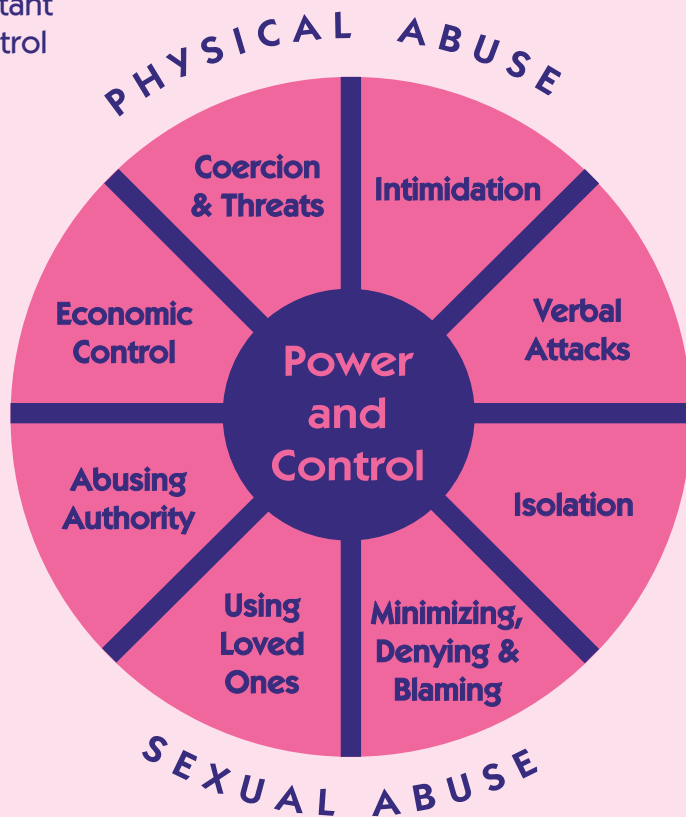
describe it as “walking on eggshells.” Victims learn to recognize these signs and may try to avoid or deflect the abuser’s anger by becoming more compliant. Sometimes, they may even provoke the abuser in order to break the tension and get the abuse over with.

## Serious Battering Phase

This phase is characterized by a violent episode that may involve physical and/or sexual abuse, property destruction, and heightened emotional abuse. Children and pets may also become victims. Initially, minimal levels of violence may be sufficient to frighten the victim. As time goes on, the abuser will usually use more severe forms of abuse to maintain control. In some instances, other methods of exercising power and control are so effective that physical abuse is unnecessary. In relationships where there is no physical abuse, victims may believe that they are not in abusive relationships.

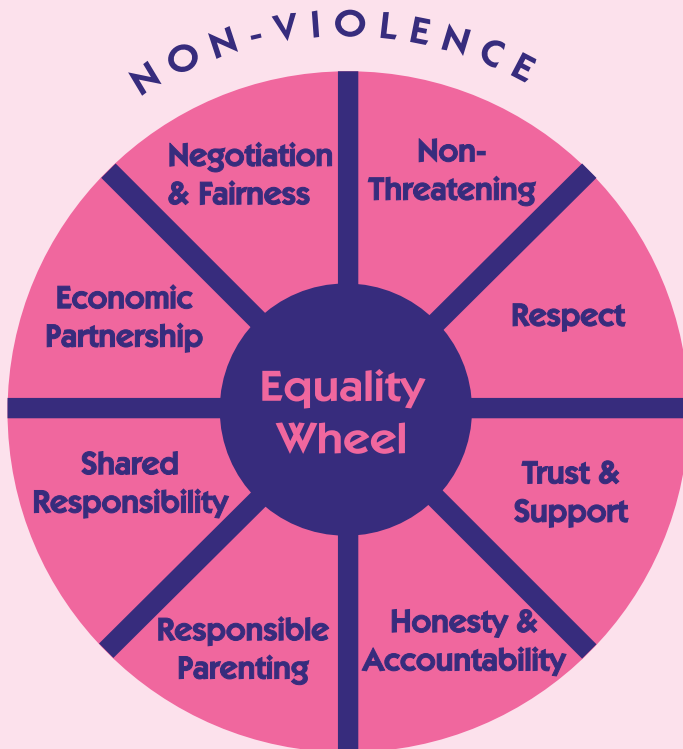
# The Power and Control Wheel

The **Power and Control Wheel** links the different behaviors that together form a pattern of violence. It shows how each behavior is an important part in the overall effort to control someone.



# The Equality Wheel

The **Equality Wheel** offers a view of a relationship that is based on equality and non-violence. Use this chart to compare the characteristics of a non-violent relationship to those of an abusive relationship in the **Power and Control Wheel**.



# How to Help a Friend Who is a Domestic Violence Victim

## 1. Bring up the subject.

Don't be afraid to let your friend know your concerns. Say that you can see what's happening and that you want to help. Let your friend know that she/he is not alone.

## 2. Acknowledge that your friend is in a very difficult, scary situation.

Let your friend know that the abuse is not her/his fault. Encourage your friend to express any feelings of hurt or anger or humiliation. Don't be judgmental. Remind your friend that the abuser, not the victim, is responsible for the abuse. Remember that it may be difficult for your friend to talk about it with you.

## 3. Don't buy into your friend's denial.

If your friend refuses to acknowledge that she/he is in a dangerous situation, let your friend know that you believe it, and that you are concerned about safety.

## 4. Respect your friend's right to make decisions.

Let your friend find her/his own way to decisions. Don't start with what you think your friend should do or insist on following your plan.

## 5. Discuss this booklet with your friend.

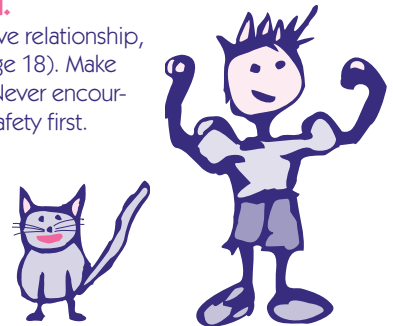
Help your friend identify the abusive behavior. Go over the Power and Control and Equality wheels. Talk about domestic violence programs and the services they offer. Give your friend information about the local domestic violence program.

## 6. Go with your friend.

Accompany your friend to medical care. If your friend is going to the police, to court, or to see a lawyer, offer to go along. Let your friend do the talking.

## 7. Plan safe strategies with your friend.

If your friend is contemplating leaving an abusive relationship, help to develop a Personal Safety Plan (See Page 18). Make sure your friend is comfortable with the plan. Never encourage a friend to follow a plan that doesn't put safety first.





# If you are a domestic violence victim, let the people who care about you help you.

## **1. Confide in someone you trust.**

If you have a friend or relative who cares about your safety, tell them about the abuse. Sharing a burden with someone makes it lighter. If you've left your abusive relationship and are feeling lonely and tempted to return, talk it out with a friend who knows the situation.

## **2. Don't let others talk you into taking action that doesn't feel right to you.**

You are the only one who knows if you're ready to leave your relationship, go to the police, or seek emergency shelter. Make your own decisions, based on your own comfort level.

## **3. Leave an "emergency kit" with a friend.**

This could include extra money, a set of car keys, a change of clothes and copies of important documents (driver's license, birth certificates, social security card, health insurance records, documentation of abuse) that may come in handy in an emergency. Think of what you might need if you have to leave your home in a hurry.

## **4. Ask a friend to accompany you to important appointments.**

If you have medical appointments, are going to the police, to court, or to see a lawyer, take a friend along for moral support.

## **5. Discuss this booklet with a friend.**

Go over the Power and Control and Equality wheels. Discuss the types of abuse you are experiencing. Discuss your emergency plans.

## **6. Make sure a friend knows about your Personal Safety Plan.**

Start making your own Personal Safety Plan (See Page 18). Go over it with a friend and give that friend a copy of the plan.

# How to Let Your Friends Help You

# Safety Measures While You're in an Abusive Relationship



**If you are living with a person who is abusing you, here are some things you can do to ensure your and your children's safety.**

- 1.** Have important phone numbers memorized - friends and relatives whom you can call in an emergency. Discuss safety planning with your children. If your children are old enough, teach them important phone numbers, including when and how to dial 911.
- 2.** Keep this booklet in a safe place - where your abuser won't find it, but where you can get it when you need to review it.
- 3.** Keep change for pay phones, a pre-paid calling card, or a charged cell phone with you at all times.
- 4.** If you can, open your own bank account.
- 5.** Stay in touch with friends. Get to know your neighbors. Resist any temptation to cut yourself off from people - even if you feel that they don't understand or you just want to be left alone.
- 6.** Rehearse your escape plan until you know it by heart.
- 7.** Leave a set of car keys, extra money, a change of clothes and copies of the following documents in a safe place, or with a trusted friend or relative.
  - ◆ Your/your children's birth certificates
  - ◆ Your social security card
  - ◆ Your children's school and medical records
  - ◆ Bank books
  - ◆ Welfare identification
  - ◆ Passports or green cards
  - ◆ Lease agreements or mortgage payment books
  - ◆ Insurance papers
  - ◆ Important addresses and telephone numbers
  - ◆ Extra prescription medication
  - ◆ Any other important documents
  - ◆ Evidence of the abuse (photos, journals, medical records, police reports)



# Safety After You Have Left the Relationship

**If you are no longer living with the abuser, here are some things you can do to enhance your and your children's safety.**

- 1.** Change the locks - if you're still in your home and the abuser is the one who has left.
- 2.** Install as many security features as possible in your home. These might include metal doors and gates, security alarm system, smoke detectors and outside lights or motion detector lights.
- 3.** Inform neighbors that your former partner is not welcome on the premises. Ask them to call the police if they see that person loitering about your property or watching your home.
- 4.** Make sure the people who care for your children are very clear about who does and who does not have permission to pick up your children.
- 5.** Obtain a civil protection order or a peace order. Keep it near you at all times, and make sure friends and neighbors have copies to show the police.
- 6.** Let your co-workers know about the situation, especially if your former partner is likely to come to your workplace. Ask them to warn you if they observe that person around.
- 7.** Avoid the stores, banks, and businesses you used when you were living with the abuser.
- 8.** Get counseling. Attend workshops. Join support groups. Do whatever it takes to form a supportive network that will be there when you need it.

# Your Personal Safety Plan



**These pages will help you plan for your safety. If you don't have some of this information, now is the time to get it. Keep this information in a safe and private place where your abuser cannot find it (for example, a friend's house, your workplace, a locked trunk or safe).**

## 1. Important phone numbers:

Police: **911** or \_\_\_\_\_

Maryland Domestic Violence Helpline: **1-800-MD-HELPS (634-3577)**

Local domestic violence program and hotline number: \_\_\_\_\_

Closest District Court (to obtain a petition for protection): \_\_\_\_\_

My attorney: \_\_\_\_\_

My doctor: \_\_\_\_\_

Other: \_\_\_\_\_

## 2. I can call these friends or relatives in an emergency:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## 3. These neighbors will call the police if they hear me being abused:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## 4. I can go to these places if I have to leave my home in a hurry:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

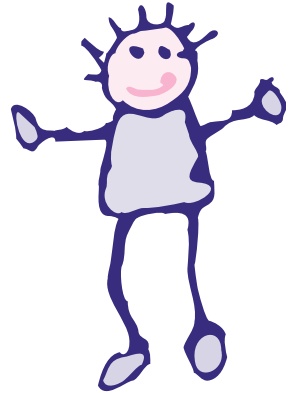
Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

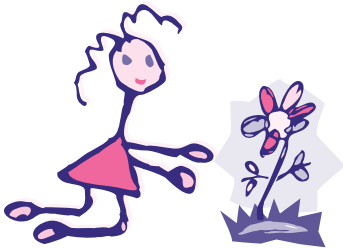
**5. I have given the items below to a friend for safekeeping:**

- My birth certificate
- My children's birth certificates
- My social security card
- My children's school records
- My children's medical records
- Bank books
- Welfare identification
- My passport or green card
- My children's passports or green cards
- My lease agreement or mortgage payment book
- Insurance papers
- Extra prescription medications
- Important addresses and telephone numbers
- Evidence of the abuse
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_



**6. I have put the following in a safe place or given to a friend for safekeeping:**

- An extra set of car keys
- Some extra money
- An extra change of clothes for me and my children
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_



# Domestic Violence Programs in Maryland

## ALLEGANY COUNTY

**Family Crisis Resource Center** • 301-759-9246  
Hotline 301-759-9244 • TTY 301-759-9244

## ANNE ARUNDEL COUNTY

**YWCA Domestic Violence Services** • 410-626-7800  
Hotline 410-292-6800

## BALTIMORE CITY

**House of Ruth Maryland** • 410-889-0840  
Hotline 410-889-7884 • TTY 410-889-0047  
**TurnAround** • 410-837-7000  
Helpline 443-279-0379



11/13

## BALTIMORE COUNTY

Hotline 410-828-6390  
**Family and Children's Services of Central Maryland**  
410-281-1334  
**Family Crisis Center of Baltimore County, Inc.**  
410-285-4357 • 410-285-7496 (Shelter)  
**TurnAround** • 410-377-8111

## CALVERT COUNTY

**Crisis Intervention Center**  
Hotline 410-535-1121 • Metro Hotline 301-855-1075

## CARROLL COUNTY

**Family and Children's Services of Central Maryland**  
410-876-1233  
Hotline 410-857-0077

## CAROLINE, KENT, DORCHESTER, QUEEN ANNE'S, AND TALBOT COUNTIES

**Mid-Shore Council on Family Violence** • 410-479-1149  
Hotline 1-800-927-4673

## CECIL COUNTY

**Cecil Co. Domestic Violence / Rape Crisis Center**  
Hotline 410-996-0333

## CHARLES COUNTY

**Center for Abused Persons** • 301-645-8994  
Hotline 301-645-3336 • Metro Hotline 301-843-1110

## FREDERICK COUNTY

**Heartly House**  
Hotline 301-662-8800 • TTY 301-662-1565

## GARRETT COUNTY

**The Dove Center** • Hotline 301-334-9000  
Oakland • 301-334-6255 • Grantsville • 301-895-4300

## HARFORD COUNTY

**SARC** • 410-836-8431  
Hotline 410-836-8430

## HOWARD COUNTY

**HopeWorks of Howard County, Inc.** • 410-997-0304  
Hotline 410-997-2272 / 800-752-0191

## MONTGOMERY COUNTY

**Abused Persons Program** • 240-777-4210  
Hotline 240-777-4673 • TTY 240-777-4850

## PRINCE GEORGE'S COUNTY

**Family Crisis Center, Inc.** • 301-779-2100  
Hotline 301-731-1203  
**House of Ruth Maryland** (Legal and Counseling Services)  
240-450-3270

## ST. MARY'S COUNTY

**Walden / Sierra, Inc.** • 301-997-1300  
Hotline 301-863-6661  
**Southern Maryland Center for Family Advocacy**  
301-373-4141 (Legal Services)

## SOMERSET, WICOMICO & WORCESTER COUNTIES

**Life Crisis Center** • 410-749-0771  
Hotline 410-749-4357 • 410-641-4357

## WASHINGTON COUNTY

**CASA** (Citizens Assisting and Sheltering the Abused)  
301-739-4990  
Hotline 301-739-8975 • TTY 301-739-1012

## SPECIALIZED PROGRAMS

**Adelante Familia at House of Ruth Maryland**  
(Hispanic/Latina-Baltimore City/County)  
410-732-2176 • Hotline 410-889-7884

**CHANA** (Jewish)  
Hotline 1-800-991-0093

**Asian/Pacific Islander DV Resource Project**  
202-464-4477

# National Information Centers

## **National Domestic Violence Hotline**

1-800-799- SAFE (7233) • 1-800-787-3224 (TTY for the Hearing Impaired)

## **National Teen Dating Abuse Helpline**

1-866-331-9474 • 1-866-331-8453 TTY • Live Chat: [loveisrespect.org](http://loveisrespect.org)

**Additional information about domestic violence is available from these sources:**

## **National Coalition Against Domestic Violence**

One Broadway, Suite B210 • Denver, CO 80203  
303-839-1852 • [www.ncadv.org](http://www.ncadv.org)

## **National Network to End Domestic Violence**

1400 16<sup>th</sup> Street NW, Suite 330 • Washington, DC 20036  
202-543-5566 • [www.nnedv.org](http://www.nnedv.org)

## **National Resource Center on Domestic Violence**

3605 Vartan Way, Suite 101 • Harrisburg, PA 17110  
1-800-537-2238 • [www.nrcdv.org](http://www.nrcdv.org)

## **Futures Without Violence**

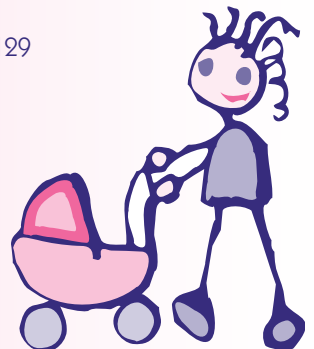
100 Montgomery Street, The Presidio • San Francisco, CA 94129  
415-678-5500 • [www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

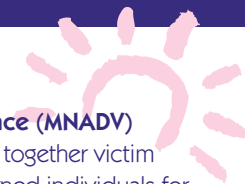
## **National Clearinghouse for the Defense of Battered Women**

125 South 9th Street, Suite 302 • Philadelphia, PA 19107  
215-351-0010 • [www.ncdbw.org](http://www.ncdbw.org)

## **ABA Commission on Domestic Violence**

American Bar Association  
1050 Connecticut Avenue, NW • Washington, DC 20036  
202-662-1000 • [www.abanet.org](http://www.abanet.org)





## OUR MISSION

The **Maryland Network Against Domestic Violence (MNADV)** is the state domestic violence coalition that brings together victim service providers, allied professionals, and concerned individuals for the common purpose of reducing intimate partner and family violence and its harmful effects on our citizens. The Network accomplishes this goal by providing education, training, resources, and advocacy to advance victim safety and abuser accountability.

The MNADV is a private, not-for-profit 501(c)(3) organization.

## OUR VISION

One day Maryland will be a state where families and relationships thrive on mutual trust and respect and where there is no place for violence.

4601 Presidents Drive, Suite 370 • Lanham, Maryland 20706  
TEL: 301-429-3601 • FAX: 301-429-3605 • E-MAIL: [info@mnadv.org](mailto:info@mnadv.org) • WEBSITE: [www.mnadv.org](http://www.mnadv.org)  
1-800-MD HELPS / 1-800-634-3577  
(Statewide Helpline)



**Maryland Network**  
Against Domestic Violence