

BATTERED WOMEN CENTERS

ATLANTIC ACWC Abuse Center
(609) 645-6767
Emergency shelter available

BERGEN Community Action Program
(201) 487-8484
Emergency shelter available

Shelter Our Sisters
(201) 944-9600
Emergency shelter available

BURLINGTON Providence House
(609) 387-3151
Emergency shelter available

CAMDEN Alternative for Women Now
(609) 964-8034

Camden County Crisis Center
(609) 428-0505

Volunteers of America
(609) 964-5100, ext. 39
Shelter available

CUMBERLAND Cumberland Co. Guidance Center
(609) 327-2222

ESSEX Essex County Family Violence Project
(201) 484-4446
Emergency shelter available

Essex Legal Psychological Shelter
(201) 762-5208
Emergency shelter available

HUNTERDON Women's Crisis Service
(201) 782-HELP
Emergency shelter available

HUDSON Hudson County Battered
Women's Project
(201) 333-5700
Emergency shelter available

BATTERED WOMEN CENTERS

MERCER Womanspace, Inc.
(609) 394-9000
Shelter available

MIDDLESEX Women's Crisis Center
(201) 828-7273
Emergency shelter available

Women Helping Women
(201) 968-0905
Emergency shelter available

MONMOUTH Women's Resource and Survival
Center
(201) 264-4111
Emergency shelter available

MORRIS Jersey Battered Women Service
(201) 267-4763
Emergency shelter available

OCEAN Western Center
(201) 928-0014
Emergency shelter available

PASSAIC Women's Haven
(201) 345-4546

SOMERSET Women's Resource Center
(201) 685-1122
Shelter available

Guideline Emergency Services
(201) 526-4100

SUSSEX Battered Person's Resource Center
(201) 875-7561 after 3 p.m.
Emergency shelter available

UNION Battered Women Project
(201) 355-HELP
Emergency shelter available

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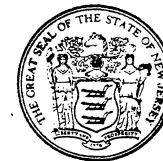
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BATTERED WOMEN'S GUIDE

State of New Jersey
Brendan Byrne, *Governor*

New Jersey Department of Community Affairs
Joseph A. LeFante, *Commissioner*

Division on Women
Clara Allen, *Director*



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INTRODUCTION

If you are beaten or threatened by your husband or boyfriend there is help available. Although a battering problem is complex and every abused woman's situation is unique, there are many common problems: most women who are battered need physical safety, financial and legal help, and emotional security for themselves and often their children. This leaflet explains the type of help available and where to get it.

IF YOU HAVE AN EMERGENCY. . . .

You may need to leave your home in a hurry. If you have no place to go, there are shelters and other facilities available for you and your children. Your local battered women's group can help you locate them. Legally, it is not considered desertion to leave your home under extreme circumstances. Another option is to have the court order your husband to leave the home. You need a lawyer's assistance for this, because it is difficult to obtain. Welfare may be able to provide you with "emergency funding" and other forms of immediate financial assistance. In addition to helping you with the above, your local battered women's group can help you obtain emergency medical care and provide transportation.

If you have been beaten, and if for some reason you aren't willing or able to contact one of the battered women's organizations, we strongly urge you to *immediately* contact (preferably in person) a family member or friend and describe to him or her what has happened. If you wait too long after a battering incident to contact someone, you may lose this person as a witness.

HELP IS ALSO AVAILABLE FOR LONG-RANGE PLANNING

Whether you want to leave your home or not, you can prepare for the future. Counseling and/or discussion groups with women in similar situations are useful for understanding your options. Many of the local battered women's groups offer these services and can also answer many questions you may have about your alternatives. You can receive help with:

- divorce, support and child custody problems
- welfare, food stamps and other forms of public assistance
- job hunting
- financial planning
- housing
- pressing criminal charges against your husband or boyfriend
- obtaining a lawyer

PLAN AHEAD. . . HOW YOU CAN PREPARE FOR AN EMERGENCY

— Financial and Legal Documents — Gather and Keep These in One Safe Place (Preferably At A Neighbor's If Possible):

- important papers such as marriage certificate, birth certificates, credit cards, bank books, insurance policies, etc.
 - records of your husband's income (copy of his paycheck, W2 form, tax statement, etc.)
 - records of household bills (mortgages, utilities, medical bills, insurance, food receipts, etc.)
 - have bank accounts, stocks, bonds, etc. put in your name only, if possible
 - save as much money as you can
- In Case of a Battering Incident — Save Evidence:
- take pictures of injuries (Polaroid photos are best)
 - get the names of nurses and doctors who administered medical care (nurses are preferable since doctors are often excused from court)
 - get the names of police officers with whom you have had contact
 - get names and addresses of any witnesses
 - get copies of medical reports

Also, try to set aside clothing for yourself and your children that can be picked up in an emergency. Most importantly, keep the phone number of a shelter or local battered women's group in a handy but secret place.

THIS LEAFLET IS ONLY A GUIDE. IT IS BEST TO SEEK ASSISTANCE FROM ONE OF THE CENTERS NEAR YOUR HOME.

TOLL FREE HOT LINE — 800-322-8092

WOMEN'S REFERRAL CENTRAL, Information and Referral Service serving New Jersey women 24 hours a day, Division on Women/Together, Inc.

