

BATTERED WOMEN CENTERS

ATLANTIC

ACWC Abuse Center
609-646-6767
Emergency shelter available

BERGEN

Shelter Our Sisters
201-944-9600
Emergency shelter available
Community Action Program
201-487-8484
Emergency shelter available

BURLINGTON

Providence House
609-387-3151
Emergency shelter available

CAMDEN

Volunteers of America
609-964-5100, ext. 39
Shelter available
Aid to Women in Crisis
609-428-0505

CUMBERLAND

Cumberland Co. Guidance Center
24-hour hotline: 609-327-2222

ESSEX

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

HUNTERDON

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

HUDSON

Jersey City Y
201-333-5700
Emergency shelter available
Bayonne Y
201-339-7676
Emergency shelter available

HUNTERDON

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

BATTERED WOMEN CENTERS

MERCER

Womanspace, Inc.
609-394-9000
Shelter available

MIDDLESEX

Women Helping Women
201-572-5200
Women's Crisis Center
201-828-7273
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

SOMERSET

Women's Resource Center
201-685-1122
Shelter available

SUSSEX

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

UNION

Elizabeth Y
201-355-1500
Emergency shelter available

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**BATTERED
WOMEN'S
GUIDE**

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Division on Women
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Trenton, New Jersey 08625
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New Jersey State Library

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.