

Are You Being Abused?

Does someone in your life:

- Put you down in public?
- Keep you from contacting family or friends?
- Control where you go, who you talk to or how you spend money?
- Throw, push, hit, strangle, kick or slap you?
- Force you to have sex when you don't want to?
- Threaten to hurt or kill you or your children?
- Say it's your fault, promise it won't happen again—and then does it again?

**If any of this is happening to you,
you are being abused.**

IF YOU NEED IMMEDIATE HELP OR ASSISTANCE:

- Email is not a safe or confidential way to talk to someone about the danger or abuse in your life, please call us instead.
- Traditional corded phones are more private than cell phones or cordless phones. Phone records are traceable.
- Internet use can be tracked and monitored. If you suspect that you are being tracked, you probably are. Use a public computer outside your home if possible.
- Call Wise Options to prepare a safe exit strategy. Someone is available 24/7 and will answer the phone discretely.



Follow YWCA Northcentral PA online!

The YWCA Northcentral PA is a program partner of the Lycoming County United Way.



**The YWCA is dedicated to
eliminating racism, empowering
women and promoting peace,
justice, freedom and dignity for all.**



Wise Options is devoted to
empowering individuals,
redefining the rights of the
oppressed, and educating
communities about peace,
justice, freedom, dignity
and equality for all.

**24/7 Crisis Hotline
1-800-326-8483**

The YWCA Northcentral PA offers free and confidential services 24 hours a day, 7 days a week. Trained staff and volunteers provide immediate support and information to individuals fleeing violence or experiencing homelessness.

**YWCA NORTHCENTRAL PA'S
WISE OPTIONS**

eliminating racism
empowering women
ywca
northcentral pa



**YWCA Northcentral PA
815 W. Fourth St.
Williamsport, PA 17701
1-800-326-8483**

www.ywcawilliamsport.org

The YWCA Wise Options program is a safe haven and source of support for many, giving help and hope to women, men and children survivors of domestic violence, sexual assault and other violent crimes.

Wise Options offers free and confidential services 24 hours a day, 7 days a week. Trained staff and volunteers provide immediate support and information to help clients handle crises and offer follow-up assistance to manage ongoing related issues.

24/7 Crisis Hotline
(570) 323-8167
or
1 (800) 326-8483

Domestic Violence Services

- Individual counseling and support groups for adults and children
- Hospital & court accompaniment for support and guidance through the legal process.
- Assistance in obtaining Protection From Abuse Orders (PFA's)
- Emergency shelter and transportation for victims and their children

Sexual Assault

- Individual counseling for adult and child victims of sexual assault, incest, and rape
- Hospital accompaniment for exams
- Court accompaniment
- Follow-up care and support

General Victim Services

Victim services are free and designed to provide early intervention to victims after an incident or the report of a crime. Victim Services are available to women, men and children who are victims, significant others, or witnesses of crimes.

General Victim Services include:

- Individual counseling
- Information and guidance during legal processes and court accompaniment
- Hospital accompaniment
- Support groups
- Crime victim compensation
- Prisoner release notification
- Crisis Intervention
- Emergency safety planning
- Referrals to other social service agencies

All Wise Options programs and services are confidential and free of charge.



Community Education

Awareness programs are available to groups of all ages. These programs include but are not limited to:

- Awareness Education—making ours a safer, healthier community
- Workplace Safety—preventing violence or harassment on the job
- Parenting for Prevention—teaching children how to stay safe from molestation
- Parenting Plus—life skills and parenting workshop
- Dating and relationships—providing tips to teenagers
- Mandated Reporter Training

Schedule a Presentation

Contact us for an information presentation at your place of employment, school or club event. We will work with your schedule and tailor a presentation to fit your needs.

Share Your Time and Talents

Consider becoming a Wise Options volunteer and a certified victim advocate. Volunteers staff our 24/7 Crisis Hotline, accompany victims and work with victims in the shelter.

Tell Your Friends

Inform those around you about the Wise Options program and encourage them to call whenever they need our support.