



What Is Domestic Abuse?

Domestic abuse is an epidemic affecting individuals in every community. It is a pattern of behaviors used to gain power and control over an intimate partner. Abuse takes many forms, including sexual and physical violence, verbal and emotional abuse and financial control.

Domestic Abuse is Isolating

If you or someone you know is in an abusive relationship, please call or text our 24-hour hotline at 866.685.1122 today. *You are not alone.*



1 in 4 Women & 1 in 7 Men
WILL EXPERIENCE DOMESTICE VIOLENCE
during his/her lifetime.



Over 3 Million Children
WITNESS DOMESTICE VIOLENCE
in their own homes.



1.5 Million High School
STUDENTS NATIONWIDE EXPERIENCE
PHYSICAL ABUSE IN A DATING
relationship every year.

ending domestic abuse
once and *for all*

24 Hour Call or Text Hotline
866.685.1122

We envision a world where
domestic abuse is not tolerated.

427 Homestead Rd., Hillsborough, NJ 08844
Office 908.359.0003 info@safe-sound.org
www.safe-sound.org





Safe+Sound Somerset empowers survivors of domestic abuse and engages the community to break the cycle of violence.



Emergency Shelter

Victoria's House is a short term emergency shelter for women and their children seeking confidential refuge from an abusive living situation.

A separate emergency shelter, located elsewhere is available to men experiencing domestic abuse.



Transitional Housing

The Transitional Housing Program helps survivors bridge the gap between an abusive home and independent living.



Adult Counseling

Individual and group counseling helps survivors heal from the trauma of domestic abuse. In a supportive environment, survivors use healthy coping strategies and relaxation techniques and begin their journey to a new life, free of abuse.



Legal Advocacy

Experienced advocates support survivors in court as they seek orders of protection (restraining orders).



Youth Programs

Creative art, music and play therapy in a safe environment help children to begin the healing process which is pivotal in breaking the cycle of violence.

How Can You Help?

1 Become A Volunteer

Volunteers are an integral part of Safe+Sound Somerset, contributing time and talent. A variety of opportunities are available to those who want to help!

www.safe-sound.org/volunteer

2 Make A Donation

Each contribution brings a survivor closer to a life free of abuse. Please help us to help those who need it most by making a donation today.

www.safe-sound.org/donate

3 Break The Silence

Domestic abuse knows no boundaries. It takes a community to break the silence. Learn how your voice can help end domestic abuse once and for all.

www.safe-sound.org/education

To learn more, visit
www.safe-sound.org

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