October is Domestic Violence Awareness Month (DVAM). And this year DVAM turns 30 years young! With this in mind, HAVEN has a medley of events planned to make this an awareness month to remember.

If you’re walking around different places in Tioga County, chances are you will see purple ribbons placed throughout the area. This is one of the many strategies HAVEN is planning to get more community understanding of how big a problem Domestic Violence is.

HAVEN will also be hosting coffee meetings Mondays throughout the month, but more on that later (Page 3).

HAVEN has a social media campaign to spread the issue of DV across the web. The campaign will include weekly videos of facts, survivor quotes, as well as dramatic portrayals of events, so be sure to follow the hashtag DVTurns30.

Around Mansfield University, HAVEN will also be implementing a campaign including University students as well as professors sharing their thoughts and opinions on Domestic Violence.

If you drive past our office in Wellsboro at night, you will notice a purple illumination coming from the area. This is another plan to spread awareness for Domestic Violence. By lighting up our building, we are shining light on a dark issue. Show support by doing the same with your homes and businesses.
Holiday Adoption

The holidays can be a great time for families to gather and share gifts and memories with one another. However, some families need a little help during this time of year.

HAVEN offers a family adoption program, in which community members can “adopt” a family by purchasing gifts to help enjoy the season. HAVEN will provide a list of the families’ wants, needs, and interests, as well as an age range to take the guesswork out of shopping. If you are interested in participating in this holiday adoption, please contact HAVEN for a request by Monday, December 11th, and have the gifts to HAVEN by Monday, December 18th.

Facts about Domestic Violence

- 1 in 4 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.
- Intimate partner violence accounts for 15% of all violent crime.
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.

Information provided by ncadv.org

DV/SA Training

HAVEN of Tioga County is looking for individuals who are willing to complete our comprehensive FREE Domestic Violence/Sexual Assault training.

This will allow you to learn and work more directly with victims and survivors to gain valuable experience.

Our training is from February 21st-March 14th, every Tuesday 7-9pm and Saturdays 10:00-4:30. If you are interested in completing this training, please contact Jenna by February 17th at Jenna@havenoftiogacounty.org
What Belittling Sounds Like

Yelling or Screaming to get a reaction.

Insults (calling you fat, ugly, or stupid to criticize)

Humiliating or embarrassing you in front of family or friends.

Bringing up past failures as evidence of your lack of intelligence.
What Verbal Abuse Looks Like

You deserve this

You’re so worthless

Stop crying

No one is going to believe you

What I do is none of your business

You’re too sensitive

You’re stupid

No one wants you

Stop being weak

I don’t care

HAVEN knows the importance of understanding the signs of abuse to help end the cycle.
Coffee Talk

Attention all caffeine lovers, if you’re looking for a chance to talk about some of the issues facing people today, HAVEN has an opportunity for you. HAVEN will be hosting a discussion at local coffee shops to talk about the issues of Domestic Violence. The list of dates and topics are as follows.

*All conversations take place from 9:00-4:30*

10/2 Native Bagel (*Wellsboro*) **Topic:** Male Survivors
10/9 Night & Day (*Mansfield*) **Topic:** How DV Affects Children
10/16 242 Coffee Co. (*Blossburg*) **Topic:** LGBTQ+ Issues
10/30 Rotsell’s (*Lawrenceville*) **Topic:** All About DV

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Facts About Sexual Assault

- 1 in 5 women and 1 in 71 men in the United States has been raped in their lifetime.
- On average, there are 321,500 victims (age 12 or older) of rape and sexual assault each year in the United States.
- Ages 12-34 are the highest risk years for rape and sexual assault.
- 1 out of every 10 rape victims are male.
- 94% of women who are raped experience symptoms of post-traumatic stress disorder (PTSD) during the two weeks following the rape.

“One in 5 women and one in 16 men are sexually assaulted during their college career.”

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MU Love

Look for HAVEN on Mansfield University for campus events as well.
Words of Wisdom for Survivors

“You never know how strong you are until being strong is your only choice.”
Bob Marley

There’s no greater agony than bearing an untold story within you.
- Maya Angelou
HAVEN of Tioga County began in the fall of 1984 when three groups joined together in an effort to provide a network of "safe houses" for local victims of domestic violence. We began with many dedicated volunteers, a phone line, office space donated by a local church, and space in three private homes as shelter. In 1996, we were able to open Hope House, a permanent shelter to provide safe respite for victims and their children. We have developed a strong education and outreach program that provides learning opportunities for area schools, civic organizations, and the community as a whole.

Services Offered

- Individual Advocacy
- Legal Services
- School/Community Programs
- Children's Services
- Assistance with Emergency Medical Expenses
- Court & Medical Accompaniment
- Options & Empowerment Counseling
- Telecounseling
- Emergency Shelter
- Relocation Assistance
- Information referrals
- Assistance Filing for Crime Victim Compensation

All services are FREE and FULLY CONFIDENTIAL!

HAVEN of Tioga County is a non-profit organization that serves and empowers those who are affected by domestic violence and sexual assault.