

What is Domestic Violence?

Domestic Violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse, or financial abuse.

Domestic Violence is a pervasive, life threatening crime that affects million of individuals across the United States regardless of age, economic status, race, religion or education.

Prevalence

-More than 1 in 3 women have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime

-Approximately 7.9 million women are raped, physically assaulted, and/or stalked by their current or former intimate partner each year

-Approximately 15.5 million children are exposed to domestic violence each year

-Domestic Violence has been estimated to cost employers up to \$13 billion each year

Domestic Violence can happen to anyone regardless of race, gender, economic status or sexual orientation.

**You are not alone.
It is not your fault.
Free, Confidential Services are available to you.**



Forms of Abuse

Physical Abuse:

Physical abuse is a powerful way that an abusive person gets and keeps their partner under control and instills an environment of constant fear. If physical abuse is present in the beginning of a relationship, it commonly gets worse over time.

It may include: hitting, punching, kicking, slapping, choking, smothering, using or threatening to use weapons, shoving, interrupting sleep, throwing things, destroying property, hurting or killing pets, and denying medical treatment.

Sexual Abuse:

Some form of sexual abuse is common in abusive relationships but it is often the least discussed.

It may include: physically forcing sex, making you feel fearful about saying no to sex, forcing sex with other partners, forcing you to participate in demeaning or degrading acts, violence or name calling during sex, and denying birth control or protection.

Emotional Abuse:

Emotional Abuse is a very effective tactic used by abuse partners to obtain power and control. It can cause extreme damage to the victim's self esteem.

It may include: constant put downs or criticisms, name calling, "crazy making", acting superior, minimizing the abuse or blaming you, threatening and making you feel fearful, isolating you from family or friends, excessive jealousy, accusing you of having an affair, watching where you go and who you talk to.

Support and Services Are Available

All services are free and confidential. They are available to you regardless of race, age, economic status, religion, or sexual orientation.

All are welcome here.

Services available:

- Comprehensive Case Management
- Safety Planning
- Individual Counseling
- Support Groups
- Legal Advocacy (Legal aid connection, criminal/civil advocacy)
- DVPO (domestic violence protection order) completion assistance
- DVPO accompaniment
- Emergency Shelter

**EPEC is the only licensed domestic violence services provider in the Eastern Panhandle.
Trained domestic violence advocates are available 24/7 to take your call.**

**Free, Confidential hotline:
304-263-8292**



OUR NEW LOOK

For over four decades, Shenandoah Women's Center has been a steady resource and voice for people in crisis. The rebrand of our organization- to better reflect the 40+ years of work we've done to stem the tide of violence against women, men and children in the Eastern Panhandle- is a great way to celebrate!

EPEC's services are available to all, it's time our name reflects that commitment.

**365/24/7 Confidential Hotline:
304-263-8292**

Help available by email at
info@swcinc.org



EASTERN PANHANDLE
**EMPOWERMENT
CENTER**

Comprehensive Victim
Services Provider

Outreach Office Hours of Operation

Day	Hours
Monday	8:30am-4:30pm
Tuesday	8:30am-4:30pm
Wednesday	8:30am-4:30pm
Thursday	8:30am-4:30pm
Friday	8:30am-4:30pm
Saturday	Closed
Sunday	Closed

**NEW: Jefferson County Office open 8am-6pm
Monday-Friday**

Office Locations and Phone Numbers

There is help near you!

Berkeley County:
236 West Martin Street, Martinsburg, WV 25401
304-263-8522

Jefferson County:
113 East Third Avenue, Ranson, WV 25438
304-725-7080

Morgan County:
131 Congress Street, Berkeley Springs, WV 25411
304-258-1078

Serving Berkeley, Morgan,
and Jefferson Counties

info@swcinc.org
www.epecwv.org



Formerly Shenandoah Women's Center

What is Domestic Violence?

Red Flags, Forms of Domestic
Violence, and What Resources Are
Available For Survivors?