

## Support Services:

### Alaska Family Services

24-hour Helpline: 1 (907) 746-4080

Toll free: 1-866-746-4080

Domestic Violence / Sexual Assault Program

includes:

- Crisis intervention counseling
- Domestic violence support groups
- Information and referral
- Assistance with protective orders
- Advocacy for rape victims
- Safe shelter
- Advocacy with police, courts, DA's office, hospital, substance abuse, and mental health programs

### Standing Together Against Rape

Toll free: 1-800-478-8999

### Violent Crimes Compensation Board

1 (907)- 465-3040

### State of Alaska Office of Victims' Rights

1 (907) 272-2620

Toll free within Alaska: 866-274-2620

Providing free legal services to victims of crime to help them obtain the rights they are guaranteed under the Alaska constitution and statutes with regard to their contacts with police, prosecutors, judges, and other criminal justice agencies.



## Sunshine Community Health Center

HC89 Box 8190

Talkeetna, AK 99676

(Mile 4.4 Talkeetna Spur Rd.)

(907) 733-2273 or (907) 495-4100

Sunshine Community Health Center provides assistance to women and children in crisis with:

- Counseling services
- Support groups
- Training and workshops
- Substance abuse counseling

To find information online,  
scan the QR code or visit:

[www.sunshineclinic.org/behavioral-health/](http://www.sunshineclinic.org/behavioral-health/)



# Break the Chains of Violence in Relationships

Hands Are For Helping  
Not Hurting



## Warning Signs of Domestic Violence

- Gets too serious about the relationship too fast
- Jealous and possessive
- History of abusive relationships
- Isolates you from family and friends
- Blames others for problems and mistakes
- Makes everyone else responsible for their feelings
- Says their feelings are easily hurt
- Strict male/female roles
- "Playful" use of force during sex
- Yells and calls you names
- Sudden mood changes 12. Tries to control all aspects of your life
- Uses intimidation
- Makes and controls all financial decisions
- Cruel to children and animals
- Uses children to manipulate you
- Threats of violence against self and/or others
- Threatens to reveal personal or damaging information about you to your family or employer

## The Cycle of Abuse



**The goal of an abuser is control.** They want you to behave only in the ways in which they want you to behave. They achieve this control with abuse.

The cycle of abuse is a huge part of your answer to "How did this happen to me?" For years, you have very likely been feeling that you have been going around in circles... not getting anywhere. Your feelings are correct.

You have likely kept on trying and trying your best to resolve issues and doing everything in your power to try to stop your partner's abusive behavior... and nothing has worked.

**Choose to break the cycle:  
Take a chance at peace**