



You are not alone.

We believe in your strength and courage as a survivor. 180 offers hope and support as you overcome domestic violence and sexual assault. Our caring and experienced counselors will listen, discuss your options, and provide resources to guide you.

You can have a fresh start.

You are not to blame for your experience of abuse. You and your family deserve to live your life free of fear and full of promise. Together, we'll create your pathway to safety, healing, and independence.

We can begin together.

We are here for you when you're ready. Our comprehensive support services are free and confidential, including 24/7 hotlines, counseling, legal advocacy, emergency safe house, and art, play, drama & music therapy for children.

DOMESTIC VIOLENCE:

Call (888) 843-9262

SEXUAL VIOLENCE:

Call (888) 264-7273

DEAF & HARD OF HEARING:

Text (732) 977-2832

2NDFLOOR® YOUTH HELPLINE:

Call or Text (888) 222-2228

FAMILY JUSTICE CENTER:

Call (732) 264-4360 ext. 5000

**THE SHORE REGIONAL
OUTREACH PROGRAM**

Call (732) 264-4360 ext.4006 to make an appointment. Services offered at our Long Branch, NJ office, and surrounding shore communities.

MAIN HEADQUARTERS

1 Bethany Road
Building 3, Suite 42
Hazlet, NJ 07730
(732) 264-4111
Fax: (732) 264-8655



180 Turning Lives Around, Inc. is a registered 501(c)(3) non-profit organization and receives financial support from individuals, government and civic agencies, faith-based organizations, corporations, and foundations. Gifts to 180 are tax-deductible to the full extent possible under IRS regulations. Visit www.180nj.org for more information about our funders and how you can support 180.

180 Turning
Lives
Around



**Shore Regional
Outreach Program**

180NJ.ORG



The Shore Regional Outreach Program

This program provides culturally sensitive individual and group counseling to Caucasian, Latinx, and Men & Women of Color who have experienced or know someone who has experienced domestic violence. Our caring and informed staff ensure that cultural differences and language are not barriers for survivors seeking our support and services, which are all free of charge and confidential regardless of immigration status.

Our staff also regularly offers educational presentations about domestic violence and 180's programs & services to community partners, schools, and agencies.

What is Domestic or Sexual Violence?

- **Financial:** Controlling all income and expenses, preventing a partner from working, forcing a partner to turn over their paychecks to the abuser, restricting access to financial accounts, limiting access to cash or credit cards, or ruining a partner's credit.
- **Physical:** Hitting, slapping, pushing, biting, punching, kicking, restraining, choking, smothering, or strangulation. Strangulation is one of the most lethal forms of domestic violence: unconsciousness may occur within seconds and death within minutes.
- **Psychological:** Intimidating a person with threatening looks and behavior, stalking, monitoring by using technology, using spyware and location tracking devices, monitoring technology, posting false information about someone on social media, isolating a person from friends and family, or attacking self-esteem by blaming, manipulating, criticizing, and humiliating.
- **Sexual:** Manipulating or forcing a person to do something sexual or any coerced, non-consensual, and unwanted sexual behavior.
- **Verbal:** Cursing/swearing, yelling, name-calling, criticizing thoughts or feelings, and put-downs.

How does the Shore Regional Outreach Program offer support and help survivors?

- Heal and break the cycle of multi-generational family violence.
- Navigate the Monmouth County Municipal Courts and domestic violence hearings by offering support, education, and domestic violence resources.
- Access community resources.

What do survivors learn from the program?

- Legal rights and protections.
- Safety planning strategies.
- How domestic violence affects children.
- The characteristics of an abuser.
- The myths about domestic violence.
- How to break free of domestic violence.
- Signs of healthy and unhealthy relationships.
- Self-care techniques to cope and begin the healing process.
- The impact of culture and violence against women.
- Emergency safe houses and transitional housing.

How can individual and group counseling help?

Individual counseling provides a safe space for survivors to begin talking about and working through the trauma of domestic or sexual violence. Group counseling reduces survivors' experience of isolation, which is often created by the abuser to further control, and provides individuals the opportunity to realize they are not alone. Spanish-speaking counselors are available.

