

# DOMESTIC VIOLENCE SERVICES

**THERE IS A WAY TO BREAK FREE OF THE VIOLENCE AND START OVER**



Does your partner or ex-partner follow you, prevent you from seeing your family and friends, monitor your phone calls, threaten to harm you or your children, slap you, or shove you? If so, you are experiencing abuse.

Your partner or ex-partner may tell you that you deserve the abuse, that you provoked it. But abuse is the responsibility of the abuser and no one else, whether it is physical, verbal, emotional or sexual.



## **Metropolitan locations in Chicago:**

North Center (Northwest Side)  
773-371-3700

Calumet Center (South/Southeast Side)  
773-371-3642

Midway Center (Southwest Side)  
773-884-3310

Legal Aid Society at the General Office downtown  
312-986-4200

[www.metrofamily.org](http://www.metrofamily.org)

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## SERVICES

Metropolitan Family Services helps survivors of abuse find the strength and resources they need to break free and take control of their lives. Our trained and caring team of counselors, advocates and attorneys will help you sort through your options and find ways to keep you and your children safe. We understand that domestic abuse cuts across race, gender, income, social class and sexual orientation. Services are available in English, Spanish and Polish.

The first step is to realize that your partner or ex-partner is abusing you and that it is not your fault. We will develop a plan with you to ensure you and your children are safe, and work together to identify the services that fit your needs.

### **Clinical Services:**

- Safety planning and case management
- Individual and family counseling with survivors and their children
- Groups where survivors and children can share experiences, find support and break the isolation

### **Court Advocacy:**

- Accompany to Court House
- Help navigate civil and criminal processes related to orders of protection
- Safety planning and referrals to resources such as food, clothing, financial assistance, counseling and shelter.

### **Legal Representation:**

- Orders of Protection
- Dissolution of marriage
- Child support and child custody in divorce cases
- Division of property and debt
- Parental decision making
- Criminal prosecution

### **Supervised Visitation and Safe Exchange:**

- Safe visits with non-custodial parents and their children
- A safe place for court-ordered supervised exchanges