

## WHO WE ARE

Bethany House of Northern Virginia, Inc. (BHNV) is a 501(c)3 non-profit, faith-based ministry. BHNV helps women and their children who have suffered from domestic violence regain health and dignity and become reestablished in their community by providing temporary housing and support.



## OUR HISTORY

BHNV was founded in 1979 by Doris Ward to help victims of domestic violence. Observing the struggles faced by victims, including a long wait through the courts, a lack of safe shelter, and a perception of abuse as a private matter, Mrs. Ward organized BHNV to provide an immediate and compassionate response.

BHNV is unique for several reasons. It provides emergency housing for four months and includes a two-year after-care program, helping to prevent "revolving door" admissions and enabling more cost-effective rehabilitation. BHNV also supports interventions for both mothers and children in order to break inter-generational cycles of abuse.

## HELP SUPPORT BHNV

- \* Financial contributions
- \* United Way/CFC designations
- \* Donate items to our client pantry
- \* Volunteer your time
- \* Plan a fundraiser + awareness event
- \* Gift cards to grocery, gas or other retail
- \* Your used car
- \* Donate items to our thrift store, **Joseph's Coat**, located at **3022 Annandale Road, Falls Church, VA 22042** or call **703-538-6289!**

## SPECIAL THANKS

- \* Fairfax County Consolidated Community Funding Pool
- \* Freddie Mac Foundation
- \* VA Dept of Housing and Community Development
- \* Dr. Francis P. Chiaramonte Private Foundation
- \* VA Family and Children's Trust Fund
- \* Community Foundation for National Capital Region—Neighbors in Need
- \* Washington Forrest Foundation
- \* John E. Fowler Foundation
- \* Rated by the *2010-2011 Catalogue for Philanthropy* as one of the best in the DC region!



GREATER WASHINGTON

## CONTACT US

If you or someone you know is in an abusive situation, please call our Helpline at **703-658-9500** or **800-828-1120 (TTY)**.

For more information about BHNV, visit our website at **www.bhnv.org**. You can also call our office at **703-658-9500** or email **info@bhnv.org**.

**UNITED WAY #8268 CFC #89017**

“For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.” *Matthew 25:35-36*

# ELIMINATING DOMESTIC VIOLENCE

## ONE FAMILY AT A TIME

CALL OUR HELPLINE FOR ASSISTANCE  
**703.658.9500**  
800-828-1120 (TTY)



6121 Lincolnia Road, Suite 303  
Alexandria, VA 22312  
T: 703-658-9500 F: 703-658-9522  
[www.bhnv.org](http://www.bhnv.org)

## DOMESTIC VIOLENCE

“Domestic violence is a pattern of abusive behaviors used by one individual intended to exert power and control over another individual in the context of an intimate or family relationship.

Abusive or coercive behaviors may include, but are not limited to, physical assaults, verbal assaults, threats, intimidation, use of weapons, destruction of property, violence toward other significant people or pets, sexual manipulation, and control over economic resources.”<sup>1</sup>

Some warning signs of abuse:

- Name-calling and put-downs
- Extreme jealousy
- Making excuses for the abuser
- Constant monitoring by abuser
- Uncontrolled anger
- Unexplained injuries



<sup>1</sup> www.vsdvalliance.org, “Defining Domestic Violence”

<sup>2</sup> www.closerthanyouthink.org

## BHNV’S FAMILY ASSISTANCE PROGRAM

### 1 CRISIS INTERVENTION

- \* Immediate help, counsel and support to victims of domestic and family violence
- \* Risk assessment and safety planning
- \* Access to BHNV shelters or other housing providers
- \* Referrals to food, clothing, medical, legal and other resources as requested by the caller

### 2 EMERGENCY SHELTER

- \* Safe shelter for four months
- \* Serves homeless women and children affected by domestic and family violence
- \* Client-written Individual Service Plan with short-and long-term goals
- \* Supportive case management to prevent revolving-door admissions
- \* Life skills program that includes classes in parenting, nutrition, budgeting, self-care, working with the legal system, and more
- \* Job training program with individualized support

### 3 TRAUMA RECOVERY

- \* Individual and group counseling to help clients process trauma and work through issues that may arise during recovery
- \* Promote self-sufficiency and a healthy family system

### 4 AFTERCARE PROGRAM

- \* Opt-in program for up to 2 years
- \* Designed to prevent relapse into abuse

### 5 COMMUNITY OUTREACH

- \* Interaction with public safety officials, community and religious groups, human service providers, and individuals
- \* Education about domestic violence and appropriate responses to victims of abuse
- \* Information on local resources



*“When a person feels they are worth nothing, they don’t reach out, they don’t step forward. You...have given me more than gifts to open or food to eat—you have given me my self-worth back.”*