

About Interval House

Since 1977, Interval House has been providing services to victims of Domestic Violence to the 24 towns that make up the Greater Hartford Area. It has an emergency shelter in the region and a satellite office in Manchester, Interval House East. The 20-bed safe house is open 24-7, 365 days a year. Victims can also use our 24-hour hotline services whenever needed. Hundreds of thousands of people — mostly women and children — have been helped by Interval House since it began. **All calls are confidential and all services are free.**

How to Help Interval House

Attend a Speaker's Bureau Training. Learn about Interval House and domestic violence and volunteer to speak at schools, church clubs and groups where youth gather. Volunteer to host or coordinate an educational event or fundraiser to benefit Interval House.

To Get Help Call the Hotline at: 860-527-0550
Español: 1-844-831-9200

To make a monetary donation call:

860-246-9149 Ext. 312
For volunteer opportunities: Ext. 350
To donate items "in-kind" Ext. 358
For program and shelter information: Ext. 315
Community Education call: 860-645-4034, Ext. 301

YES, I want to come forward as a committed man against domestic violence and really make a difference in my community. Please accept my donation.

Name _____

Phone _____

Address _____

City _____ State _____ Zip _____

Please mail completed form to:

Development Department, Interval House,
P.O. Box 340207, Hartford, CT 06134

You can also email us at: H.B@intervalhousect.org



On September 22, 2009 Senator Richard Blumenthal, then Connecticut's Attorney General, and dozens of prominent men from the region gathered at the State Capitol, to kick off Interval House's **Men Make a Difference, Men Against Domestic Violence™** campaign. The group of prominent leaders, businessmen and media personalities all pledged to do whatever they can, as men, to help break the cycle of domestic violence and abuse. Since that day, the group has spoken to a countless number of area residents, mostly boys and young men, distributed thousands of brochures and educational materials, and raised money and awareness for the cause against domestic violence.

The group meets regularly to plan outreach and promotional events, speak up for the cause and to reaffirm their mission to act as role models to other men and boys so they learn early on that there is never EVER any excuse for abuse.



24-Hour Hotline: 860-527-0550



**MEN MAKE A
DIFFERENCE**
Men Against Domestic Violence™

24-Hour Hotline: 860-527-0550

Business Phone: 860-246-9149

Fax: 860-247-2042

 facebook.com/intervalhousect

intervalhousect.org

WE CAN MAKE A DIFFERENCE

Dear Friends:

As a Senator, I see firsthand the catastrophic damage done by domestic violence to families and children. I believe deeply all of us have an obligation to be more effective role models and do everything possible to break the insidious cycle of domestic violence.

As co-chair of Interval House's **Men Make a Difference, Men Against Domestic Violence™**, I am proud of the thousands of people that our group has helped educate about domestic violence prevention. Men speaking to other men and boys can often be powerful and persuasive. Our organization has also helped raise critical funds and garner important support for Interval House programs.

We must be willing to stand up and speak out. Every voice counts, every person helps families survive domestic violence and prevent its reoccurrence.

Please join the cause against domestic violence. Make a Difference!

— **Richard Blumenthal**
United States Senator



HOW TO HELP SOMEONE

If you think a friend, family member, or co-worker is being abused you can:

Listen: Ask questions without being judgmental. The victim usually believes the negative verbal abuse used by the abuser. *Many battered women may not be ready to leave and may even stay in the relationship.*

Learn: Learn about the ways you can help a victim. Refer them to Interval House for free safety planning and support services. *For many victims, leaving a relationship is difficult and very dangerous.*

When they want to leave, encourage them to save letters, emails or any answering machine and voice mails from the abuser along with the date the contact was made. *Domestic violence is a crime and having evidence is important.*

Lend-a-Hand: Offer to babysit so the victim may attend a support group. Know about Interval House's services and how you can help a victim safety plan by offering to keep a packed bag, some money, extra set of keys, copies of important documents and extra clothes in case she has to leave quickly.

Lead: Most abusers experienced or witnessed domestic violence as boys or teenagers. Always present yourself as a role model to young men and boys. Let them know from an early age that violence is not acceptable, or excusable, under any circumstances.

Abuse is not always physical.

It may also be sexual and psychological:

- Approximately 72-percent of male abusers have either seen or experienced domestic violence as children and young men.
- Nearly 91-percent of abusers are male.
- About 33-percent of female high school students experience violence in a dating relationship.
- About 70-percent of pregnant teens are physical abused by their boyfriends.
- Roughly 66-percent of teenage girls, from age 14 to 17, report knowing someone their age that has been physically abused by a boyfriend.

Interval House,
P.O. Box 340207, Hartford, CT 06134
Business line: 860-246-9149
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