



**24/7 Domestic  
Violence Resource  
& Support Line**  
**800.208.0388**



## Our Mission

*To inspire people to move forward.*

### What is domestic violence?

Domestic violence is ongoing patterns of behavior used to gain and maintain power and control over a partner or former partner in an intimate relationship.

It impacts individuals from all backgrounds, regardless of gender, ethnicity, economic status, age, or nationality. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death.

## Contact Us



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



318 5th St SE  
Cedar Rapids, IA 52401

Domestic Violence Victim Services Partner:

**FSB**

[myfsbonline.com](http://myfsbonline.com) | Member FDIC

## DOMESTIC VIOLENCE VICTIM SERVICES PROGRAM

**WAYPOINT**

## Community Education

### → Teen Dating Violence Education

- Support for schools and other organizations that interact with teens
- Education about unhealthy relationships through presentations
- Awareness about the signs and effects of teen dating violence

### → Community Speaking Engagements

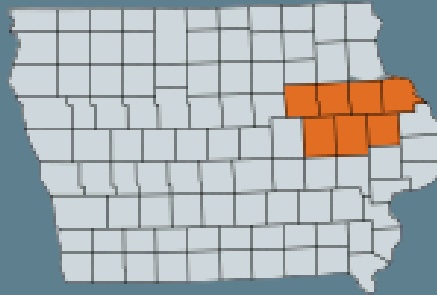
- Tips on supporting friends and family experiencing domestic violence
- Community involvement and awareness opportunities
- Volunteer opportunities
- Partnering with community coalitions

### → Allied Individual or Staff Professional Trainings

- Dynamics of domestic violence
- Screening for victimization
- Trauma-informed support for victims/survivors
- Partnerships to improve outcomes
- Volunteer opportunities

## Who We Serve

Waypoint provides domestic violence victim services to the following counties: Benton, Black Hawk, Buchanan, Delaware, Dubuque, Jones, and Linn.



## 10 RED FLAGS OF DOMESTIC VIOLENCE

1. **Jealousy** - uses jealousy as a sign of love
2. **Intimidation** - induces fear
3. **Domination** - sets all the rules
4. **Fault Finding** - passes judgment and constantly criticizes
5. **Possessive** - treats partner like property
6. **Disrespect** - has negative attitudes about women or other partners
7. **Controlling** - makes all the decisions
8. **Entitled** - believes they have the right to say or do whatever
9. **Hypocrite** - has different standards and rights for self than others
10. **Isolation** - keeps friends or family away

## Our Free, Confidential Services

### Advocacy for victims/survivors

Advocates provide support within the legal, medical, and social services systems and provide victims/survivors with emotional support, individual and group counseling, information and community referrals, and support for parenting in the context of domestic violence.

### Safe, compassionate support groups

Support groups provide a foundation for healing and offer victims/survivors a place to understand that they are not alone.

### 24/7 Resource & Support Line

A toll-free phone line is available 24/7 to provide information or immediate crisis counseling to victims/survivors of domestic violence or their family and friends.

### Counseling, referrals, and information Line

Advocates provide one-on-one support, strategic referrals, and information about various community resources to victims/survivors.