

24-HR Hotline info card

**THE POWER IS IN  
YOUR HANDS**



This project was supported by Subgrant #18-VA-VS-014  
awarded by the Law Enforcement/Traffic Safety Division  
of ADECA & the US Dept of Justice.



**VICTIM SERVICES**

Healing begins here.

**24 HR. HELpline**

256.734.6100 (call)

Spanish/English (call or text)

256.708.4769

[help@victimservices.online](mailto:help@victimservices.online)

*Domestic & Sexual Abuse  
Prevention & Recovery Programs*

# **VICTIM SERVICES PROGRAM LISTING** *Domestic & Sexual Violence Response, Recovery, & Prevention* *Serving Cullman & Winston Counties*

SERVICE	TARGET GROUP	DESCRIPTION	CONTACT
24-HR Hotline	Cullman & Winston Co.	Crisis response, information, & referrals	Call 256-734-6100
24-HR Spanish/English Hotline	Cullman & Winston Co.	Crisis response, information, & referrals	Call/Text 256-708-4769
Hughes House Emergency Shelter	Individuals & families	Safe shelter for survivors of domestic & sexual violence	24 HR intake 256-734-6100
Harmony House Transition Shelter	Individuals & families	Long-term shelter & programs to help survivors gain self-sufficiency	For intake assessment or referral Candace McGhee 256-775-2600
Support Groups	Survivors & loved ones	Facilitator-led discussions offering hope, healing, & support. Topics vary	www.victimservices.online or 256-775-2600
Counseling	Adult survivors & loved ones	Confidential, nonjudgmental counseling in individualized or group settings	By appointment or referral Dr. Lauren Orth 256-775-2600
Advocacy	Adult survivors	Provides emotional support, victims' rights, safety plans, information, resources, & assistance	By appointment or referral Charlotte Jones 256-775-2600
Medical & Legal Accompaniment	Adult survivors	Support during medical exams, legal interviews, or court proceedings	24-HR Medical 256-734-6100 Legal by appt. 256-775-2600
Supporting Kids in Transition (SKIT)	Ages 3-12 yrs, exposed to an unstable environment or trauma	Accredited 4-week program focusing on self-esteem, resilience, coping & social skills	By appointment or referral Stephanie Driver 256-775-2600
Teen Empowerment Program	Ages 13-17 yrs, one-time or multi-week program	Topics include healthy relationships, self-esteem social & coping skills, harmful attitudes	By appointment or referral Stephanie Driver 256-775-2600
Individualized Parenting Support	Parents	Assistance in developing & following a parenting plan targeted to the needs of the family	By appointment or referral Stephanie Driver 256-775-2600
Systematic Training for Effective Parenting (STEP)	Parents of children ages 6-12	<b>Accredited 8-week course. Topics include beliefs &amp; feelings, communication, discipline approaches</b>	By appointment or referral Stephanie Driver 256-775-2600
Domestic Violence Intervention Program (DVIP)	Perpetrators of abuse	Accredited 24-week program uses media & discussion to promote accountability & change attitudes & beliefs	By referral Susan Jones 256-775-2600
Prevention Education Programs	All ages	Single & multi-session programs to address & prevent abuse across the lifespan	For list of topics & scheduling, Olivia Heptinstall 256-775-2600
Community Outreach	Cullman & Winston Co.	Information booths, presentations, and events to raise awareness of VSOC services & volunteer opportunities	For speakers or tabling requests Pam Brown 256-775-2600

310 3rd Ave NE Cullman, AL 35055  
Hours: M-F, 8:00a-4:30p

256-775-2600  
www.victim services.online

Services provided regardless of age, race, creed, sex, ethnicity, color, national origin, gender expression or identity, marital status, sexual orientation, physical, mental or language ability, citizenship, HIV status, or religious beliefs.



Spanish Hotline info card

<p>¡EL PODER ESTÁ EN TUS MANOS!</p>  <p>This project was supported by Subgrant #18-SA-VS-001 awarded by the Law Enforcement/Traffic Safety Division of ADECA and the U.S. Department of Justice.</p>	<p><b>Servicios a las Víctimas</b> La curación comienza aquí.</p>  <p>Ayuda para sobrevivientes de violencia doméstica o agresión sexual.</p> <p><b>AYUDA LAS 24 HORAS</b> <b>O MENSAJE DE TEXTO</b> <b>256.708.4769</b></p> <p>Un intérprete de español está disponible. Sin cargo por los servicios. Confidencial.</p>
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## Teen Dating Violence info bookmark

PHYSICAL VIOLENCE ISN'T THE ONLY  
SIGN YOU MIGHT BE IN DANGER

### RED FLAGS

SPOT THE EARLY STAGES OF ABUSE  
BEFORE IT GETS WORSE

#### DOES YOUR PARTNER...

1. Become cold or angry when you have other commitments?
2. Pressure you to move quickly from casual dating to commitment?
3. Isolate you from family or friends by talking them down or monopolizing your time?
4. Refuse to take responsibility for their mistakes - blames you or others?
5. Have trust issues or become excessively jealous?
6. Check your phone or email without your permission?
7. Put you down & make you feel less self-confident?
8. Embarrass you in public?

EVERYONE DESERVES A  
HEALTHY RELATIONSHIP



This project was supported by Subgrant #18-VA-VS-017  
awarded by the Law Enforcement/Traffic Safety Division of  
ADECA & the U.S. Department of Justice.

#### YOU HAVE THE RIGHT

- To always be treated with respect.
- To be in a healthy relationship.
- To not be hurt physically or emotionally.
- To refuse affection at any time.
- To have friends & activities apart from your dating partner.
- To end a relationship.
- To say no - even if you said yes before.



#### 10% OF STUDENTS

nationwide report  
being physically hurt  
by a boyfriend or  
girlfriend in the past  
12 months.

If you or someone you  
know is in an  
abusive relationship,  
THERE IS HELP!

Talk to a trusted adult.

Text 'LOVEIS' to 22522.

Call 1-866-331-9474  
800.787.3224 (TTY).