



TM Goodman

**jfs**  
of  
BROWARD  
COUNTY

Domestic Abuse  
Program



# BREAKING THE SILENCE

## What is Domestic Abuse?

Domestic abuse is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. This can occur in different forms, including verbal, emotional, physical, sexual, technological and financial abuse.

At Goodman JFS of Broward, we work directly with many of Broward County's domestic abuse survivors to address their immediate physical, financial and emotional needs. We provide short and long-term confidential assistance to help domestic abuse survivors and families transition and maintain a healthy and safe life through individual and group therapy, case management and guidance. Our program helps survivors create a safety plan, and learn necessary self-advocacy and self-sufficiency skills.

Goodman JFS can also help with many other services including but not limited to:

- Individual Counseling
- Group Therapy
- Case Management
- Access to The Dorit & Ben J. Genet Cupboard, a kosher food pantry

## Individual Counseling

Our individual counseling services provide clients with the opportunity to address the effects of domestic abuse on their mental health. Confidential sessions are provided by a therapist in a safe, caring and

nurturing environment. Individual therapy helps clients work on identifying and shifting problematic patterns of thinking, and creating healthier relationships.

## **Group Therapy**

Our support groups are for individuals who have experienced or are experiencing domestic abuse. We provide a safe and confidential space where group members find comfort, peer support and tools for empowerment and personal growth.

## **Case Management**

Clients receive information and referral services to address their immediate physical, financial, and emotional well-being. Case management is provided to help clients develop self-advocacy skills as well as gain and maintain control over their own lives.



# Did You Know?

Every **9** seconds a woman in the United States is assaulted or beaten

**1 in 3** women and **1 in 4** men have been victims of physical violence by an intimate partner within their lifetime.

More than **48%** of women and men experience at least one type of psychologically aggressive behavior by an intimate partner.

Nearly **20%** of female high school students and **13%** of male high school students report being physically or sexually abused by a dating partner.

## Community Education & Prevention

Our Domestic Abuse Program offers community presentations to schools, corporations, clubs, temples and civic groups in order to raise awareness and educate audiences about domestic abuse.

Participants will learn warning signs, prevention strategies and about resources available to help.

**For more information call: 954-370-2140.**



## Know the Signs of Domestic Abuse

These are some warning signs of domestic abuse. Does your intimate partner:

- Look at you or act in ways that scare you
- Control what you do, who you see or talk to, or where you go
- Stop you from seeing your friends or family members
- Make all of the decisions
- Tell you that you're a bad parent or threaten to take away or hurt your children
- Threaten to kill himself or herself
- Prevent you from working or going to school
- Act like the abuse is no big deal or is your fault, or even deny doing it
- Tell you that you can never do anything right
- Show extreme jealousy of your friends and time spent away
- Keep you or discourage you from seeing friends or family members
- Insult, demean or shame you with put-downs
- Hold children 'hostage'
- Have rigid expectations of marriage and sexual behavior
- Control your access to financial resources

## Our Mission

Goodman JFS is dedicated to empowering individuals, strengthening families, protecting the vulnerable and helping seniors age safely and with dignity in their homes by providing innovative social services and programs to the Broward community. Our work is based on Jewish values to improve quality of life regardless of race, religion, ethnic background or sexual orientation.



5890 South Pine Island Road, Suite 201  
Davie, FL 33328

### **BREAK THE SILENCE**

If you - or someone you know - is being abused,  
**SPEAK UP**

**We are here to help, call:**

**954-560-8303**

email: [info@jfsbroward.org](mailto:info@jfsbroward.org)

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

***We always accept tax-deductible donations  
to assist survivors of domestic abuse. To donate go to:  
<https://www.jfsbroward.org/donate>***

Goodman JFS of Broward (GJFS) is a non-profit 501(c)3 charitable organization, providing programs and services to those in need in Broward County since 1963. A copy of the official registration SC-00196 and financial information may be obtained from the Division of Consumer Services by calling 800-435-7352 within the State or visiting [www.FloridaConsumerHelp.com](http://www.FloridaConsumerHelp.com). Registration does not imply endorsement, approval or recommendation by the State.