

## About Constance Morris House

Constance Morris House (CMH) is a domestic violence shelter and program for women and children fleeing abusive relationships. CMH offers a safe haven, advocacy and counseling for women and children, providing physical and psychological safety, regardless of gender preference, race, religion or disability.

Currently CMH has 25 beds available for survivors of domestic violence and their children. The shelter is among the first in the western suburbs to offer on-site healthcare and substance abuse counseling.

### Facts about Domestic Violence and Sexual Assault:

- ICADV (Illinois Coalition Against Domestic Violence) funded Illinois programs provided over **567,900 hours** of service to victims of domestic violence and their children. This is **65 hours of service provided every hour of every day** in FY08.
- Three out of four domestic violence shelters report an increase in women seeking assistance from abuse since September 2008, a major turning point in the U.S. Economy. (Mary Kay Foundation)
- Teens are less likely than adults to report abuse by a partner. But, violence begins early with an average of one in 10 high school girls saying they've been assaulted in the past year. (New York City Health Department)

## Our Services

All services are available to both residential and non-residential women at no cost.

- **Shelter Services**  
(age limitation for boys is 11 years old)
  - On-Site Nurse practitioners providing primary health care
  - Individual and group counseling, with special services for children
  - Therapy services
  - ARISE program for women dealing with both domestic violence and substance abuse
- **Non Residential Counseling**  
Individual and group counseling provided by licensed therapists or social workers and Domestic Violence Education Group.
- **24-hour Crisis Hotline**  
Trained counselors and staff helping callers access emergency services.
- **Legal Advocacy**  
Advocacy at Bridgeview and Maybrook Courthouses and assistance with Orders of Protection.
- **Outreach and Education**  
Presentations, professional trainings and community events. Special programs on Healthy Teen Relationships and Domestic Violence in the Workplace.

## How to Get Help?

**24 Hour Crisis Line**  
**708.485.5254**

## What is Domestic Violence?

Domestic Violence is a pattern of power and control that one person exercises over another in an intimate relationship.

Domestic Violence is a prevalent societal issue that can consist of verbal, psychological, physical, sexual or financial abuse.



## Does Someone You Love...

- Embarrass you with bad names and put downs
- Act in ways that scares you
- Demand to know who you talk to or where you go
- Stop you from talking to friends and family
- Punch walls or destroy your property
- Threaten to hurt you
- Put his hands on you in anger (slapping, grabbing, pushing)

Pillars aspires to build healthier communities by making connections and changing lives.