You are not alone.

If you are being abused or stalked or have been sexually assaulted, we want you to know that you are not alone.

We are here to listen, provide options and help you through what may be the most difficult time of your life.

Though you may feel isolated and afraid, many people in similar situations have reached out for help and found freedom and healing. We offer free and confidential services to women, men and children.

Please call us. We are here to help you take the first step.

Our Mission

The Community Violence Intervention Center exists to assist victims of violence and to promote safety, peace and respect for all individuals.

Other CVIC Programs

- Community Innovations
  Education and training on violence and strategic collaboration to improve our response to domestic violence, sexual assault and stalking.

- Kids First
  Supervised parenting time and child exchanges in a safe and child-friendly location.

- New Choices
  Psycho-educational groups for adults who have been violent with their intimate partner.

- Pathways Toward Justice
  Court advocacy and information for victims and witnesses of personal injury and property crimes.

211 South Fourth Street, Grand Forks, ND 58201
Crisis Line: (701) 746-8900
Toll-Free Crisis Line: (866) 746-8900
Office Line: (701) 746-0405 • TTY Line: (800) 366-6888
Website: www.cviconline.org

CVIC welcomes individuals who are heterosexual, bisexual, gay, lesbian, queer, and transgender, and of differing races, classes, religions, ages, and backgrounds.

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A Community Violence Intervention Center program for adults and children who have been harmed by domestic violence, sexual assault or stalking.
Light of Hope helps to ensure your immediate and long-term safety and offers opportunities for healing and attaining financial independence.

1. **Safety Services**
   Our crisis services provide a lifeline that helps to ensure safety, including:
   - **Crisis intervention:** 24-hour crisis line and intervention, safety planning and help obtaining law enforcement assistance. The collaborative Sexual Assault Response Team helps to reduce further trauma to sexual assault victims. Contact us at 746-8900 or toll-free at (866) 746-8900.
   - **Shelter:** Safe refuge and support.
   - **Protection/restraining orders:** Assistance in obtaining court orders that restrict contact between individuals in cases of domestic violence, stalking and related situations.
   - **Legal representation:** Legal advocacy and representation in protection order cases, as well as divorce, custody and other civil cases.
   - **Community connections:** Help to obtain medical attention and community services.

2. **Wellness Services**
   Our wellness services promote healing, stability and peace of mind, providing:
   - **Counseling for children:** Evidence-based, trauma-focused therapies to break the silence surrounding violence, help them to overcome the trauma, and teach safety precautions and healthy ways of coping.
   - **Counseling for teens:** Individual and group counseling to help teens overcome the traumatic impact of violence and develop healthy coping strategies.
   - **Counseling for adults:** Individual counseling and support groups to help adults overcome the trauma of domestic violence or sexual assault and heal.

3. **Self-Sufficiency Services**
   Our self-sufficiency services assist individuals in attaining financial independence and in realizing lasting change in their lives.
   - **Career counseling:** Help to identify career and educational goals, apply to institutions of higher learning and for financial aid, and gain access to employment.
   - **Transitional housing:** Housing and intensive support to attain financial independence, offered for up to two years for single-parent families or individuals who have become homeless because of domestic violence, sexual assault or stalking.
   - **Other housing support:** Assistance in securing safe and affordable housing.

**WHAT IS DOMESTIC VIOLENCE?**
Domestic violence is a pattern of behavior within a relationship that is used to maintain power or control over another.
- **Physical violence:** Punching, strangling, pushing, slapping, grabbing, shaking, using restraints.
- **Sexual violence:** Forcing intercourse, grabbing sexual body parts, unwanted sexual contact.
- **Emotional abuse:** Putting you down, playing mind games, isolating you.
- **Intimidation and threats:** Making you feel afraid, destroying property, threatening to harm you or commit suicide.
- **Stalking:** Repeatedly following you, watching you, using technology to monitor you.
- **Use of children:** Threatening to take away the children, using visitations to harass you.

**WHAT IS SEXUAL ASSAULT?**
Sexual assault is any sexual contact that one or more persons perform upon another without mutual consent. Complying out of fear is not consent. Not objecting because of intoxication, age or mental/physical incapacity is not consent.
- **Acquaintance rape:** Unwanted sexual contact by someone you know.
- **Intimate Partner Sexual Violence:** Unwanted sexual contact by an intimate partner.
- **Stranger rape:** Unwanted sexual contact by someone you do not know.
- **Other:** Obscene phone calls, exhibition of sexual body parts, incest and other acts.

What is domestic violence? Domestic violence is a pattern of behavior within a relationship that is used to maintain power or control over another.
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More information at www.cviconline.org