



Hubbard House

EVERY RELATIONSHIP VIOLENCE-FREE

WHAT IS ABUSE?

Domestic violence affects thousands of women, children, and men in our community each year. There are four main types of abuse in domestic violence situations: physical, emotional, economic, and sexual abuse. Unfortunately, many people do not realize this and as a result, do not seek help. To help better understand domestic violence, here are some examples of abuse:

Physical Abuse

- Hitting
- Choking
- Kicking
- Shaking
- Spitting
- Throwing objects

Emotional Abuse

- Name calling
- Humiliation
- Destroying keepsakes
- Intimidation
- Extreme jealousy
- Isolation from friends and family

Economic Abuse

- Financial isolation by limiting access to money
- Controlling financial decisions without partner's consent

Sexual Abuse

- Forcing or coercing sexual acts through manipulation or threat

Domestic violence is often more than an isolated incident. It is a recurring cycle of violence that often increases in severity over time. Domestic violence does not "simply just go away."



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24-Hour Hotline: 904-354-3114/800-500-1119
Outreach Center: 904-400-6300
Administrative: 904-354-0076
Fax: 904-354-1342
TTY: 904-354-3958
PO Box 4909, Jacksonville, FL 32201
www.hubbardhouse.org



Hubbard House - Hope When You Need It



Help and support come in many forms. Here at Hubbard House, we are committed to providing a wide range of services designed to meet the needs of all victims of domestic violence. In 1976 Hubbard House opened its doors as the first shelter for victims of domestic violence and their children in Florida. Since then, Hubbard House has evolved into a nationally recognized full-service certified domestic violence center serving Duval and Baker Counties.

At Hubbard House, our goal is peace in every home. The services we provide and the mission we fulfill are all driven by that one single purpose. We help victims and their children by providing information and options and by supporting them in the decisions they make. In addition to services provided for victims, we also offer intervention programs for abusers.

Each Hubbard House program, whether it focuses on intervention or prevention, contributes toward the agency's MISSION: *Every Relationship Violence-Free.*

"Hubbard House taught me that the abuse was not my fault. They showed me how to dream again and how to love myself."

—Vena, Survivor



Hubbard House Programs

Shelter Services

The Hubbard House shelter provides:

- A safe place to stay
- 24-hour staffing and hotline
- Food, clothing, help with basic needs
- Individual and group counseling for adults and children
- Safety planning for adults and children
- Therapeutic childcare center for infants, toddlers, and preschool residents
- Safe, secure Duval County school site for shelter residents K – 8th grade

Outreach Services

It is not necessary to stay in shelter to access Hubbard House services. A majority of those we serve use our outreach services instead of staying in the shelter. Outreach services include:

- Individual and group counseling for adults and children
- Safety planning for adults and children
- Assistance with housing and relocation
- Helping At Risk Kids (HARK) program offering age appropriate educational support groups for children ages 4 – 17 who have witnessed domestic violence

Anyone needing outreach services can come to the Hubbard House Outreach Center at 6629 Beach Boulevard, between the hours of 8:30am to 4:30pm or can call 904-400-6300 to make an appointment with an Outreach Advocate.

Court Advocacy

Hubbard House has court advocates who help victims of domestic violence seeking injunctions for protection and other legal services. While court advocates are not attorneys, they do help victims understand the legal process, provide emotional support, assist with safety planning, and provide referrals.

Community Education and Prevention

Hubbard House provides speakers who offer information on domestic violence and services available to victims in our community. We also train law enforcement, medical personnel, and other service providers and can provide CEU credits for licensed individuals.

Hubbard House provides Relationship Abuse Prevention (RAP) through educational presentations during the school year to middle and high school students.

Hubbard House offers a multi-session violence prevention program called Working Against Violence Everytime, Everywhere, Everyday (WAVE), for 3rd through 5th grade students.

Volunteer Opportunities

Hubbard House offers a variety of both individual and group volunteer opportunities. Training is provided, and many options offer flexible schedules.

Batterers' Intervention

First Step for Men

A 26-week state-certified program designed to help male abusers examine and change controlling behaviors and the belief systems supporting those behaviors.

First Step for Women

A comparable 26-week program for women who commit domestic violence.

"Hubbard House helped me go from feeling hopeless to feeling empowered. They became a partner with me and my children, not trying to control me or tell me what to do, but rather by believing in me and working with me, they inspired me to find in myself the resources to break free."

—Stacey, Survivor

For more information regarding Hubbard House programs and services, please call our administrative offices at 904-354-0076 or visit www.hubbardhouse.org.

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