

## YOU CAN HELP

Someone you know may be experiencing domestic or sexual violence. You have a chance to make a difference for a relative, a colleague, a friend, a neighbor who may be too afraid to ask for help. Give them Life Span's contact information!

## OUR COMMITMENT

We help clients in the most difficult situations. We provide information, emotional support, advocacy and legal assistance. We help the whole person, which helps the whole family.

Domestic and sexual violence are crimes as well as a crisis in our society. Life Span is committed to reducing community acceptance and tolerance for violence. We provide community education, policy advocacy, and technical assistance to improve the response of the legal system, medical and mental health systems, and other public services to victims of violence.

## CONTACT US

CHICAGO, IL: 312-408-1210

DES PLAINES, IL: 847-824-0382

AFTER HOURS CRISIS LINE: 847-532-9540

life-span@life-span.org



# LIFE SPAN

DOMESTIC AND SEXUAL VIOLENCE END HERE.

LEARN MORE: [life-span.org](http://life-span.org)

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# LIFE SPAN

Empowering Victims &  
Increasing Awareness  
Since 1978



## STOP THE CYCLE

### 1 in 3

Domestic and sexual violence know no boundaries. It can happen to ANYONE. A third of women and girls are victims. The traumatic effects of violence often extend to children, family and friends.

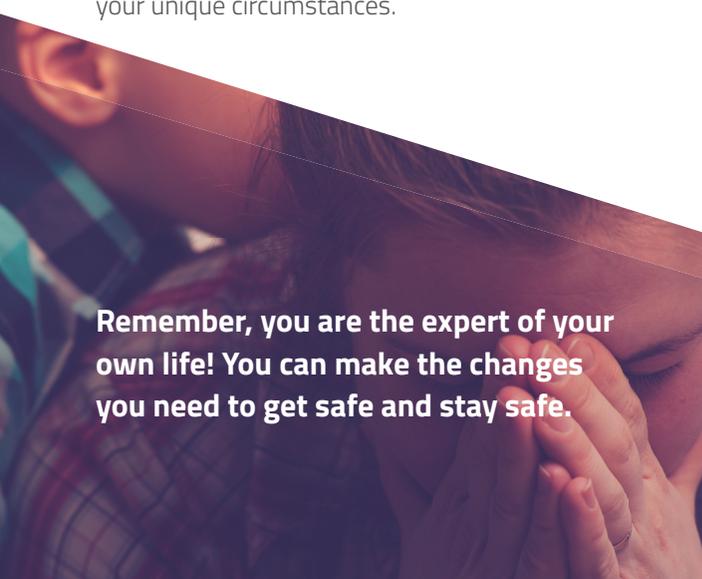
Children exposed to domestic violence can face serious long-term consequences like depression, problems in school or running away from home. Kids need our help to get and stay safe.

We can help you *and* your children.

### Your Safety

Safety planning is one of the critical services we offer to domestic and sexual assault victims.

Safety planning helps you take what you already know about your situation and make a plan to keep you and your children safe from the abuser. For example, you know not to leave this brochure where the abuser might find it. We can suggest many other ways to keep you and your children safe. We work with you to create the best plan for your unique circumstances.



**Remember, you are the expert of your own life! You can make the changes you need to get safe and stay safe.**

## OUR SERVICES

### Individual & Group Counseling

Counselors help victims understand the dynamics of domestic violence, identify community resources, explore options, and develop safety planning skills.

In groups, clients find support and understanding, learn how others have coped with domestic violence and stayed safe, and develop self-confidence.

### Criminal Court Advocacy

Criminal court advocates assist domestic and sexual violence victims who choose to bring criminal charges against their abusers and seek orders of protection or civil no contact orders. Advocates accompany victims to court, and make sure prosecutors and police listen to victims. We provide this service at the Chicago Domestic Violence Courthouse, the Rolling Meadows Courthouse and the Skokie Courthouse.

### Children's Services

Counselors assist children who have witnessed domestic violence through age appropriate activities in a child friendly space. Children learn non-violent problem-solving skills, how to build healthy relationships with family and peers, how to express feelings, and how to ask for help to stay safe.

### Teen Services

Counselors provide crisis intervention and ongoing support for teens who have witnessed domestic violence and/or are involved in dating violence. Counselors also visit local high schools to meet with teens individually or in groups, helping them develop skills in safety planning, positive decision making, and building healthy relationships.



### Legal Services

Life Span lawyers represent clients in:

- Divorce and Parentage
- Allocation of Parental Responsibilities and Parenting Time (formerly called custody and visitation)
- Child Support
- Maintenance
- Orders of Protection
- Civil No Contact Orders

We provide advocacy to ensure clients' rights and benefits under these laws:

- Victims' Economic Security and Safety Act (VESSA)
- Illinois Safe Homes Act
- Crime Victims Compensation Act
- Sexual Assault Survivors Emergency Treatment Act
- Title IX

### Immigration Services

Life Span attorneys represent clients in immigration cases including:

- VAWA Self Petitions
- Battered Spouse Waivers
- U Visas

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