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## How We Can Help

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### You're Not Alone

We can help you find safety and independence from your abuser by providing confidential, free and low-cost legal assistance.

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### The Domestic Violence Legal Connection

We can:

- ✓ Explain the law and how the courts work
- ✓ Discuss your rights and options so you can make informed choices
- ✓ Provide attorney representation
- ✓ Refer you to advocacy, support groups, shelters, and other services

*"The attorney thinks it's only a divorce that she did for me - it's not. She gave me back my life. I can never thank you enough for that."*

You should not be denied legal help just because you can't afford it. We provide free legal services to victims of domestic violence who are income-eligible or who may not have access to funds.

We offer:

- ✓ Free consultations on a wide variety of legal issues resulting from domestic violence
  - ✓ Representation in divorce matters
  - ✓ Attorneys who will represent you in Family Court to:
    - Assist you in obtaining an Order of Protection
    - Help you resolve custody and visitation, support, and other legal issues
  - ✓ Campus-Based Sexual Assault and Domestic Violence Legal Assistance
    - Assists college students who have been victimized by interpersonal violence and need legal advice, representation and other assistance.
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For more information,  
please call us at (518) 435-1770  
or visit our website [www.legalproject.org](http://www.legalproject.org)

### Who We Are

The Legal Project is a private, not-for-profit organization that was founded by the Capital District Women's Bar Association in 1995.

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### Mission

You should not be denied legal help just because you can't afford it. We provide free legal services to victims of domestic violence who are income-eligible or who may not have access to funds.



### Other Services

- Matrimonial Matters
- Immigration
- Foreclosure Prevention
- Bankruptcy/ Credit
- Campus-Based Sexual Assault & Domestic Violence Legal Assistance
- Small Business
- Wills, Healthcare Proxies and Guardianships
- Affordable Housing

# Understanding Domestic Violence

Domestic violence is abusive behavior that one person in an intimate relationship uses to control the other. There are many ways that your partner can try to gain power and control over you that may not include physical abuse.

### Isolation

- ✓controls what you do and who you talk to
- ✓limits where you go

### Economic Abuse

- ✓prevents you from getting and/or keeping a job
- ✓controls your finances
- ✓controls access to family funds or income

### Emotional Abuse

- ✓calls you names and puts you down
- ✓humiliates you
- ✓plays mind games

### Threats

- ✓threatens to harm you
- ✓threatens suicide
- ✓threatens to reveal your sexual orientation, alcohol use, or other personal matters
- ✓threatens to reveal HIV status, or other health conditions

### Intimidation

- ✓destroys personal property
- ✓abuses pets
- ✓displays weapons

If you have experienced any of the above, then you might be a victim of domestic violence. If you or someone you know is being abused by a partner, help is available.

### Important Telephone Numbers to Know

24 Hour Domestic & Sexual Violence Hotline  
 English: 1-800-942-6906 English TTY: 1-800-818-0656  
 Spanish: 1-800-942-6908 Spanish TTY: 1-800-780-7660



Domestic Violence Legal Connection



Capital District Women's Bar Association

**You're not alone  
We're here  
to help**