



Dawn Center Services

- 24 Hour Crisis Hotline
- Emergency Shelter Program
- Local Rape Crisis Services
- Outreach Services for Survivors and Families
- Group and Individual Counseling
- Legal Advocacy
- Court Accompaniment
- Prevention Education for Youth
- Community Awareness and Education



Together we can help make Hernando County a community free of violence.

To find out more information for donations and volunteering call
352-684-7191



“From the outside looking in, you can never understand it. From the inside looking out you can never explain it.”

-Byrlyne Van Dyke 2015

24 Hour Crisis Hotline (352) 686-8430

Administration (352) 684-7191

www.dawncenter.org



We are an equal opportunity services provider. We do not discriminate. All services are offered free of charge.

Proud Partner



PO Box 6179
Spring Hill, FL 34611
352-684-7191 Admin
352-686-8430 24 hr Hotline
www.dawncenter.org
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Our Mission

To break the cycle of Domestic and Sexual Violence by providing supportive services and leadership that promotes social change.

There is Help for Survivors of Domestic Violence and Sexual Violence.

Sexual assault is any sexual contact without consent.

1 in 6 women and 1 in 33 men will be sexually assaulted in their lifetime

CONSENT is a clearly expressed YES by both parties! It can't be given if someone is passed out, intoxicated beyond the point of cognitive reasoning, coerced into sex, given out of fear, given by a child, etc...

Victims of **Sexual Violence** often times do not report the assault due to being in fear of:

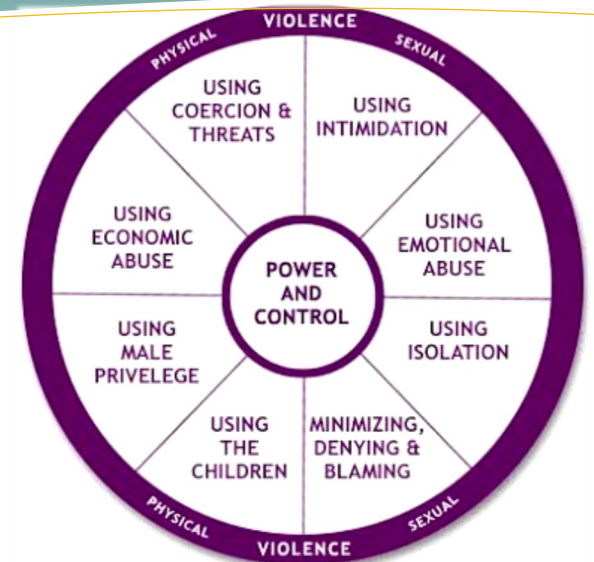
- Not being believed. -A public trial or having to confront the perpetrator. -Being blamed for the assault. -Intimidation. -Having to relive the assault.
- Humiliation. -Fear of getting the perpetrator in trouble.
- Some aren't aware of how sexual violence is defined.

Only 60% of attacks are reported!

Victims of sexual violence can suffer from PTSD, depression, suicidal thoughts, substance abuse, dissociation, physical trauma, self harm, sleep disorders, eating disorders, sexually transmitted disease, flashbacks, and more.

How to support survivors:

- **Believe Them!** Allegations of Sexual Assault and Domestic Violence are rarely false and not all violence is visible on the outside. Violence happens to both women and men.
- **Support Them!** Many victims will not report or leave because they have been isolated away from family and friends. Let them know the violence is never their fault. Check in on them from time to time and offer support based on their terms and not your own. Create awareness in your community and on social media.
- **Do Not Judge Them!** Every survivor experiences domestic and sexual violence in different ways, therefore it may look different from person to person. Trauma reactions vary widely from person to person. No one deserves to be a victim of domestic or sexual violence.
- **Meet Them Where They Are At!** Trust the survivor to know how to navigate their own situation. It may be different than the path you would take, but it may be the best for them. Offer resources like Dawn Center, support, and guidance to help them, but do not be offended if they do not take it. Empowerment is positive support and suggestion, not controlling the survivor.



Domestic Violence

1 in 4 women and 1 in 7 men are affected by Domestic Violence. It is based upon a pattern of behavior that stems from the need to have **Power and Control** over another person. It is not always physically violent and can manifest in many forms as shown in the wheel above.

Domestic Violence perpetrators do not use violence or intimidation on everyone with whom they come into contact; they direct the violence specifically on their victims (often times a spouse). Neither anger issues nor substance abuse cause domestic violence. However, anger problems and substance abuse can intensify the already existing violence and controlling behavior.

Survivors may leave and return to the perpetrator many times before making the decision to leave for good for many reasons including:

- Availability of resources for food, money, housing, transportation, daycare, and employment.
- Lack of emotional support from friends or family.
- Fear for their life, their children's, or the fear of being alone.

Survivor Quotes:

"The real healing was achieved when I started to believe I'm not responsible for what happened to me."

"I am not a victim no matter what I have been through, I am still here. I have a history of victory."

"When you are away from the violence you will be amazed at the knowledge you are a survivor, that you still exist, and that others still love you."