

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**

How We Can Help

You're Not Alone

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

The Domestic Violence Legal Connection

This civil legal services program provides free consultations and *pro bono*/reduced fee representation in our offices and at domestic violence agencies. We are here to guide you through the legal process.

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."

"The attorney was understanding, compassionate and took time to explain everything to me. I would never have completed this journey so quickly if it weren't for your program."

Pro Bono Services

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

Reduced Fee Matrimonial Services

If you do not qualify for our free services due to income or property and can't afford a private attorney, we may be able to assist you.

We can:

- ✓ Draft, negotiate and file separation agreements.
- ✓ Represent you in contested or uncontested divorces

Sliding scale &
other payment options are available

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.

Mission

The Legal Project believes that all people, regardless of income, gender, disability, race, religion, age, sexual orientation or ethnicity should have access to legal services. This belief reflects a deep commitment to fairness and equal justice under the law.

Our Programs

The Legal Project helps meet critical civil legal needs through an extensive set of programs.

We can provide legal assistance with:

- Matrimonial/Divorce Legal Matters
- Affordable Housing
- Bankruptcy/Credit
- Small Business
- Wills, Healthcare Proxies and Guardianships
- Other Civil Legal Matters

For more information,
please call or visit us at our website.