

For a safe future

A close-up photograph of a woman with curly hair and a young girl, both smiling warmly. The woman is wearing a pink shirt, and the girl is wearing a red top. The image is framed by white lines that create a grid-like effect, with the text 'Help for domestic violence' overlaid on the central part of the image.

Help for domestic
violence

The first step

Every year there are 200,000 victims of domestic violence in the Netherlands. This makes domestic violence the most common form of violence. Every story of domestic violence is different. Tell us your story! That is the first step to stop domestic violence.

Blijf Groep helps people to end domestic violence. We can support you in several ways. Our telephone Helpline is available daily for advice and assistance. We offer various outreaching assistance programs. When you cannot stay at home, because your safety is at risk, you can use our shelter facility. We always examine what is necessary in your situation and which form of support best fits your situation.



Our method

The first step in a support process is always your safety and - if present – the safety of your children. If the situation is unsafe, we will act immediately. By calling the police or arranging a shelter. Together with you we decide what the next steps should be. An outreaching assistance program? A shelter facility? If possible, we prefer to help you in your own home. Where you have your social contacts, your work and your children's school and friends.

“My social worker has given me the practical tools to stand on my own two feet”

Animals can also be victims

Many women postpone leaving if they cannot take their pet to the shelter. They cannot bare to leave their animal behind for fear the pet will be abused. That is why women can take their pets to the shelter at Blijf Group. This way, women are not separated from their pets and they do not have to remain unnecessarily in a violent situation.

“My feeling indicated that something was wrong, but I wanted to give our relationship a chance”

Our aim is always to permanently stop the violence. That is why we do not only focus on you, but on all members of the family, including the perpetrator of the violence. Together we try to gain insight into the underlying patterns of violence. We make a Safety plan with you on your terms that ensures everyone's safety as much as possible.



Attention for children

Violence at home has a great impact on children. That is why we offer various programs for (small) children and teenagers. In the program, they learn to express their feelings in a playful way and to deal with the intense emotions that domestic violence brings. For most programs, there are simultaneous meetings for parents.

Oranje (Amber) Huis Method

To prevent domestic violence in a sustainable way, Blijf Groep has developed the Oranje Huis Method.

- **Not secret but safe.** The location of an Orange House is not secret, but it is safe. This open setting makes the Oranje Huis accessible for everyone. So you can keep your social contacts.
- **We create safety together.** The support provided by Blijf Group is aimed not only for yourself, but also at the rest of the family, including the perpetrator of the violence.
- **Empowerment.** We teach you how to use your own strength and the resources in your environment. So that you can regain control of your life yourself.

“My network was my safety net and the big stick to not go back”

Blijf Group's support

Support outside the shelter

Telephone Helpline. Our helpline offers a listening ear for everyone who needs it. They provide advice and, if necessary, refer to appropriate help. The helpline can be reached on 088 234 24 50 (24 hours a day, 7 days a week).

Outreach support. Short-term support and guidance for adults. In 5-10 interviews, the social worker will draw up a safety plan together with you and look what help and guidance is necessary to achieve a safe situation for you and your family members.

Oranje Huis at Home. Intensive support for families in which domestic violence plays a long and repeated role and where both partners want to stay together. Supervision takes place in the home situation and focuses on breaking the patterns of violence. The process takes 6-12 months.

AWARE. Mobile alarm in the event of a threat and stalking with which you can alert the police with 1 push of a button. Blijf Group offers you guidance through counselling or participation in a group.

Temporary Restraining Order. In situations of (imminent) domestic violence, the police can impose a temporary restraining order (10 days), so that the situation does not escalate further. During the restraining order, Blijf Group starts providing assistance for all members of the family.

“Now that I have talked about it, I feel calm again”





Shelter facilities

Emergency bed. Immediate admittance (max. 3 days) in the event of a threat and acute violence. Placements are made bij Veilig Thuis (Safe at Home) and the police.

Crisis facilities. Temporary care for women and children who are dealing with domestic violence (max 6 weeks). After the crisis period of 6 weeks if necessary, you can move to residential support.

Residential support (long stay facilities). For women (and their children) who cannot return home or another safe place after the crisis relief. In de residential support they receive support and guidance.

Safe House. Shelter for women and men with such a serious threat that a safe address is not enough.

Support Groups

It is my turn..! Group for children from 7 to 11 years who have experienced domestic violence at home. In a group, they talk with other children and process their experiences in a playful way. Parents come together in a simultaneous group. *It's my turn!* is recognized as well certified by the Recognition Committee of the Effective Interventions Database in Youth Care.

Can anyone hear me? Group for teenagers aged 12 to 15 who have experienced domestic violence at home. In the group they talk to other young people who have experienced the same thing and learn to deal with their experiences. Parents come together in a simultaneous group.

Every story of domestic violence is different. That is why Blijf Groep offers customized support for everyone involved

Sterk (Strong). Resilience training for women who have (had) to deal with intimidating behaviour and / or domestic violence.

Weerkracht (Resistance). Resilience training for men who have been confronted with domestic violence in their home situation (partner violence, but also violence in other dependency relationships).

You're not the only one. Support Group for men and women who have experienced partner violence in their relationship.

About Blijf Groep

Blijf Groep helps to stop domestic violence. We offer assistance to all involved: victims, children, witnesses and perpetrators. Our aim is to stop the violence and create safety through customized support. Blijf Groep offers both help at home as crisis shelters and residential support. We also offer an extensive support through groups for children, teenagers and adults. Blijf Groep has branches in North Holland and Flevoland.

www.blijfgroep.nl

Other support

Men's shelter. Shelter for male victims of violence in dependency relationships. At the men's shelter, they can work on a future without violence. Blijf Groep offers both shelter facilities as support for men in their own homes.

Honour related violence. For help and advice on culture-specific or honour-related violence we have a hotline Honour related violence. The employees of the hotline are specialized in recognizing the signals and risks of honour-related violence. They register all reports and ensure appropriate reception and guidance. They also provide information and training to care providers, schools, doctors etc.

Help and advice

For more information about our support of if you need advice about your own situation, please contact Blijf Groep, 088 234 24 50. This helpline is available 7 days a week, 24 hours a day. Immediate danger? Take no risks call 112.

Also, visit us on YouTube,
Twitter, Facebook and LinkedIn

