

## Join us in Empowering Survivors in Our Community

### HOW YOU CAN HELP

#### Volunteer

We offer a variety of volunteer opportunities, whether you prefer to directly support survivors or contribute to the agency's operations.

Learn more at [ResilienceMI.org/volunteer](https://ResilienceMI.org/volunteer)

#### Donate

Change lives and foster resilience in our community.



Donate online at  
[ResilienceMI.org/donate](https://ResilienceMI.org/donate)  
or by scanning this QR code:

#### For Businesses

Holland Program Office  
411 Butternut Dr., Holland, MI 49424  
Business Line: 616-392-2829

Resilience's mission is to respond to,  
reduce, and prevent domestic and sexual  
violence in Ottawa and Allegan Counties.

# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



**24-Hour Help Line: 1-800-848-5991**

Español: 1-866-728-2131

Multilingual Assistance Available

**Walk-In Advocacy Available**

Monday-Friday 9AM-5PM

411 Butternut Dr., Holland, MI 49424

**RESILIENCE**  
ADVOCATES FOR ENDING VIOLENCE™

**SAFE SPACE  
FOR EVERYONE**

# Supporting Survivor Resilience & Championing Prevention

## FOR VICTIMS & SURVIVORS

### Free & Confidential Services

#### Help for Domestic and Sexual Violence

Our comprehensive services include case management and advocacy, connections to vital community resources, emergency safe shelter, and supportive housing.

#### 24/7 Sexual Assault Exams

Our dedicated team provides 24/7 on-site free medical exams, as well as ongoing care, advocacy, and therapy for healing if desired.

#### Legal Advocacy & Safety Planning

Advocates help develop a personalized strategy to minimize risk of harm. They provide guidance in preparing for court, assistance with filing Personal Protection Orders, help navigating the legal system, and education about victims' rights for survivors of domestic violence, sexual assault, and stalking.

#### Therapy for Adults and Children

Therapists work with adult and teen survivors of domestic and sexual violence and use age-specific interventions with children who have been impacted by domestic violence. Our goal is to help survivors increase feelings of safety, reduce trauma symptoms, and identify positive coping strategies.

#### Support Groups & Workshops

Therapists and advocates provide various free support groups and workshops for survivors. Visit the Resilience website or call the Help Line for current group offerings.

## COMMUNITY INITIATIVES

### Prevention is Possible

#### For Survivors

Our *Survivor Advisory Council* empowers domestic and sexual violence survivors to provide ongoing input into Resilience's programs, services, strategies, and community engagement efforts. All survivors are welcome.

#### For Youth

Our *Champions of Healthy Manhood* youth program teaches young men and boys crucial life skills. Centered on three national curricula, this program incorporates evidence-based lessons that have been proven to promote healthy attitudes and behaviors. Designed specifically for boys ages 10-18, we offer an 8-lesson class or a 24-lesson club. Content focuses on respect, mental health, violence prevention, leadership development, and healthy relationships.

The *Youth Leadership Board* amplifies youth voices and empowers local students to become the next generation of leaders in violence prevention.

#### For Men

Our *Champions of Healthy Manhood* allyship program creates space for local men to bond and connect as they pursue, model, and promote healthy manhood. Projects include podcasting, allyship events, and mentoring young men and boys from local schools and universities. The relationships we create, the stories we share, and the impact we have in the community make this a unique and transformational experience.



Multilingual Help is Available 24/7

English: 1-800-848-5991

Español: 1-866-728-2131

Visit our website for the latest information and resources:

[ResilienceMI.org](https://ResilienceMI.org)

