

Safe Journey Services

Safe Journey fills a special niche in our community as the only grassroots, non-residential, suburban program for domestic violence survivors.

- Safety Planning
- Case Management
- Individual & Group Counseling
- Court Accompaniment & Advocacy
- Legal Referrals & Coaching
- Resettlement Assistance
- Parenting Support
- Financial Planning
- Education & Career Counseling
- Self Defense Classes
- Buddy Program



Breaking Free

Domestic violence... family violence... intimate violence... dating violence... whatever the name, the effects are the same. At Safe Journey, we are committed to breaking the cycles of violence that permeate our homes and relationships.

Everyone deserves to feel safe in their home. Everyone deserves to be treated with decency and respect. You are not to blame. Nobody has a right to abuse you verbally, emotionally, physically, sexually, financially or otherwise.

You can break the cycle of abuse and move on. We believe in you. Call Safe Journey today and begin.

• Contact Us •

Phone: 585.425.1580

Online: www.safejourney.org

Safe Journey is a 501(c)3 not-for-profit operating under the Ecumenical Ministries of Perinton.



P.O. Box 21 • Fairport, NY 14450



Breaking the cycle of domestic violence
one person at a time.

A Survivor's Story

Nancy's husband ran the gamut, abusing her physically, emotionally, verbally and sexually. His controlling behavior completely eroded her self-esteem.

When she was cooking, he would tell her she was doing everything wrong... If she came home a few minutes late, he would accuse her of infidelity... But it was in the bedroom that she felt the full force of his abuse.

If he wasn't satisfied with sex, he'd hit her and tell her she deserved it, then he would rape her. After every assault, Nancy shut down, cutting herself off from family and friends. She couldn't believe the horror she was living! In her mind, it would get better... it would stop... but it never did!

One evening when her son was away on an overnight. Nancy finally had enough. Sensing her husband's mood, she feared him and tried to hide. She took a quick shower and he burst into the room, pushed her to the floor and forced himself on her. Somehow she found the strength to escape and call 911. Nine police cars responded and he was arrested. After, Nancy found Safe Journey.

Nancy credits Safe Journey, her parents and a strong support system for giving her the strength to get out of the marriage for good. At Safe Journey she received help with safety planning and attended one-on-one counseling, support groups and workshops. She even took self-defense.

Today, Nancy and her son are free and thriving. She is happily remarried, safe and in control of her life.

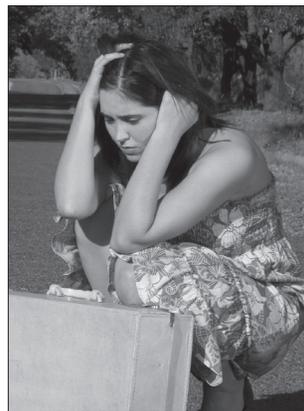
Safe Journey can help you find your way!



What is Domestic Violence?

Domestic violence is the willful control and intimidation of one member of an intimate relationship over another. It may include elements of verbal, emotional, physical, sexual and financial abuse and it generally escalates over time, sometimes leading to death.

Contrary to popular belief, domestic violence does not discriminate. It impacts anyone regardless of age, income, education, race or religion. It is as common in the suburbs as it is in the city and rural communities. Women, teens, and homosexuals are at the greatest risk for intimate abuse, and when domestic violence is witnessed by children, its implications often cross generations.



Escaping an abusive relationship is one of the hardest things a woman will ever do.

Safe Journey provides victims of domestic violence with the support and resources needed to heal and rebuild their lives. Our goal is to help victims move from surviving to thriving! We invite women and teens who have experienced intimate violence to our secure, suburban, handicapped-accessible location... to begin their journey to life anew.



Staying out of an abusive relationship takes hope, heart & healing.

Determination will set you free... At times your path maybe paved in tears, other times propelled forward by small victories and accomplishments. Safe Journey's holistic, strength-based and individualized approach provides support and guidance to help you along the way.