

Programs & Services

SHORT-TERM COUNSELING

Individual or group counseling personalized to your needs and situation.

COURT ACCOMPANIMENT

Advocates assist with obtaining an order of protection with a secure waiting room at the Hall of Justice.

EMERGENCY SHELTER

Safe housing for survivors of all genders and children of survivors.

CHILDREN'S PROGRAMMING

Skills for parenting through trauma and support for children of survivors.

PREVENTION EDUCATION & TRAINING

Workshops for schools, colleges, places of worship and the workplace. Training for providers, social workers, law enforcement and medical personnel.

All are free & confidential

(585) 222-SAFE 7233

24/7 CRISIS & SUPPORT HOTLINE

Call anytime, day or night to talk to a Willow Advocate who will connect you with services.



En Español

The Willow story

The willow tree is a beacon of hope.

It is sheltering. It lives with grace under pressure. Its strength comes from within and radiates out.

Willow Domestic Violence Center has served the Greater Rochester community for nearly 40 years. In 2015, Willow Center changed its name from Alternatives for Battered Women to better reflect the breadth of services we provide and the clients we serve.

Our Mission is to prevent domestic violence and ensure every survivor has access to the services and supports needed along the journey to a safe and empowered life.

Our Vision is a community free from domestic violence, where healthy relationships thrive.



Certified by New York State Office of Children and Family Services

Willow Domestic Violence Center
P.O. Box 39601
Rochester, NY 14604-9601
Office: (585) 232-5200
WillowCenterNY.org

Willow Center is a founding member of the New York State Coalition Against Domestic Violence; the Rochester/Monroe County Domestic Violence Consortium; a member of the National Coalition Against Domestic Violence; and a member of the LGBTQ Domestic Violence Service Providers Network.

(585) 222-SAFE 7233

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Domestic Violence Center

If someone is hurting you, we are here.

Emotional. Financial. Verbal. Physical.
Abuse is abuse. Let's talk about it.

All genders. All ages. All types of abuse.
Survivors of domestic violence in the Greater Rochester community are welcome here.

You are welcome at Willow

If you believe you are in an abusive relationship or if you feel unsafe with your partner or in your home, Willow Center is here for you—just one call away.

We have the programs and services to support you on your journey to a safe and empowered life.

And, we offer resources to help anyone who is concerned about someone they care about.

Services provided by Willow Domestic Violence Center, including emergency shelter and non-residential programs, are available to all victims of domestic violence, regardless of race, creed, color, national origin, sexual orientation, gender identity or expression, military status, sex, marital status or disability.

You can help

You can make a difference for someone you suspect is being abused.

THINGS TO DO

Listen without judgment, rejection, or blame for the person's decisions.

Believe the person. Domestic violence can happen to anyone, and abusers often appear to be very nice people.

Recognize that your role is not to "rescue," but to help.

Educate yourself on domestic violence.

Encourage the person to call the Willow hotline for confidential help any time, day or night.

Support the person and do not abandon them.

WORDS TO SAY

I am sorry this is happening to you.

I care about you and I know talking about it can be hard.

This is not your fault.

You don't deserve to be treated this way.

You have the right to be safe.

QUESTIONS TO ASK

Is someone hurting you?

Did someone hurt you?

Do you dread being alone with your partner?

What do you need to be safe right now?

How can I support you?

You have the right to be safe

Relationship abuse is a pattern of behavior that is aimed at gaining and maintaining control of a partner.

Verbal Abuse

Name Calling • Uses put downs • Talks in a harsh tone of voice

Emotional Abuse

Plays mind games • Tries to make partner feel guilty • Humiliates partner • Keeps partner away from family and friends • Acts jealously and possessively • Makes all decisions in the relationship • Threatens to harm self or others

Physical Abuse

Pushes, spits, shoves or pinches • Attempts to inflict physical injury • Physically restrains partner • Homicide

Sexual Abuse

Makes unwanted comments about partner's body • Pressures partner into sex • Attempts unwanted sexual contact • Sexual assault • Rape

Financial Abuse

Attempts to make partner financially dependent
Controls partner's money • Forces partner to ask for and justify the need for money • Threatens to leave unless partner gives him/her money

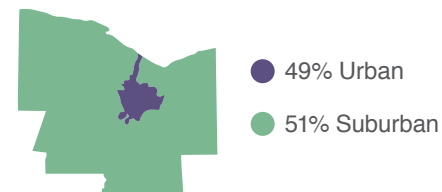
You are not alone

Annually, Willow Center serves:

7,000+ Survivors

10,000+ Individuals reached through prevention education and training

Rates of domestic violence in Monroe County



will experience domestic violence in their lifetime

“Willow Center staff helped me through the darkest moments in my life.”

— Survivor

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Domestic Violence Center