

What is Family Violence

Family violence is a pattern of behaviors used to establish and maintain power and control over another person. It can include verbal, physical, emotional, psychological and sexual attacks.

Family violence is a social problem, not an individual family problem. Regardless of gender or age, anyone can be a victim of family violence, but no one needs to be. Family violence is a crime. Rivers of Hope offers solutions.

Signs of Family Violence

You may be in an abusive relationship or the victim of family violence if someone close to you:

- Touches or talks to you inappropriately
- Discourages or forbids you to spend time with family or friends
- Blames you for everything that goes wrong
- Controls all finances or withholds necessities
- Humiliates you or minimizes your feelings
- Threatens to harm you, your children, family, friends or pets
- Destroys your personal property
- Pushes, hits, punches or kicks you or your children
- Forces you to perform sex acts against your will

Mission Statement

Promoting a community coordinated response to family violence through advocacy, education and interagency collaboration.

Contact Us

Seven days a week, 24 hours a day, our Advocates are ready to help you. For assistance or general information, call our Crisis Line.

Phone: 763-295-3433

Toll Free: 1-800-439-2642

Fax: 763-295-6091

E-mail: info@riversofhope.org

Web: www.riversofhope.org

Rivers of Hope
PO Box 511
Monticello, MN 55362



RIVERS OF HOPE

Advocates for Ending Family Violence.

“The services, compassion and commitment from Rivers of Hope helped me change the direction of my life once again.”

—RIVERS OF HOPE CLIENT



Who We Are

Rivers of Hope is a non-profit community based agency offering advocacy, support and referral services for victims of family violence. Rivers of Hope has been serving communities in and around Sherburne and Wright counties since 1989.

By working in partnerships with schools, law enforcement, county social service agencies, emergency shelters and the court system, Rivers of Hope will help you find the help you need. All services are confidential, and at no cost to you.

“Don’t be afraid, call Rivers of Hope so your life can start again.”

—RIVERS OF HOPE CLIENT



Advocacy Services

Rivers of Hope will help you find the resources to meet your needs. Our Advocates can assist you with finding safe housing—including emergency shelter, applying for economic assistance, filing a police report or obtaining an Order For Protection.

We offer support groups that provide you with a safe environment to explore ways of breaking the cycle of family violence. Childcare services are available on-site during meetings.

Our Violence Intervention and Prevention program works in collaboration with schools and community groups to help youth who have been a victim of, or witness to family violence.

Community Outreach, Education and Training

Rivers of Hope offers programs and presentations to community groups designed to create awareness of family violence issues and to prevent the continuation of family violence. We offer training to law enforcement, health care professionals, social services and court personnel.



You Can Help End Family Violence

Rivers of Hope is dedicated to helping victims of family violence. To help us help others, your financial contributions and volunteer services are greatly appreciated.

To find out how you can help call 763-295-3433 or e-mail info@riversofhope.org.

“When I turned to Rivers of Hope for help, they did not shun me, humiliate me or judge me. They understood my pain and helped me to get to a safe place again.”

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