

# TIMES-CALL

WEDNESDAY, DECEMBER 12, 2007 | LONGMONT, COLORADO

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## **For some, holidays are unhappy season**

It's the holiday season.

For those lucky enough, the holidays are a joyous time — a time when they look forward to being with family and friends and celebrating the reason for the season.

However, the holidays are not a happy time of the year for far too many people in our community. Those who are affected by domestic violence are feeling more and more isolated and, therefore, more and more helpless. Let's reach out and offer help to families affected by domestic violence.

Domestic violence is a pattern of abusive behavior that is used to gain or maintain power and control over a partner in an intimate relationship. This behavior can be physical, verbal, sexual, emotional or economic actions or threats of actions that influence a current or former partner.

Domestic violence is wreaking havoc right in our own neighborhoods. Perhaps it's happening in your home or maybe to a friend or family member. Whatever the case, nobody deserves to be abused — ever. Reach out to victims that may be affected by this. Be open and listen to what they have to say. Offer to be there for them when they are ready to talk or take action. Let them know that our community has many resources to help end the cycle of violence. There is absolutely no excuse for abuse.

The holiday season should be a happy time for all.

For non-emergency information and resources, contact LEVI at 303-774-4534 or visit [www.LongmontDomesticViolence.org](http://www.LongmontDomesticViolence.org). For emergency counseling and shelter, contact Safe Shelter of St. Vrain Valley at 303-772-4422. In an emergency, dial 9-1-1.

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