

*“ This shelter is a haven, even for staff, because it teaches about life and ways one can give help to others...”*

Former Intern

Domestic violence is a pattern of behaviors used to gain or maintain power and control over a partner in an intimate relationship.

Abusive physical, emotional, psychological, verbal, and sexual behaviors are used to instill fear to control the partner’s thoughts, feelings and actions.

**The Power & Control Wheel**



Relationship abuse is more than physical/sexual abuse. The wheel is drawn with violence as the outer rim and other behaviors as spokes. Just like a wheel, the behaviors reinforce each other. Economic abuse prevents a partner from achieving financial freedom, isolation destroys a support system of relatives and friends, threats reinforce fear, and sexual abuse denies the right to refuse intimacy. The threat or use of physical and sexual violence enhances the impact of the other behaviors.

Adapted from *The Power & Control Wheel* created by the Domestic Abuse Intervention Project, Duluth, MN.

**What would you like to see happen?**

*“End it! I want to see women and girls unafraid. I want positive role models for boys. We need to investigate ways to break the cycle and get to the anger.”*

Paul M. Wenner, Ph.D.  
CentraCare Behavioral Health Clinic

**How You Can Help  
Volunteer!  
Donate!**

Donations of goods, services, and financial assistance helps Anna Marie’s shelter battered women and their children, provide advocacy, education, and referrals to victims of domestic violence.



For More Information  
Visit Our Web Site  
[www.annamaries.org](http://www.annamaries.org)

**Anna Marie’s Alliance**  
P.O. Box 367  
Saint Cloud, MN 56302  
320.253.6900

For help closest to you anywhere in Minnesota  
Call toll free  
1.866.223.1111

Access to ASL interpreting on line



Anna Marie’s Alliance is funded in part by the United Way of Central Minnesota.

**Programs & Services**

Providing safety  
and shelter  
today...  
violence free  
communities  
tomorrow



Central MN Task Force on Battered Women

320.253.6900  
TTY 320.258.3321

# PROGRAMS AND SERVICES

## Anna Marie's Alliance

### Mission Statement

To provide a safe place for victims of domestic abuse and to achieve systems change that reduces violence.

All programs and services offered by Anna Marie's Alliance are free, confidential and available to the community. You do not have to stay at the Shelter to receive help.

### A woman can leave Anna Marie's with:

#### Hope

that life can be different, a vision of what life could be, and new tools for making changes in her life

#### Support and Connection

in understanding that her life is about connections and finding support and affirmation through community agencies and systems

#### Greater Sense of Self

by having faith in her ability to make changes in her life and to be more in touch with their own power

**Anna Marie's Shelter** provides 24 hour emergency shelter for battered women and their children. Located in St. Cloud, MN, Anna Marie's is a safe place where victims receive information, referral, and advocacy services. This 36-bed facility serves the six-county region of Benton, Mille Lacs, Pine, Sherburne, Stearns and Wright counties.

**Jill Eckhoff Transitional House** offers a safe, secure and supportive environment. Women begin stabilizing their lives by working on budgeting, parenting, permanent housing and basic life skills. At this 11-bed facility advocates are committed to assisting women in meeting their long term needs.

**Children and Youth Services** focuses on children who have witnessed domestic violence. The Children's Program provides a variety of services and resources addressing needs of children who come to Anna Marie's. The School Youth Program offers educational support groups, individual support, and classroom presentations that provide early intervention to prevent or reduce violence in relationships.

**Criminal Justice Intervention** advocates respond to victims of domestic abuse after an arrest in Stearns and Benton counties. In addition to advocacy services, women learn about their rights, emergency safety services, and the court process. Collaboration with law enforcement, prosecutors, and other key justice system personnel focus on insuring victim safety and abuser accountability.

**Community Education** supports the agency mission with a Speaker's Bureau and printed materials. Members are available to present or provide professional training on a variety of issues surrounding domestic abuse.

**Volunteer Services** invites community members to work on behalf of, and assist victims of domestic abuse through Anna Marie's Alliance programs. Hands, heart, and talent help build a safe community. Internships and service learning opportunities are available for students.

*" Thank you for believing in me and giving me a second chance at life. Without all the support this would not have been possible. "*

*Former Anna Marie Shelter and Jill Eckhoff Transition House resident*