

## IF THE TENSION BUILDS, BE PREPARED

- Call 911 in an emergency
- In an emergency, teach your children to call 911 or go to a neighbor for help.
- If you have a neighbor you can trust, work out a signal that lets them know you need the police.
- Have the 24-hour phone number for Providence House with you at all times:  
**800-246-8910 or 732-244-8259**
- If you have a car, hide a spare key in an accessible place.
- Save as much money as possible, leave it with a trustworthy friend or in a concealed and easily accessible place.
- Make copies of important documents: marriage license, social security cards, birth certificates and keep them together in a safe place.
- Keep a suitcase packed in an available safe place.
- If you don't have a cell phone call the Providence House hotline and ask about our cell phone program.

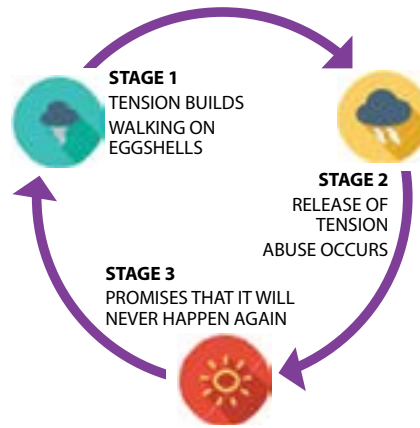
### Providence House offers the following services for victims of domestic violence and their children:

- Toll Free 24-Hour Hotline
- Emergency Safe House
- Individual and Group Counseling
- Children's Counseling Program (PALS)
- Project Self-Sufficiency
- Legal Advocacy Program
- Court Accompaniment
- 911 Cell Phone Program
- Community Education

**ALL SERVICES ARE FREE OF CHARGE  
AND CONFIDENTIAL.**

## THE CYCLE OF VIOLENCE

Does this describe your relationship?



### Stage I: The Tension Building Stage

The tension builds over time. You feel like you're walking on eggshells — as if something is going to happen, but you don't know what or when.

### Stage II: The Acute Battering Stage

This is the blow-up; the release of the tension for the abuser. He/she threatens to hurt you or kill you. You may get hit, kicked, punched, shoved, threatened or raped. The severity of violence increases over time.

### Stage III: The Hearts & Flowers Stage

He/she promises it will never happen again. You hope you can believe him/her this time, but without intervention nothing has changed. The tension begins to build again, and you are back to the Tension-Building Stage (*Stage 1*). Not every couple experiences this stage.

### Providence House Domestic Violence Services of Catholic Charities

88 Schoolhouse Road, Suite 1,  
Whiting, NJ 08759  
Outreach Counseling Center: 732-350-2120  
24-Hour Hotline: 800-246-8910/732-244-8259

[www.catholiccharitiesrenton.org](http://www.catholiccharitiesrenton.org)

/cctrenton @cctrenton



## PROVIDENCE HOUSE

Domestic Violence Services



What you need  
to know about  
domestic violence  
and restraining orders.

## **TRO** TEMPORARY RESTRAINING ORDER

### **Who can file a TRO?**

You can apply for a restraining order if you have been subjected to domestic violence by a spouse, former spouse, or any other person who is a household member, and if you are age 18 or older, or are an emancipated minor. You will also qualify for protection if you are not 18 years old and have had a dating relationship with a person 18 years old or older, or if you have had children, or are pregnant with the child of the person who has subjected you to domestic violence.

### **How can a person obtain a TRO?**

You may file a complaint 24 hours a day, seven days a week in the county where you reside or are sheltered, the county where your abuser resides, or the county where the incident took place. Your complaint should include all past domestic violence history regardless of whether you had previously reported it to the police. In Ocean County, go to:

**Ocean County Justice Complex**  
120 Hooper Avenue, Toms River  
*Monday to Friday (8:30 AM to 3 PM)*

After hours, and on weekends or holidays, you can go to your local police, who will process a restraining order request and have you speak with a municipal court judge.

If your TRO is granted, you will be required to appear in Superior Court within 10 days for a final restraining order hearing.

### **If you dismiss your restraining order, can you file another one in the future?**

Yes, you may refile only when a new incident occurs, 24 hours a day, seven days a week.

## **FRO** FINAL RESTRAINING ORDER

### **How long will your FRO last?**

A FRO is valid indefinitely. It does not expire unless the court modifies or dismisses the terms of the order.

A plaintiff may request — in person — that the restraining order be dismissed at:

**Ocean County Justice Complex**  
120 Hooper Avenue, Toms River  
*Monday to Friday (8:30 AM to 3 PM)*

### **Will dismissing the restraining order dismiss the criminal charges also?**

No, dismissing the TRO complaint will not automatically dismiss criminal complaints pending in Municipal Court. It will also not dismiss violation of restraining order charges. If a criminal or violation hearing is scheduled, you are still expected to attend that hearing.

### **Will your New Jersey domestic violence restraining order protect you in another state?**

Yes, your domestic violence restraining order should provide you with protection wherever you are in the United States. Under federal law, every state, territory, military installation and Indian tribal land is required to honor the terms of the court order.

If you plan to be in another state for any length of time, it is best to present a copy of your order to the Police Department in that jurisdiction.

## **CONTACT NUMBERS**

Police Emergency: **911**

Contact of Ocean County: **211**

Domestic Violence Crisis Intervention Unit:  
**732-929-2019**

Ocean County Prosecutor's Office:  
**732-929-2027**

Ocean County Victim/Witness Unit:  
**732-929-2027**

## **VRO** VIOLATION OF A RESTRAINING ORDER

### **What is a VRO?**

The restraining order is a no contact order. That means if the defendant calls you, has someone contact you on his/her behalf, visits you, sends you flowers, cards, letters, text messages, emails, etc., the defendant is in violation, unless otherwise written in the order.

The plaintiff (victim) can not violate the order, but remember, you requested this restraining order for your safety.

### **What do you do when your restraining order is violated?**

If the defendant violates the restraining order, call the police immediately and keep your own personal log of all electronic, telephone and in-person physical and verbal contacts.

### **Where can you report a violation of the restraining order?**

Under certain circumstances, you may file a violation in the town you have fled to or where you currently reside.

### **What if the defendant is not complying with the judge's order or support, custody, visitation, counseling or personal property?**

You may file a "Motion for Enforcement" at:

**Ocean County Justice Complex**  
120 Hooper Avenue, Toms River  
*Monday to Friday (8:30 AM to 3 PM)*

Child Protection and Permanency  
(formerly DYFS): **877-652-2873**

Ocean/Monmouth Legal Services:  
**732-341-2727**

Legal Services of NJ:  
**888-LSNJ-LAW or 888-576-5529**

Providence House Domestic Violence  
Services: **800-246-8910 or 732-244-8259**