

The mission of the Middlesex County Center for Empowerment is to support and empower survivors and significant others affected by sexual violence, and to help eliminate all forms of sexual violence through community awareness and education.

“A journey of a thousand miles begins with a single step.”

LAO TZU

“It always seems impossible until it is done.”

NELSON MANDELA

“Nothing can dim the light which shines from within.”

MAYA ANGELOU

“With the new day comes new strength and new thoughts.”

ELEANOR ROOSEVELT

**Middlesex County
Center for Empowerment**
29 Oakwood Avenue
Edison, NJ 08837
732-321-1189
TTY: 732-549-0669
empowerment@co.middlesex.nj.us

Lester Jones, *Director,
Health Officer*

**Middlesex County Board of County
Commissioners**

Ronald G. Rios, County Commissioner
Director

Shanti Narra, County Commissioner
*Chair, Public Safety and Health
Committee*

Clary Azcona-Barber,
Charles Kenny, Leslie Koppel,
Chanelle Scot McCullum,
Charles E. Tomaro

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CENTER FOR EMPOWERMENT

**Sexual Violence
Counseling, Advocacy, and
Prevention Education**

Serving Survivors and Loved
Ones in Middlesex County

24-Hour Hotline and Advocacy
Free Confidential Services
1-877-665-7273

MIDDLESEX
COUNTY • NJ

Empowerment is...

Allowing myself to heal in my own time and on my own terms.

Schedule a **free counseling** appointment with one of our clinicians if you:

- Need assistance working through your thoughts and feelings
- Are experiencing uncomfortable symptoms
- Want to find ways to cope
- Are affected by your loved one's experience or wish to better understand and support them

Accepting that things may never be the same, but they can be better than they are now.

Join one of our **support groups** if you:

- Wish to heal with the support of others who have been there
- Want to know others who share your story
- Want to know you are not alone



Taking the first step to speak to someone and ask for help when I'm feeling alone.

Confidential Sexual Violence Advocates are available 24/7 at 1-877-665-7273

Call our **hotline** if you:

- Need to speak to someone immediately
- Are concerned for a loved one
- Want to learn about your options
- Are looking for a resource or referral
- Are interested in learning more about our services

Understanding my options including my right to make decisions involving my life and my body.

Request the presence of an **advocate** if you:

- Need unconditional emotional support at the forensic exam, police department, prosecutor's office, or in court
- Want to know your rights as a victim

To learn more about services, email us at:

empowerment@co.middlesex.nj.us

Stopping sexual violence before it starts.

- Arrange a **presentation** on sexual violence or a related topic for your school, agency, or community
- Learn how rigid gender expectations and harmful media messages can contribute to sexual violence through **media literacy** programming
- Join the **Sexual Violence Prevention Coalition** of Middlesex County

Email svpc@co.middlesex.nj.us to learn more about our prevention initiatives.

Believing I can make a difference.

Email advocate@co.middlesex.nj.us to learn how you can support survivors as a **volunteer** Confidential Sexual Violence Advocate.

We support all survivors in our community.

SE HABLA ESPAÑOL

We serve survivors of all types of sexual violence regardless of when the violence occurred or if it was reported to police