

The Huntington Center for Hope and Healing

The Huntington Center for Hope and Healing houses the Battered Women's Shelter and the Rape Crisis Center. The center has the capacity to shelter up to 160 victims, including their families and if necessary the family pets, fleeing a domestic violence situation. Yoga Bliss has made the commitment to partner with these organizations to sponsor a room in the building. The room has been named: Shanti – meaning peace, rest, calmness, tranquility, or bliss. The room will house a crisis intervention specialist who will be working with individuals and families who are struggling with many stressful issues. Sessions will include reading, discussions, quiet time and role-plays all focused on the development of inner calmness, positive communication, self-affirmation and problem solving abilities. These survivors and their families will expand their interpersonal skills and outlook on a healthy life. It is our hope that this maybe an ongoing relationship with Yoga Bliss and that someday yoga classes may be an option for residents staying at the shelter.

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.

- 1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime.
- 1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- Intimate partner violence accounts for 15% of all violent crime.
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- 19% of domestic violence involves a weapon.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.