



Hubbard House
EVERY RELATIONSHIP VIOLENCE-FREE

Hubbard House Services

Hubbard House is a full-service domestic violence center serving Duval and Baker Counties. Hubbard House provides a safe and peaceful place for victims of domestic violence and their children to plan and prepare for the future.

EMERGENCY SHELTER

- Safe, Confidential Housing
- 24-Hour Hotline
- Advocacy and Referrals
- Group and Individual Counseling
- Parenting Skills
- Housing and Employment Referrals

CHILDREN AND YOUTH SERVICES

- Therapeutic Childcare for Shelter Residents
- HARK (Helping At Risk Kids)
- Children’s Counseling
- Prevention Education in Schools

OUTREACH PROGRAM

- Group and Individual Counseling
- Advocacy and Referrals
- Outreach Center (Walk-Ins Welcome)

FIRST STEP PROGRAM FOR BATTERERS

- Batterers’ Intervention
- Non-Violent Communication Skills
- Accountability

COMMUNITY EDUCATION

- Presentations to Community Groups
- Professional Education
- Information Fairs

No person shall, on the basis of race, color, religion, national origin, sex, age, or disability be excluded from participation in, be denied the benefits of, or be subjected to unlawful discrimination under any program or activity receiving or benefitting from federal financial assistance and administered by Hubbard House, Inc. Foreign language and certified sign language interpreters or alternative auxiliary aids will be made available at no charge to the client.



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24-Hour Hotline: 904-354-3114/800-500-1119
 Outreach Center: 904-400-6300
 Administrative: 904-354-0076
 Fax: 904-354-1342
 TTY: 904-354-3958
 PO Box 4909, Jacksonville, FL 32201
www.hubbardhouse.org



This program is supported by the Jaguars Foundation.

HARK

HELPING



AT RISK KIDS

Helping At Risk Kids (HARK)

What is HARK?

HARK is a 12-week group program that provides education and counseling to children who have witnessed or experienced domestic violence. HARK focuses on breaking the cycle of future occurrences of domestic violence by teaching children and youth about healthy relationships and alternatives to violence.

Whom does HARK serve?

HARK serves children ages 4 through 17, organized into age-appropriate groups. Separate groups are available for children and youth involved in the juvenile justice system.

Where is HARK located?

The HARK program is held in several convenient locations throughout Duval County.

Who leads the groups?

HARK groups are led by qualified and skilled facilitators.

What types of materials are used?

Hubbard House has developed an age-appropriate domestic violence prevention and intervention curriculum for use in HARK groups.

How are children and youth selected for HARK?

Referrals to HARK can be made by anyone working with children; self-referrals are also welcome. Each child or youth referred to HARK is individually evaluated. This evaluation also includes referrals to other programs and services as needed.

Facts About Domestic Violence and Children

- 15.5 million U.S. children live in families in which partner violence occurred at least once in the past year, and seven million children live in families in which severe partner violence occurred. *Journal of Family Psychology 20(1): 137-142. 2006*

- Children of mothers who experience prenatal physical domestic violence are at an increased risk of exhibiting aggressive, anxious, depressed or hyperactive behavior. *Archive of General Psychiatry. 63:551-560. 2006*

- Children who experience childhood trauma, including witnessing incidents of domestic violence, are at a greater risk of having serious adult health problems including tobacco use, substance abuse, obesity, cancer, heart disease, depression and a higher risk for unintended pregnancy. *Centers for Disease Control and Prevention. 2003*

These alarming statistics reveal the need to break the cycle of domestic violence and educate youth about its damaging effects. HARK does just that.

In a 12 week program, HARK teaches children ages 4 through 17:

- To identify abuse
- To resolve conflicts without using violence
- To build self-esteem
- To remain safe when violence erupts

In addition, HARK provides a safe and supportive place where children can express their fears and other feelings regarding the abuse they experienced.

Effects of Domestic Violence on Children and Youth

PRESCHOOLERS

- Delays in verbal development
- Poor motor abilities
- General fearfulness, anxiety
- Stomach aches
- Nightmares

OLDER CHILDREN

- Poor grades or failure
- Poor social skills
- Low self-esteem
- Violent outbursts of anger, bullying
- Withdrawn, dependent

TEENAGERS

- Poor grades, failure, quitting school
- Low self-esteem
- Runaways
- Poor judgment
- Males abusing girlfriends and females accepting the behavior



"I learned so much in the HARK program that when I grow up I want to work towards making this world a better place."

-12-year-old Hubbard House HARK Participant

For More Information Contact:

Hubbard House Outreach Center
6629 Beach Boulevard
Jacksonville, FL 32216
904-400-6300
Hours: 8:30-4:30 Monday-Friday
(Walk-Ins Welcome)