

Love SHOULDN'T HURT

IF YOU ARE EXPERIENCING DOMESTIC ABUSE, WE CAN HELP.

We help adults and children who have experienced domestic abuse reclaim their power to build lives free from abuse.

All services are provided at no cost; no survivor is ever turned away. We welcome diversity in gender, role, ethnicity and culture, sexuality, economic background and more.



Domestic Violence (DV) can be physical, verbal, emotional, financial or sexual. A person uses force and threats, intimidation, humiliation, isolation, blame, guilt and gaslighting to gain and keep power and control.

866-685-1122

The First Step

If you are in danger, call 911.

If you are in a safe place, call or text our confidential 24/7 call and text hotline.

A DV Advocate, someone with special training to help survivors of domestic abuse, will answer your questions, listen to your concerns, and help you create a Safety Plan. We will discuss options available to you and make referrals to our other services.

If you are not ready to call, you can find information about the warning signs of DV and help that is available to you at www.safe-sound.org.

Next Steps

Most of our clients end up using several - or even all - of our services. You may start out in one or two and be referred to others as you find safety and stability and heal from the trauma of DV. *Click program links for more info!*

[Emergency Safe House](#)

Shelter, safety and support for adults and their children who are at physical, emotional or other risk resulting from DV.

[Family Advocacy](#)

Support for client families includes education and building parenting skills, as well as helping to achieve a level of stability and security through referrals for food, clothing, transportation, healthcare and more.

[Legal Advocacy](#)

Legal advocates help survivors navigate the legal systems by understanding the process and their rights. We provide attorney referrals and support clients in court. We are not attorneys and do not provide legal advice.

[Financial Empowerment / DV Housing First](#)

Help with tools and strategies to building financial self-sufficiency through coaching and advocacy. Support for clients in obtaining safe housing and permanency.

[Counseling](#)

Individual and group counseling to help adult and child survivors heal from their experiences with DV.

Moving On

We hope that all survivors - adults and children - find safety, hope and healing for a life free from abuse. If, at any time, you are not thriving because of experiencing domestic abuse, please take **The First Step** and reach out to our confidential 24/7 call and text hotline for help.

CONFIDENTIAL
24/7 Call and Text Hotline
866-685-1122



Healing Begins Here

IF YOU OR SOMEONE YOU KNOW HAS EXPERIENCED SEXUAL VIOLENCE, WE CAN HELP.

We help adults and children who have experienced sexual violence reclaim their power and heal.

All services are provided at no cost; no survivor is ever turned away. We welcome diversity in gender, role, ethnicity and culture, sexuality, economic background and more.

The First Step

If you are in danger, call 911.

If you are in a safe place, call or text our confidential 24/7 call and text helpline.

An advocate, someone with special training to help survivors of sexual violence, will listen to you, help you explore your options, and plan for next steps.



Sexual Violence (SV) is an act of power and control that involves unwanted or non-consensual behavior that is sexual in nature, or targets someone's gender identity, gender expression or sexual orientation. It can include, but is not limited to, sexual assault, rape, sexual harassment, stalking, groping, indecent exposure, or unwanted exposure to sexual content.

866-685-1122



Next Steps

The choice is YOURS!

If you have been sexually assaulted, you may choose to activate a Sexual Assault Response Team (SART). The team of professionals and volunteers are trained to provide compassionate emotional support to sexual assault victims while using state-of-the-art evidence collection tools and techniques to prosecute offenders. Each SART includes a forensic nurse examiner, Confidential Sexual Violence Advocates (CSVAs), a law enforcement officer and an assistant prosecutor.

Survivors may choose to engage one, all, or none of these members. A CSVA can provide you with more information about your rights and options so you can make an informed decision, as well as help you explore community resources and supports. **We will always support your choices.**

Individual and group counseling to help adult and child survivors heal from their experiences with sexual violence. Counseling services are also available for family members, friends, and others who may have been indirectly impacted by sexual violence.

[Sexual Assault Response Team](#)

[Counseling](#)

Recovery

The experience of sexual violence can be isolating and scary. Our hope is to support all survivors – adults and children – in finding safety, hope, and healing. You are not alone, please take **The First Step** and reach out to our confidential 24/7 talk and text helpline for help.

CONFIDENTIAL
24/7 Call and Text Helpline
866-685-1122

