

*Every 12 seconds 24 hours a day,
365 days a year, a woman suffers
From some sort of violence or abuse
at the hands of her spouse,
boyfriend or significant other.*

*-Robert E McAfee, M.D.
American Medical association*

Make the Call. Break the Silence.

We are here to help!

**1-866-770-7867
760-949-4357**



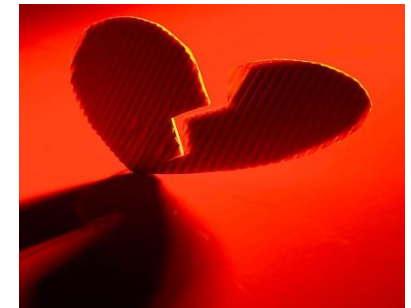
DOMESTIC VIOLENCE SAFETY PLAN

*If you are being threatened or assaulted and
need emergency help – Call 911.*

- ❖ Put away instruments of violence (hammers, knives, guns, etc.)
- ❖ If you have questions, need to talk or need shelter, Please Call (760) 949-HELP.
- ❖ Make a list of names and numbers of people you trust to help you: Police, Family, friends, Hotline, Witnesses.
- ❖ Do you have a Safe place to go? If not, call our Hotline number: (760) 949-HELP. Take copies of financial records, bank accounts, credit cards, check book, pink slip, house records, etc.
- ❖ Take all important documents: leases, wills, insurance papers, birth certificates (children's also), driver's license, SSN, passports, shot records, etc.
- ❖ Put a spare set of house and car keys outside in a safe place.
- ❖ Put together as much cash as possible. Don't forget medicines and prescriptions.
- ❖ Tell neighbors of your situation with instructions to call the police if they see or hear violence at your home. Teach your children to dial 911.
- ❖ Write every incident of past abuse and document dates, times and witnesses. If police are called, request that pictures be taken, and insist on a report. Get report number and name of officer.

High Desert Domestic Violence Program, Inc.

It Should Not
HURT
To BE IN A RELATIONSHIP
WITH ANOTHER PERSON



**High Desert Domestic Violence
Program**

Outreach Office:

*15075 Seventh Street
Victorville, CA 92392
(760)843-0701*

DOMESTIC VIOLENCE: POWER AND CONTROL

ISOLATION: Controls what she does, who she sees and talks to, where she goes.

EMOTIONAL ABUSE: Puts her down, call her names, makes her think she is crazy.

ECONOMIC ABUSE: Keep her from getting a job, make her ask for money, take her money.

THREATS: Does things to her like threaten suicide, or take the children to keep her emotionally off balance.

USING MALE POWER: treats her like a servant, act as master of the castle who makes all important decisions.

INTIMIDATION: Creates fear by using looks, actions and gestures, loud voice, smashing things, destroying her property.

USING THE CHILDREN: In a way that promotes guilt, to carry messages, or harass the victim about visitation.

SEXUAL ABUSE: Makes her do sexual things against her will, attacks the sexual parts of her body, and treats her like a sex object.

PHYSICAL ABUSE: Punches, kicks, grabs, slaps, chokes, pulls hair, pushes, twist arms, beats her or use weapons.

HELP IS AVAILABLE

**CALL OUR
24 HOUR HOTLINE
(760) 949-HELP
4 3 5 7**

FOR INFORMATION ON:

- * Emergency Shelter
- * Crisis Intervention Counseling
- * Safety Planning
- * Peer/ Support Group
- * Assistance with Temporary Restraining Orders
- * Legal Advocacy/Court Support
- * Parenting Classes

*Without some kind
Of help the violence
Usually gets worse . . .*

*The end result
Could be death.*

HIGH DESERT DOMESTIC VIOLENCE PROGRAM

Provides the following FREE services:

EMERGENCY SHELTER

- ❖ Emergency Shelter for Battered Women and their children (With a confidential location)
- ❖ Emergency Food and Clothing
- ❖ Transportation
- ❖ Professional Group Counseling
- ❖ Spanish/English Peer Support group
- ❖ Assistance in Goal Setting
- ❖ Assistance with Restraining Orders
- ❖ Legal Advocacy/Court Support
- ❖ Self Esteem and Parenting Classes
- ❖ Banking and Financial Classes
- ❖ Referrals for any other services

OUTREACH OFFICE

- ❖ Local Resources and referrals
- ❖ Volunteer Training
- ❖ Temporary Restraining Orders Clinic at Victorville Courthouse
- ❖ Parenting Classes
- ❖ Peer Support Group
- ❖ Professional Group Counseling
- ❖ Clothing Assistance

PEER SUPPORT GROUPS

Thursdays (English) 3:00 – 4:30 pm
Fridays (Spanish) 1:30 – 3:00 pm