

*You deserve to be safe.*

*You deserve to be loved.*

*You deserve to be trusted.*

*You deserve to be respected.*

**No one deserves  
to be abused**

**YOU ARE NOT ALONE**

**IT'S NOT YOUR FAULT!**



**Our Intimate Partner Abuse Services include:**

**24 hr. bilingual hotlines:**

South Santa Clara and San Benito Counties  
1 (877) 363-7238  
1 (877) END-SADV

- Confidential Shelter where you and your children can stay for up to 45 days
- Individual, family and group counseling for adults, teens and children
- Help obtaining Temporary Restraining Orders (TRO) and other legal assistance
- Prevention education classes and training

**All our services are  
FREE and available in  
both Spanish and English**



The mission of Community Solutions is to create opportunities for positive change by promoting and supporting the full potential of individuals, the strengths of families, and the well being of our community.

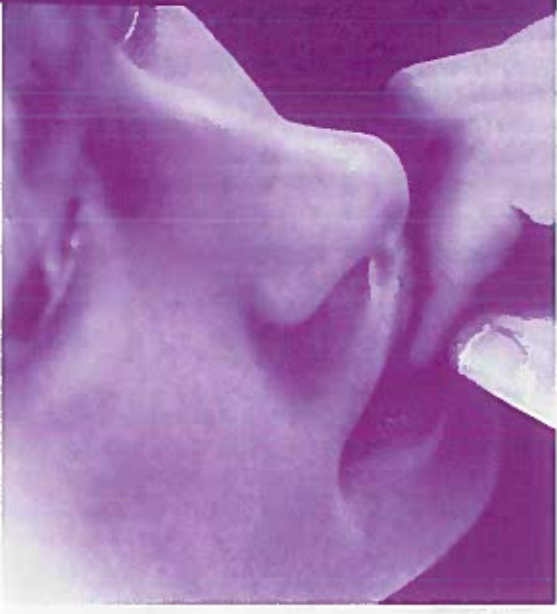
**Other services include:**

- Rape crisis intervention and prevention
- Mental health counseling, treatment and residential care
- In home support for overburdened parents
- Drug and alcohol prevention and intervention
- Court mandated programs



Creating Opportunities • Changing Lives

**Intimate  
Partner  
Abuse Services**  
*Creating Opportunities  
for Positive Change*



**24-Hour Crisis Lines**  
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## The Reality of Intimate Partner Abuse

The reality is, intimate partner abuse reaches into the lives of all kinds of people.

Anyone can be abused, regardless of gender, age, sexual orientation, socioeconomic status, race, religion or physical ability. The truth is, no one deserves to be abused.

### Does your partner:

- ① Frighten you with his or her temper?
- ① Criticize you often for daily things, like cooking, the clothes you wear or your appearance?
- ① Hit, kick, push you or physically harm you in other ways?
- ① Force or pressure you into having sex?
- ① Withhold money or other financial resources?
- ① Belittle you publicly or keep you from seeing your family and friends?
- ① Threaten to take away your children, call immigration or "out" you publicly?

If you answered yes to any of these questions, your partner may be abusive. There are many different types of abuse, and emotional abuse can be just as harmful as physical abuse. If you are being abused, it is not your fault.

## YOU ARE NOT ALONE

### IT'S NOT YOUR FAULT!

Battering is the single greatest cause of injury to women in the United States and is the most prevalent crime in the

State of California

## YOU HAVE OPTIONS

### We can help

If you are in an abusive relationship, making the decision about whether to leave an abusive partner or try to make things better can be challenging. Fear, love, children, lack of financial resources, pressure from family and friends may make your decision more complicated. We are here to support your decisions. We are here to help.

### 24-hour bilingual hotlines:

A crisis line worker can help you to explore your options, and come up with a plan that will help you to stay safer, whether you choose to stay in the relationship or to leave.

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San Benito County  
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### Emergency Safe House

La Isla Pacifica (Peaceful Island) is an emergency safe house for women and children escaping abusive relationships. Residents receive housing and job assistance, food and clothing, individualized safety planning, life skills education, counseling and legal assistance during their stay.

### Legal Services

Our legal advocate can help you get a Temporary Restraining Order (TRO), which is a legal document that can help to keep you safe. The advocate also provides court accompaniment, advocacy services, information about your rights and referrals for other legal services.

### Counseling Services

Counseling services are available for any adult, teen or child who has been affected by domestic violence. Support groups are also available.

## Safety Planning:

If you are in an abusive relationship, you may be in danger. The following are some ideas that can help you and your children increase your safety.

### When developing an escape plan:

- Know all the exits in your home.
- Choose a safe time to leave.
- Keep a spare set of house keys and car keys in a safe place.
- Keep a packed bag in a safe place with the following items:
  - A change of clothes for you and your child(ren).
  - Important documents and phone #'s.
  - Emergency cash.
  - Medicines, glasses, favorite toy, etc.

### If you choose to stay:

- Be prepared to call 911 and teach your children how to as well.
  - Try to stay out of the kitchen, bathroom and garage during violence.
  - Tell a neighbor or someone you trust about the abuse and arrange to signal them when you need help.
  - Have a plan about a safe place to go if you need to leave in a hurry. Think about how you will get there, and what you will need to take.
- Other things you can do to stay safe:**
- Consider getting a restraining order.
  - Change the locks to your home.
  - Be sure windows can be locked.
  - Install an alarm system.
  - Let the neighbors know what is going on.

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