

Other Resources

Volunteers of America Home Free
503-771-5503

Culturally Specific Resources

Catholic Charities' El Programa Hispano
503-669-8350 (Gresham)
503-232-4448 (Portland)

Healing Roots Center
(African & African American)
503-595-9591

IRCO Family Strengthening
503-445-1446

Native American Family Healing Circle
503-288-8177

Russian Oregon Social Services
503-777-3437

SAWERA
503-778-7386

Self-Enhancement Center Inc.
(African American)
503-249-1721

Domestic Violence Hotlines (Available 24 hours a day)

Portland Women's Crisis Line*
503-235-5333 or 1-888-235-5333

Linea UNICA (Español)
503-235-4448 or 1-888-232-5333

National Domestic Violence Hotline
1-888-799-SAFE*
*translation available 24 hours a day

Shelters

Bradley Angle House
503-281-2442

Clackamas Women's Services
503-654-2288

Domestic Violence Resource Center
503-469-8620

Raphael House
503-222-6222

Salvation Army West Women's &
Children's Shelter
503-224-7718

Yolanda House of YWCA
503-535-3269





Do you feel SAFE in your relationship?

Does the person you love:

- Always blame you?
- Constantly put you down?
- Frequently call or show up to check up on you?
- Keep you from contacting your friends or family?
- Control all the money?
- Destroy or damage your property?
- Intimidate you with yelling or threats?
- Push, slap, choke, kick, or hit you?
- Threaten to kill you?
- Threaten to take your children?

Do you:

- Always “give in” to avoid a fight?
- Feels like you “walk on eggshells” to avoid anger?
- Feel scared of your partner?
- Always feel like it’s your fault?
- Stay because you’re afraid of what would happen if you left?
- Believe that if you just tried harder, everything would be ok?
- Believe you are nothing without him or her?

Plan for your safety:

- Keep a list of important phone numbers with you (police, domestic violence hotline, friends).
- Teach your children to stay out of the fight. Let them know their job is to stay safe, not to protect you. Show them a safe place to go in an emergency (a room with a lock, the neighbors, etc.)
- Arrange a signal with a neighbor for when you need help.
- Prepare an emergency kit (include extra keys, money, foodstamps, ID, important papers, prescription medicine, and a change of clothes for you and your children).
- Plan the safest time to get away. Know how to escape your house in an emergency, and practice with your children.
- Talk to someone about what you can do next. Call a domestic violence hotline.

Help is available
Call 911 for emergencies

National Domestic Violence Hotline
1-800-799-SAFE/1-800-797-3224 (TTY)