

what to TAKE

- ▶ Driver's license / I.D.
- ▶ Your/Your children's birth certificate
- ▶ Money, bank books, checkbooks, credit/ATM cards
- ▶ Ownership papers and/or payment books (mortgage & vehicle)
- ▶ Social security cards for you/your children
- ▶ Insurance documents
- ▶ Medical records and medications for you/your children
- ▶ Abuser's social security number and license plate number
- ▶ Divorce and custody papers
- ▶ Copies of your protection orders
- ▶ Any documented abuse (journal/photos/emails/texts)
- ▶ Keys to house and car
- ▶ Items of particular sentiment
- ▶ Other: _____

Important Phone Numbers:

Assistance is just a phone call away...

Call COPEline
1-888-285-5665

give HELP



Make a donation to WomenSafe at:
12041 Ravenna Road, Chardon, OH 44024
or online: www.womensafe.org

Donations to WomenSafe are tax deductible as provided by law.

Monthly needs list also posted at womensafe.org

Other ways to help:

- ▶ Become a WomenSafe volunteer.
- ▶ Invite a speaker to your next association meeting or function.
- ▶ Publicize the COPEline number and WomenSafe by placing brochures, posters or other educational materials at places you frequent (all available free from WomenSafe).
- ▶ Plan a fundraiser for WomenSafe.

WomenSafe is proud to be supported by a variety of funders. They include: government agencies, corporations, foundations, and community and individual donors.

Geauga County Job & Family Services



WomenSafe has been CARF-accredited since 2008. CARF-accredited programs have demonstrated that they meet internationally recognized standards. Clients can be confident that a commitment has been made by the organization to continually enhance the quality of its programs.

WOMENSAFE, INC.

the 
Green House

The Mission of WomenSafe is to provide emergency shelter and support services to survivors of domestic violence throughout Northeast Ohio.



24 Hour Crisis Support Is Available,

Call COPEline
1-888-285-5665

TTY Accessible via Ohio Relay
1-800-750-0750

12041 Ravenna Road
Chardon, Ohio 44024
Phone **440.286.7154**
Fax **440.286.1037**
www.womensafe.org

about US

WomenSafe is a non-profit organization that provides free support to anyone experiencing violence in their home or dating relationship. This includes comprehensive programming for adults and children.

Domestic violence refers to a pattern of abusive and violent behavior that one person uses to exercise power and control over another.

DOMESTIC VIOLENCE MAY INCLUDE:

- ▶ **Physical Abuse**
 - Hitting • Biting • Choking
 - Hair pulling • Shoving • Throwing objects
- ▶ **Verbal Abuse**
 - Yelling • Name calling
 - Threats to hurt or kill • Constant blaming
- ▶ **Emotional Abuse**
 - Isolation from others • Ridicule
 - Abuse of pets • Tracking whereabouts
 - Monitoring conversations
- ▶ **Sexual Abuse**
 - Constant sexual demands
 - Forcing unwanted sexual acts
 - Making demeaning sexual remarks
 - Sabotaging birth control
- ▶ **Financial/Resource Abuse**
 - Controlling money • Demanding an account for all expenditures • Destruction of property • Taking keys, purse, or cell phone



get HELP



WomenSafe offers the following services to those in need *free of charge*:

Emergency Shelter—WomenSafe staffs and supports a home-like environment for abused adults and children. All basic necessities are provided.

Counseling—Licensed counselors work with individuals residing in shelter or in the community to recover from the effects of living in an abusive environment.

Art Therapy—Using art and other media, an art therapist helps victims process the effects of witnessing violence.

Court Advocacy—Trained advocates accompany clients and their children to attorney, court, or social service agency appointments.

Hospital Advocacy—Advocates go to hospital bedsides to discuss WomenSafe services and offer support to anyone requesting information.

Outreach Services—All staff assist with providing education on domestic violence and offer supportive listening. Additionally, support groups have been created with special populations in mind, including a trauma group for adolescents and an adult peer group for women.

Aftercare/Re-establishment—Follow up communication and visits are offered to previous clients to provide support, household necessities and links with other programs.

ready to LEAVE

- ▶ Identify a variety of ways to get out of your home safely and practice your escape methods.

Helpful hints:

- During an explosive incident, try to stay in a room with access to an exit (NOT the kitchen).
 - Try to stay in a room with a phone to call 911.
 - Inform law enforcement if weapons are in the home.
- ▶ Pack a bag with medications, important documents, money, keys, etc. and hide it (*see reverse*).
 - ▶ Arrange a signal and/or code word with neighbors, children or extended family to let them know when you need help.
 - ▶ Plan where you will go: shelter, friend/family home, hotel.
 - ▶ When appropriate, advise employer of situation and ask for reasonable accommodations (move desk, new extension, work with the reception staff).
 - ▶ Beware of possible tracking mechanisms and how to turn them off (cell phones, GPS devices, etc.).
 - ▶ If you need to use the internet, make sure you do so at locations that are not accessed by your abuser (library, friend's home, or ask for permission at work).

