

## 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](http://www.womensafe.org)

Donations to WomenSafe are tax deductible as provided by law.

Monthly needs list also posted at [womensafe.org](http://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](http://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).

