

## Ask yourself...

---

- Does my partner scare or intimidate me with their words or actions?
- Does my partner control where I go and who I can speak with?
- Has my partner hurt me or touched me in a way I didn't want?
- Are you afraid your partner might hurt your children?

If you answered "Yes" to any of these questions you may be in an unsafe relationship.

It is NOT your fault and you are NOT alone.

## What is domestic violence?

---

Domestic violence is a pattern of abusive or violent behavior within an intimate relationship, such as a current or former partner, spouse, boyfriend or girlfriend.

Domestic violence affects everyone. It affects all ages, races, genders, and all socio-economic classes.

The stress of domestic violence and family violence can also affect your health and your mental health.

### What hurts you, hurts your children too.

Be calm, reassure them the violence is not their fault.

Listen and be supportive.



## Domestic Violence is against the law.

### Know Your Rights...

---



- *You have the right to be safe*
- *You have the right to ask for a protective order*
- *You have the right to confidentiality*
- *You have the right to file a police report*
- *You have the right to leave the relationship if you choose*
- *You have the right to information about your case*
- *You have the right to be notified when your offender is released*
- *You have the right to have an advocate*

## Safety Plan

---

*If your safety is being threatened*

Prepare now in case you need to leave in a hurry.

Having a safety plan will help you and your family stay safe.

**Call 9-1-1** if you are in immediate danger.

**TEACH** your children how to dial 9-1-1 in case of an emergency.

**TALK** to someone you trust about what is happening in your relationship. Ask for help in case you need to leave.

**CALL** one of the numbers in this booklet from a safe place. They can help you plan ways to stay safe.

**PACK** a bag that won't be missed including money, clothes, important documents, and medications. Hide the packed bag, or keep it with someone you trust.

*Note: Sometimes leaving can be a dangerous time.*

## Are you hurting someone you love?

It is OK to ask for help if you are hurting someone you love.

If you are ready to make a change, help is available.

Call 925-313-4000 (ask for BIP list)



## Do you know someone who needs help?

Be supportive, listen, and express your concern for their safety.

Avoid blaming or judging and suggest they seek help with a local organization or crisis line.

If they are in immediate danger, call 9-1-1.

## Resources

### Temporary Restraining Order clinic

**Pittsburg:** Tuesdays, arrive by 9:00 AM at Pittsburg Courthouse

**Richmond:** Fridays arrive by 9:00 AM Richmond Courthouse

Bay Area Legal Aid 510-233-9954

**Central County** by appointment only, call STAND! 888-215-5555

Additional assistance filing restraining orders:

Family Law Facilitator 925-957-7887 or [www.cc-courts.org](http://www.cc-courts.org)

**There is no court fee for restraining orders resulting from violence.**

### West Contra Costa Family Justice Center

one-stop center for victims 510-965-4949

### Supervised Visitation and Safe Exchange

Community Violence Solutions 510-237-0113

### Narcotics Anonymous (NA)

925-685-HELP (4357)

**Alcoholics Anonymous (AA)** 925-939-4155

**Al-Anon/Alateen** 925-932-6770

Additional resources available at [211database.org](http://211database.org) or [www.contracostazt.org](http://www.contracostazt.org)

## Crisis Counseling & Shelter

### STAND! For Families Free of Violence

888-215-5555

**WOMAN Inc.** tracks shelter openings in the Greater Bay Area 877-384-3578

**La Casa de las Madres** (San Francisco) Services in Spanish 877-503-1850 or 877-923-0700 (teens)

**Tri-Valley Haven** (Alameda County) 800-884-8119

**Center For Domestic Peace** (Marin County) 415-924-6616 or 415-924-3456 (Spanish)

**SafeQuest** (Solano County) 866-487-7233

**Community Violence Solutions** rape crisis and sexual assault services 800-670-7273

**Deaf Hope email** [hotline@deaf-hope.org](mailto:hotline@deaf-hope.org) or (TTY/V) 510-267-8800

**Narika** (Alameda County) 800-215-7308

**Community United Against Violence** (LGBTQQ) Crisis Line 415-333-4357



## Everyone deserves a SAFE relationship



Are you in a relationship that has become frightening or abusive?

Are you worried about a friend or family member?

You are not alone.

Help is available.