



**Are you being hurt or  
controlled?**

**Know someone  
who is?**

You are not alone.

There is help.

There is hope.

# Community Resource Guide

**for those affected by**

Domestic Violence ▪ Dating Violence  
Sexual Assault ▪ Stalking

**District Attorney Carol Chambers**  
Office of the District Attorney  
18th Judicial District  
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## ABOUT THIS RESOURCE GUIDE

This resource guide is intended to assist those affected by domestic/dating violence, sexual assault, and stalking by highlighting important local contacts and resources for assistance. Within this guide, you will find a variety of resources available in the 18th Judicial District (Arapahoe, Douglas, Elbert, and Lincoln counties) and surrounding areas, which range from rural to urban. This guide is not comprehensive—It's purpose is to direct you to resources that you may contact on your own. Keep in mind that additional resources may be available to you through referral from various agencies listed in this guide.

In addition to victims, these crimes often affect their children, family members, and friends. All have the right to be safe from abuse. You do not have to go through this difficult time alone, and there are options for you—regardless of your decision to report these crimes.

However, if you or someone you know is in immediate danger, call 9-1-1. If you fear for your safety, ask the dispatcher to stay on the line until police arrive.



### A MESSAGE FROM THE DISTRICT ATTORNEY

This guide was created to inform the community about resources available within the 18th Judicial District for those affected by domestic violence, dating violence, sexual assault, and stalking. The District Attorney's Office wants to help empower victims, family members, and friends to find the resources they need to feel safe and begin healing.

There is no excuse for relationship or sexual violence. Holding an offender accountable for their actions is a critical part of ending domestic and sexual violence. However, victim safety is the number one priority. The District Attorney's Office is committed to advocating for victims' rights and promoting public safety through cooperation and partnership with law enforcement, community organizations, groups, and community members.

It is both my duty and my passion to protect our community. I ask that you join me in keeping our community a safe place, where relationships are free from violence.

*Carol Chambers*

Carol Chambers, District Attorney

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# CRISIS RESOURCES—DOMESTIC VIOLENCE

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By County

## DV CRISIS HOTLINES / SAFEHOUSES

### *ADAMS COUNTY*

Alternatives to Family Violence (English/Español/TTY) 303-289-4441

### *ARAPAHOE COUNTY*

Gateway Battered Women's Shelter (English/Español/TTY) 303-343-1851

Comitis Crisis Center 303-343-9890

### *BOULDER COUNTY*

Safehouse Progressive Alliance for Nonviolence 303-449-8623

### *DENVER COUNTY*

Colorado Anti-Violence Program (GLBT) Crisis Line 303-852-5094 or  
(Toll Free) 888-557-4441

CHAI/Jewish Community Resource on Domestic Abuse 303-825-4357

Denver Center for Crime Victims 303-894-8000

Domestic Violence Initiative for Women with Disabilities 303-839-5510

DOVE (Advocacy for Abused Deaf Women and Children) 303-831-7874

SafeHouse Denver, Inc. (English/Español/TTY) 303-318-9989

VOA Brandon Center (English/Español/TTY) 303-620-9190

### *DOUGLAS/ELBERT/LINCOLN COUNTIES*

Women's Crisis and Family Outreach Center 303-688-8484

Eastern Plains Violence Coalition (Crisis Line only) 888-247-7472

### *JEFFERSON COUNTY*

Family Tree/Women in Crisis (English/Español/TTY) 303-420-6752

### *NATIONAL DOMESTIC VIOLENCE HOTLINE*

(TDD)

800-799-SAFE  
800-787-3224

# CRISIS RESOURCES—SEXUAL ASSAULT

By County

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## RAPE CRISIS RESOURCES

### *ADAMS/MORGAN COUNTIES*

SARA Inc.  
Fort Morgan, CO

970-867-2121

### *BOULDER COUNTY*

MESA (Moving to End Sexual Assault)

303-443-7300

### *DENVER COUNTY*

RAAP (Rape Assistance and Awareness Program)  
(serves Arapahoe, Douglas, Elbert, and Lincoln Counties)

303-322-7273

(Español) 303-329-0031  
(TTY) 303-329-0023

### *EL PASO COUNTY*

TESSA  
Colorado Springs, CO

719-633-3819

### *KIT CARSON COUNTY*

High Plains Sexual Assault Center

866-532-0377

### *NATIONAL SEXUAL ASSAULT HOTLINE*

800-656-HOPE



## ADDRESS CONFIDENTIALITY

<b>Colorado Address Confidentiality Program</b>		<b>303-869-4911</b>
1001 E. 62nd Ave.	(Toll Free)	888-341-0002
Denver, CO 80216	(TTY)	800-659-2656
(Please call to find out if you are eligible)		

## ALCOHOLISM/SUBSTANCE ABUSE TREATMENT

### *ARAPAHOE COUNTY*

<b>Action Counseling</b>	<b>303-429-7144</b>
14901 E Hampden Pl. #270	
Aurora, CO 80014	

<b>AMEND of Arapahoe County</b>	<b>303-220-1911</b>
6565 S. Dayton St., #1500	
Greenwood Village, CO 80111	

<b>Anchor Counseling</b>	<b>303-367-9356</b>
15290 E. 6th Ave. Ste 110	
Aurora, CO 80011	

<b>Arapahoe House</b>	<b>303-412-3701</b>
1290 S. Potomac St.	
Aurora, CO 80012	

<b>Outpatient</b>	<b>303-412-3791</b>
3005 S. Parker Rd. Bldg. C Ste 330	
Aurora, CO 80014	

<b>Aurora Center for Treatment</b>	<b>303-340-8990</b>
1591 Chambers Rd. Ste E	
Aurora, CO 80011	

<b>Behavioral Alternatives</b>	<b>720-859-2332</b>
1456 Lola St.	
Aurora, CO 80010	

**ALCOHOLISM/SUBSTANCE ABUSE TREATMENT (Cont.)**

<b>Chrysalis Counseling Center</b> 231 Airport Blvd. Ste E Aurora, CO 80011	303-360-0900
<b>Chrysalis Counseling Center</b> 56541 E. Colfax St. Suite B Strasburg, CO 80136	303-360-0900
<b>Comitis Crisis Center</b> 9840 E. 17th Ave. Aurora, CO 80010	303-343-9890
<b>Creative Recovery</b> 2323 S. Troy St. Aurora, CO 80014	303-752-2390
<b>Highlands Counseling</b> 6909 S. Holly Circle Ste 110 Centennial, CO 80012	720-489-1444
<b>IDEA</b> 1090 S. Sable Blvd. Aurora, CO 80012	720-858-9111
<b>Right Avenue Counseling, Inc.</b> Centennial, CO	303-694-3360
<b>University of Colorado</b> 1300 S. Potomac St. Ste 150 Aurora, CO 80012	303-283-5991
<b><i>DENVER COUNTY</i></b>	
<b>Alcoholics Anonymous– Central Office</b> 1800 Boulder St. #100 Denver, CO 80211	303-322-4440
<b>Denver Indian Health and Family Services</b> 1633 Fillmore St. GL-1 Denver, CO 80206	303-781-4050

## ALCOHOLISM/SUBSTANCE ABUSE TREATMENT (Cont.)

### *DOUGLAS COUNTY*

**Addiction Treatment Counseling** 303-841-0186  
19571 E. Main St. #380  
Parker, CO 80138

**Center for Recovery Inc.** 303-694-7492  
101 Briscoe St. Unit A  
Castle Rock, CO 80104

**Dynamic Directions Counseling** 303-688-1116  
107 5th St.  
Castle Rock, CO 80104

**First Step Counseling** 303-840-2636  
10292 S. Progress Way  
Parker, CO 80134

**Running Creek Counseling** 303-805-1218  
18425 Pony Express Dr., Suite 203  
Parker, CO 80134

### *ELBERT COUNTY*

**Centennial Mental Health** 303-646-4519  
654 Walnut St.  
P.O. Box 533  
Elizabeth, CO 80107

**Running Creek Counseling** 303-805-1218  
18425 Pony Express Dr., Suite 203  
Parker, CO 80134

### *LINCOLN COUNTY*

**Centennial Mental Health** 719-775-2313  
606 Main St.  
Limon, CO 80828

**NATIONWIDE ADDICTION ASSISTANCE HELPLINE** 800-559-9503

\*See also: Counseling/Mental Health Section

**ANIMAL (PET) CARE**

If you are being abused and are concerned about your pet's safety, you may contact your local domestic violence shelter, animal shelter, veterinarian, or boarding kennel to see if they have a Safe Haven for Animals program or can provide temporary care for your pet.

**Denver Dumb Friends League**  
Pet Assistance Program  
2080 S. Quebec St.  
Denver, CO 80231

**303-696-4941** ext. 7291

**Humane Society of the Pike's Peak Region**  
Safe Pets Program  
610 Abbott Ln.  
Colorado Springs, CO 80905

**719-473-1741** ext. 114

**BATTERER INTERVENTION / DV OFFENDER TREATMENT PROGRAMS**  
(Colorado DV Offender Management Board-Approved)***ARAPAHOE COUNTY***

**Action Counseling** 303-429-7144  
14901 E. Hampden Pl., #270  
Aurora, CO 80014

**AMEND of Arapahoe County** 303-220-1911  
6565 S. Dayton St., #1500  
Greenwood Village, CO 80111

**Aurora Mental Health Center** 303-617-2435  
The Offenders Group  
1646 Elmira St.  
Aurora, CO 80010

**Colorado M.O.V.E.S.** 303-934-7050  
14901 E. Hampden, #200  
Aurora, CO 80014

**IDEA @ Aurora** 720-858-9111  
1090 S. Sable Blvd.  
Aurora, CO 80012

***DOUGLAS/ELBERT COUNTIES***

**Running Creek Counseling**  
**Parker Office** 303-805-1218  
18425 Pony Express Dr., Suite 203  
Parker, CO 80134

## CHILD / YOUTH ADVOCACY & RESOURCES

Coalition for Children, Inc.	303-809-9001
Colorado Department of Human Services Domestic Abuse Assistance	303-866-6468
Denver Children's Advocacy Program 2149 Federal Blvd. Denver, CO 80211	303-825-3850
Early Childhood Connections of Elbert County (Birth to 3 years)	303-646-6717
Kempe Foundation Anschutz Medical Campus 13123 E. 16th Ave. B 390 Aurora, CO 80045	303-864-5300
Project PAVE 2051 York St. Denver, CO 80205 *Information for kids, teens, and parents to help end the cycle of violence.	303-322-2382
Safe-2-Tell *Anonymous reporting for kids & teens	877-542-SAFE

## CHILD CARE

Catholic Charities 4045 Pecos St. Denver, CO 80211	303-742-0828
CORRA Childcare Hotline Daycare Referral and Reference Checks	303-339-6800
Frontier Childcare Center	303-646-6721
United Way *provides customizable search	Dial 2-1-1 or 303-561-2244
	(Direct Line)

\*See also: Government (Department of Human Services) Section of this guide

**CHILD SUPPORT ENFORCEMENT**

<b>ARAPAHOE</b> 14980 E. Alameda Dr. Suite 38 Aurora, CO 80012 <a href="http://www.co.arapahoe.co.us">www.co.arapahoe.co.us</a>	303-752-8900
<b>DOUGLAS</b> 4000 Justice Way Suite 2525A Castle Rock, CO 80104 <a href="http://www.douglas.co.us">www.douglas.co.us</a>	303-814-7145
<b>ELBERT</b> 325 Pueblo P.O. Box 6 Simla, CO 80835	719-541-2369
<b>LINCOLN</b> 103 3rd Ave. P.O. Box 37 Hugo, CO 80821	719-743-2404

**CLEANING SERVICES: CRIME SCENES**

<b>Colorado Cleanup Services</b> 642 W. 43rd Ave. Denver, CO 80126	303-237-4406
<b>Crime Scene Cleaners, Inc</b> 2590 S. Humboldt St. Denver, CO 80216	720-436-4162
<b>Disaster Restoration, Inc</b> 4275 Forest St. Denver, CO 80126	303-657-1400
<b>Tri R Carpet Care, Inc</b> 2015 W. Ashwood Pl. Littleton, CO 80129	303-898-1329

**COUNSELING / MENTAL HEALTH (Cont.)**

<b>American GI Forum Veteran Outreach Program</b> 2870 No. Speer Blvd. Suite 103 Denver, CO 80211	303-458-1700 or 303-964-0701
<b>Arapahoe Douglas Mental Health</b> (multiple Locations)	303-730-8858
<b>Arapahoe House</b> 1290 S. Potomac St. Aurora, CO 80012	303-412-3701
<b>Aurora Mental Health</b> 10782 E. Alameda Ave. Aurora, CO 80014	303-617-2300
<b>Catholic Charities</b> 4045 Pecos St. Denver, CO 80211	303-742-0828
<b>Centennial Mental Health</b> 654 Walnut St. P.O. Box 533 Elizabeth, CO 80107	303-646-4519
<b>Centennial Mental Health</b> 606 Main St. Limon, CO 80828	719-775-2313
<b>Denver Indian Health and Family Services</b> 1633 Fillmore St. GL-1 Denver, CO 80206	303-781-4050
<b>Drug and Alcohol Counseling</b> Alcoholics Anonymous 2785 North Speer Blvd., Suite 224 Denver, CO. 80211	303-322-4440

**COUNSELING / MENTAL HEALTH (Cont.)**

Family Tree— Women In Crisis	303-420-0412
Multi-Services Clinic 3221 W 1st Ave. Denver, CO 80219	303-922-0234
Project PAVE 2051 York St. Denver, CO 80205	303-322-2382
RAAP (Rape Assistance and Awareness Program) Southeast Office (Littleton)	303-329-9922 720-489-8177 (TTY) 303-329-0023
Running Creek Counseling 18425 Pony Express Dr., Suite 203 Parker, CO 80134	303-805-1218
Safehouse Denver	303-318-9989
The Women's Crisis and Family Outreach Center Castle Rock Office Kiowa Office Crisis Line	303-688-1094 303-621-2701 303-688-8484
United Way (Helpline)	2-1-1 303-433-8383

\*See Also: Crisis Resources/Safehouses; Domestic Violence Community Programs Sections of this guide

**OFFICE OF THE DISTRICT ATTORNEY  
(18th Judicial District)**

Carol Chambers, District Attorney 720-874-8555  
Leslie Hansen, Assistant District Attorney 720-874-8555

***ARAPAHOE COUNTY***

Arapahoe County - District Court 720-874-8500  
6450 S. Revere Pkwy.  
Centennial, CO 80111

Arapahoe County - County Court Office 303-636-2000  
15400 East 14th Pl.  
Aurora, CO 80011

Arapahoe County - County Court Office 303-734-5270  
1690 W. Littleton Blvd. #203  
Littleton, CO 80120

***DOUGLAS COUNTY***

Douglas County - District and County Court 303-814-7100  
4000 Justice Way, Suite 2525A  
Castle Rock, CO 80109

***ELBERT COUNTY***

Elbert County - District and County Court 303-621-2875  
751 Ute St. - Post Office Box 493  
Kiowa, CO 80117

***LINCOLN COUNTY***

Lincoln County - District and County Court 719-743-2223  
103 Third Ave. - Post Office Box 307  
Hugo, CO 80821

Consumer Protection 720-874-8547  
Juvenile Diversion Counseling 720-874-8680

## DOMESTIC VIOLENCE COMMUNITY PROGRAMS

Alternatives to Family Violence	303-289-4441
AMEND	303-832-6363
Asian Pacific Development Center	303-365-2959
Denver Center for Crime Victims	303-860-0660
Domestic Violence Initiative for Women with Disabilities	303-839-5510
DOVE: Advocacy Services for Abused Deaf Women and Children	303-831-7932
Eastern Plains Violence Coalition	719-743-6100
(crisis line)	888-247-7472
Family Tree, Inc.— Women In Crisis	303-420-0412
Gateway Battered Women’s Shelter	303-343-1856
Muslim Family Services	303-755-5228
Project PAVE	303-322-2382
Project Safeguard	303-344-9016
Safehouse Denver	303-318-9959
Women’s Crisis and Family Outreach Center	303-688-1094
(Crisis Line)	303-688-8484

\*See also: Crisis/Safehouse Resources; State Resources/Coalitions Sections of this  
guide

## EMPLOYMENT / BUSINESS DEVELOPMENT

<b>Catholic Charities</b> 4045 Pecos St. Denver, CO 80211	303-742-0828
<b>Center for Work Education and Employment (CWEE)</b> 1175 Osage St. Suite 300 Denver, CO 80204 *Serves low income residents of the Denver metropolitan area (Adams, Arapahoe, Broomfield, Denver, Douglas, and Jefferson counties). <b>Please call to</b> see if you would be eligible as a Self-Referral	303-892-8444
<b>Colorado Coalition for the Homeless</b> 2111 Champa St. Denver, CO 80205	303-293-2217
<b>Colorado Department of Labor &amp; Employment</b> 633 17th St. Denver, CO 80202	303-318-8000
<b>Workforce Center Locations</b>	
<b>Arapahoe/Douglas Works- Castle Rock</b> (Castle Rock Workforce Center) 4400 Castleton Ct. #198 Castle Rock, CO 80109	303-688-4825 x5037
<b>Arapahoe/Douglas Works-Greenwood Village</b> 5500 S. Quebec St. Suite 175 Greenwood Village, CO 80111	303-636-1160
<b>Elizabeth Workforce Center</b> 240 Elizabeth St. Suite A-1 Elizabeth, CO 80107	303-646-2783
<b>Denver Workforce Center</b> 1391 N. Speer Blvd., Suite 500 Denver, CO 80204	720-865-5619
<b>Limon Workforce Center</b> 285 D Ave. P.O. Box 875 Limon, CO 80828	719-775-2387

**EMPLOYMENT / BUSINESS DEVELOPMENT (Cont.)**

<b>Denver Office of Economic Development</b> 201 W. Colfax Ave., 2nd Floor Dept. 1005 Denver, CO 80202	<b>720-913-1999</b>
<b>Division of Vocational Rehab</b>	
<b>Aurora</b> 12510 E. Iliff Ave., Suite 303 Aurora, CO 80014	<b>303-337-4610</b>
<b>Denver Metro</b> 2211 West Evans Ave., Bldg A Denver, CO 80223	<b>303-866-2500</b>
<b>Developmental Disabilities Resource Center</b> 11177 W. 8th Avenue, Suite 300 Lakewood, CO 80215 <i>* The DVR counselor in this office serves only individuals who are part of the DD Pilot Project. Please contact the Golden office for more information.</i>	<b>303-462-6688</b>
<b>Golden</b> 3500 Illinois St. Golden, CO 80401	<b>303-866-4121</b>
<b>Limon</b> P.O. Box 99 825 Second Street Limon, CO 80828	<b>719-775-8819</b>
<b>High Prairie Business Women's Association</b>	<b>303-646-6132</b>
<b>Morgan Community College</b> Small Business Development Center 300 Main St. Fort Morgan, CO 80701	<b>970-542-3262</b> or <b>800-622-0216 ext. 3263</b>

## ESL AND CITIZENSHIP CLASSES

<b>Asian Pacific Development Center</b> 1544 Elmira St. Aurora, CO 80010 *offers ESL and U.S. Citizenship classes. Call for more information and cost.	303-365-2959 ext 119
<b>Catholic Charities</b> 4045 Pecos St. Denver, CO 80211	303-742-0828
<b>Centro de Idiomas Privado</b> 487 Sable Blvd. Aurora, CO 80011	303-340-8721
<b>City of Aurora-Moorehead Recreational Center</b> 2390 Havana St. Aurora, CO 80010	303-326-8315
<b>Community College of Aurora- Aurora Language Center</b> 9209 E. 7th Pl. Bldg 901 Denver, CO 80230	303-340-7079
<b>Focus Points Family Resource Center</b>	303-292-0770 ext 2
<b>Original Aurora Renewal</b> 9898 E. Colfax Ave. Aurora, CO 80010	303-739-7929

\*Contact your local Public Library or Public School- many offer ESL classes

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## FAITH-BASED RESOURCES

**Interchurch Task Force (Aurora)** 303-360-0260  
**Inter-Faith Task Force (SW Arapahoe)** 303-789-0501  
Emergency food and clothing. Utility and rent assistance. Prescriptions, gas and bus tokens, and more.

\*Visit your local church, mosque, synagogue, or meeting place. You may be able to seek support and assistance.

## FAMILY SUPPORT & RESOURCES FOR PARENTS

**Colorado Family Support Line** (Toll Free) 877-695-7996  
Parenting support and advice (Español) 866-527-3264

**Colorado Parent Information & Resources Center** 303-355-5387  
3701 Martin Luther King Blvd.  
Denver, CO 80205

**FACES** 720-570-9333  
3801 E. Florida Ave. #715  
Denver, CO 80210

**PEAK Parent Center** 719-531-9400  
611 N. Weber, Ste 200 (Hotline) 800-284-0251  
Colorado Springs, CO 80903  
\*Serves families of children with disabilities

**LINCing Dads** 719-743-2404 ext. 142  
Lincoln County Department of Social Services  
P.O. Box 37  
Hugo, CO 80821

**Pikes Peak Family Connection** 719-520-1019  
Nurturing Parent Program

**FINANCIAL ASSISTANCE**

<b>Arapahoe County Department of Human Services</b> 14980 E. Alameda Dr. Aurora, CO 80012	<b>303-636-1130</b>
<b>Catholic Charities</b> 4045 Pecos St. Denver, CO 80211	<b>303-742-0828</b>
<b>Douglas/Elbert Task Force</b> 404A Jerry St. Castle Rock, CO 80134	<b>303-688-1114</b>
<b>Douglas County Department of Human Services</b> 4400 Castleton Court Castle Rock, CO 80109	<b>303-688-4825</b>
<b>ECCO Community Resource Center and Thrift Store</b> Kiowa Location 351 Comanche St. Kiowa, CO 80117	<b>303-621-2599</b>
<b>Simla Location</b>	<b>719-541-5335</b>
<b>Elbert County Department of Human Services</b> Kiowa Office Simla Office	<b>303-621-3149</b> <b>719-541-2369</b>
<b>Inter-Faith Task Force (SW Arapahoe)</b> Emergency food and clothing. Utility and rent assistance. Prescriptions, gas and bus tokens, and more.	<b>303 789-0501</b>
<b>LEAP– Low Income Energy Assistance Program</b>	<b>866-432-8435</b>
<b>Lincoln County Department of Human Services</b> 103 3rd Ave. P.O. Box 37 Hugo, CO 80821	<b>719-743-2404</b>

## FINANCIAL ASSISTANCE (Cont.)

**Parker Task Force** 303-841-3460  
 20118 E. Mainstreet  
 Parker, CO 80134 (Parker and Elizabeth Only)

**TANF-Temporary Assistance to Needy Families**  
 (For more information on this program, contact your local Department  
 of Human Services Office)

**United Way** 2-1-1

\* Local churches may provide emergency financial assistance.  
 \* See also: Government (Department of Human Services) section of this guide

## FOOD ASSISTANCE

**Aurora Family Assistance Center** 303-363-9543

**Catholic Charities** 303-742-0828  
 4045 Pecos St.  
 Denver, CO 80211

**Douglas/Elbert Task Force** 303-688-1114

**Elizabeth Presbyterian** 303-646-4825  
 325 Banner St. Elizabeth  
 Open 2 days per week

**ECCO Community Resource Center and Thrift Store**  
 Kiowa Location 303-621-2599  
 351 Comanche St.  
 Kiowa, CO 80117

**Simla Location** 719-541-5335

**FOOD ASSISTANCE (Cont.)**

<b>Elbert Christian Church Food Bank</b> 23928 Broadway, Elbert *Limited hours	<b>303-648-3275</b>
<b>Food Bank of the Rockies</b>	<b>303-371-9250</b>
<b>High Plains SHARE</b> (Food buying club. Orders picked up in Elizabeth at Carlson Bldg)	<b>303-646-0284 or 303-243-8183</b>
<b>Kiowa Creek Community Church</b> 231 Cheyenne St. Kiowa, CO Kiowa residents can use 3 times per year	<b>303-621-2376</b>
<b>Liberty Plains Food Bank</b> Liberty Plains Baptist Church Simla, CO	<b>719-541-3043</b>
<b>Parker Task Force</b> 20118 E. Mainstreet Parker, CO Parker, Elizabeth, and Franktown residents only	<b>303-841-3460</b>
<b>Simla SHARE</b>	<b>719-541-2699</b>

\* See also: Government (Department of Human Services) section of this guide

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## GOVERNMENT (Department of Human Services)

### Colorado Department of Human Services

Provides Child and Adult Protection, childcare assistance, food assistance, and cash assistance for low income, elderly, and disabled residents who qualify.

#### *ARAPAHOE*

Department of Human Services 303-636-1130  
Arapahoe Centrepoint Plaza  
14980 E. Alameda Dr.  
Aurora, CO 80012

#### *DOUGLAS*

Department of Human Services 303-688-4825  
4400 Castleton Court  
Castle Rock, CO 80109

#### *ELBERT*

Department of Social Services, Kiowa Office 303-621-3149  
214 Comanche  
P.O. Box 544  
Kiowa, CO 80107

Simla Office 719-541-2369  
P.O. Box 6  
Simla, CO 80835

#### *LINCOLN*

Department of Social Services 719-743-2404  
103 3rd Ave.  
P.O. Box 37  
Hugo, CO 80821

## GAY/LESBIAN/BISEXUAL/TRANSGENDER

Colorado Anti-Violence Program 303-839-5204  
1600 Downing St.  
Denver, CO 80218

Gay, Lesbian & Bisexual 24-hour hotline 303-461-1650

**HEALTH / MEDICAL CARE**

<b>Children's Hospital– Main Campus</b> 13123 E. 16th Ave. Aurora, CO 80045	<b>720-777-1234</b>
<b>Craig Hospital (Spinal Cord &amp; Brain Injury)</b> 3425 S. Clarkson St. Englewood, CO 80113	<b>303-789-8000</b>
<b>Denver Health</b> 777 Bannock St. Denver, CO 80204	<b>303-436-6000</b>
<b>Elizabeth Family Health</b> 34061 Forest Park Dr. P.O. Box 1272 Elizabeth, CO 80107	<b>303-646-4071</b>
<b>Exempla St. Joseph</b> 1835 Franklin St. Denver, CO 80218	<b>303-837-7111</b>
<b>Evans Army Community Hospital (Fort Carson)</b> Social Work Services 7500 Cochrane Circle Fort Carson, CO 80920	<b>719-526-7200</b> <b>719-526-4585</b>
<b>Kindred</b> 1920 High St. Denver, CO 80218	<b>303-320-5871</b>
<b>Lincoln Community Hospital and Nursing Home (Hugo)</b> 111 6th St. P.O. Box 248 Hugo, CO 80821	<b>719-743-2421</b>
<b>Littleton Adventist</b> 7700 S. Broadway Littleton, CO 80122	<b>303-730-8900</b>
<b>Medical Center of Aurora</b> 1501 S. Potomac St. Aurora, CO 80012	<b>303-695-2600</b>

**HEALTH / MEDICAL CARE (Cont.)**

<b>Memorial Hospital-Colorado Springs</b> 1400 E. Boulder St. Colorado Springs, CO 80909	719-365-5000
<b>National Jewish Medical &amp; Research Center</b> 1400 Jackson St. Denver, CO 80206	800-222-5864
<b>Parker Adventist</b> 9395 Crown Crest Blvd. Parker, CO 80138	303-269-4000
<b>Plains Medical Center</b> 820 1st St. Limon, CO 80828	719-775-2367
<b>Planned Parenthood</b>	
<b>Aurora</b> 1284 S. Abilene St Aurora, CO 80012	303-671-7526
<b>Colorado Springs</b> 3958 N Academy Blvd. #108 Colorado Springs, CO 80917	719-573-8880
<b>Denver (Central)</b> 921 E 14th Ave Denver, CO 80218	303-832-5069
<b>Littleton</b> 131 W County Line Rd Littleton, CO 80129	303-798-0963
<b>Parker</b> 12543 N. Hwy 83, Unit 214 Parker, CO 80134	720-8516606
<b>Porter Adventist</b> 2525 S. Downing Denver, CO 80210	303-778-1955

**HEALTH / MEDICAL CARE (Cont.)**

<b>Presbyterian St. Luke's</b> 1719 E. 19th Ave. Denver, CO 80218	303-839-6000
<b>Rose Medical Center</b> 4567 E. 9th Ave. Denver, CO 80220	303-320-2121
<b>Sisters of Color United for Education</b> Health Issues - HIV/AIDS	303-446-8800
<b>Skyridge Medical Center</b> 10101 Ridge Gate Pkwy Lone Tree, CO 80124	720-225-1000
<b>St. Anthony's— Central</b> 4231 W. 16th Ave. Denver, CO 80204	303-629-3511
<b>University of Colorado Hospital—Anschutz</b> 12605 E. 16th Ave. Aurora, CO 80045	720-848-0000
<b>Veterans Affairs Medical Center</b> 1055 Clermont St. Denver, CO 80220	303-399-8020

**HOUSING**

<b>Catholic Charities</b> 4045 Pecos St. Denver, CO 80211	303-742-0828
<b>Colorado Coalition for the Homeless</b> 2111 Champa St. Denver, CO 80205	303-293-2217

## HOUSING (Cont.)

<b>Denver Rescue Mission</b> 3501 E. 46th Ave. Denver, CO 80216	303-297-1815
<b>Douglas County Housing Partnership</b> 9350 Heritage Hills Circle Lone Tree CO 80124 *Housing assistance in Douglas County	303-784-7857
<b>Family Tree, Inc.—House of Hope</b> Englewood, CO	303-762-9525
<b>Limon Housing Authority</b> Rental assistance for people with very low income	719-775-9309
<b>United Way</b>	2-1-1
<b>Warren Village</b> 1323 Gilpin St. Denver, CO 80218	303-321-2345

\*See also: Crisis/Safehouse Resources; Government (Department of Human Services) Sections of this guide

## HUMAN TRAFFICKING

<b>Colorado Human Trafficking HOTLINE</b>	866-455-5075
<b>National Human Trafficking Resource Center (NHTRC)</b>	888-373-7888
<b>Prax(us)</b> 730 21st St. Denver, CO 80205	720-317-7009
<b>Salvation Army</b> 2136 Champa St. Denver, CO 80205	303-296-2456

## IMMIGRATION

- Asian Pacific Development Center** 303-393-0304  
 1825 York St.  
 Denver, CO 80206  
 Provides a variety of human services to the Asian/Pacific population in Colorado. They can assist with immigration issues (visas, removal issues, etc)
- Catholic Charities Immigration Services** 303-742-4971  
 2525 West Alameda Ave.  
 Denver, CO 80219  
 Immigration assistance offered to persons with valid legal claims to status in the United States. (Consultations, attorney representation, translations, citizenship preparation classes and help with visas and other documents)
- Colorado Legal Services** 303-837-1313  
 1905 Sherman St., #400  
 Denver, CO 80230  
 Provides legal assistance for low-income Coloradans (including immigrants) and provides information regarding services throughout the city.
- Denver Center for Crime Victims** (English) 303-894-8000  
 (Español) 303-718-8289  
 Provides immigration services to victims of sexual assault and domestic violence.
- Legal Night at Centro San Juan Diego** 303-295-9470  
 2830 Lawrence St.  
 Denver, CO 80205  
 Holds a Legal Night. Attendees can meet with an attorney free of charge and get information (immigration, credit, housing, landlords, employment issues and family law).
- Legal night at Mi casa** 303-573-1302 ext. 5920  
 360 Acoma St.  
 Denver CO 80223  
 Holds a Legal Night. Attendees can get information (immigration, credit, housing, landlords, employment issues and family law).
- Lutheran Family Services-Immigration Legal Services** 303-980-5400  
 1600 Downing St., Suite 600  
 Denver, CO 80218  
 Assistance with family-based petitions, spousal petitions, fiancé visas, visitor visas, Refugee and Asylee I-730 or Affidavit of relations, green cards, citizenship, work authorization, etc.

**IMMIGRATION (Cont.)**

**Rocky Mountain Immigrant Advocacy Network** 303-433-2812  
3489 W. 72nd Ave. Suite 211  
Westminster, CO 80030  
Provides legal information and representation to non-citizens detained by the Department of Homeland Security.

**INTERPRETATION / TRANSLATION**

**Asian Pacific Development Center** 303-393-0304  
1825 York St.  
Denver, CO 80206

**Translation & Interpreting Center Denver Center for Crime Victims**  
(English) 303 -996-0976  
(Español) 303-996-0975

**J****JUVENILE ASSESSMENT CENTER**

**Juvenile Assessment Center** 720-874-3381  
Located at the Arapahoe County Justice Center  
7375 S. Potomac St.  
Centennial, CO 80112

**LAW ENFORCEMENT AGENCIES**

(Non-emergency phone numbers)

**IF YOU ARE IN DANGER, CALL 9-1-1****ARAPAHOE**

Arapahoe Community College Campus Police	303-797-5800
Arapahoe County Sheriff's Office	303-795-4711
Victim Assistance	720-874-4038
Aurora Police Department	303-627-3100
Victim Assistance	303-627-3100
Town of Bow Mar	303-795-1434
Cherry Hills Police Department	303-761-8711
Columbine Valley Police Department	303-795-1434
Englewood Police Department	303-761-7410
Victim Assistance	303-762-2452
Glendale Police Department	303-759-1511
Victim Assistance	303-639-4326
Greenwood Village	303-773-2525
Victim Assistance	303-773-2525
Littleton Police Department	303-794-1551
Victim Assistance	303-795-3703
Sheridan Police Department	303-762-2211
Victim Assistance	303-762-2215

**DOUGLAS**

Castle Rock Police Department	303-663-6100
Victim Assistance	303-663-6100
Douglas County Sheriff's Office	303-660-7505
Victim Assistance	303-660-7561
Lone Tree Police Department	303-799-0533
Victim Assistance	303-805-3310
Parker Police Department	303-841-9800
Victim Assistance	303-805-3310

**ELBERT**

Elbert County Sheriff's Office	303-621-2027
Victim Assistance	303-805-6126
Elizabeth Police Department	303-646-4664
Kiowa Police Department	303-621-2100
Simla Police Department	303-541-3900

**LINCOLN**

Limon Police Department	719-775-9211
Lincoln County Sheriff's Office	719-743-2426
Victim Assistance	719-743-2889
Hugo Marshal	719-743-2485

<i>Colorado State Patrol</i>	303-239-4501
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## LEGAL SUPPORT

(Domestic Violence, Sexual Assault, and Stalking Legal Resources)

**Arapahoe Pro Se Resource Center** 303-645-1755  
7325 S. Potomac St.  
Englewood, CO 80112

**Colorado Legal Services**  
Denver Location 303-837-1313  
1905 S. Sherman St. #400  
Denver, CO 80218  
\*Serves Arapahoe, Douglas, & Elbert

Colorado Springs Location 719-471-0380  
617 S. Nevada Ave.  
Colorado Springs, CO 80903  
\*Serves Lincoln County

**Colorado Bar Association** 303-860-1112  
1900 Grant St. #900  
Denver, CO 80203

**Immigration Issues—please see Immigration Section of this guide**

**The Legal Center for People with Disabilities and Older People** 303-722-0300  
455 Sherman St., Suite 130  
Denver, CO 80203

**Metro Volunteer Lawyers** 303-830-8210  
1905 Sherman St., Suite 400  
Denver, CO 80203  
\*MUST first call Colorado Legal Services 303-837-1313 for an intake interview.

**LEGAL SUPPORT (Cont.)**

Project Safeguard-Arapahoe Office 15400 E. 14th Pl. Aurora, CO 80011	303-344-9016
Pro Se Legal Clinics Douglas County Douglas County Justice Center 4000 Justice Way Castle Rock, CO 80109	303-841-1181
Elbert and Lincoln Counties Divorce and Post Decree Clinic	303-520-6088
Women's Crisis and Family Outreach Center Clinic for Domestic Violence Victims	303-621-2701 303-688-8484

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## MILITARY / VETERANS SERVICES

**American GI Forum Veteran Outreach Program** 303-458-1700  
2870 No. Speer Blvd. Suite 103  
Denver, CO 80211

**Buckley Air Force Base--Sexual Assault Response Coordinator (SARC)**  
(Office) 720-847-9414

(Hotline) 720-847-SARC

The SARC Office, a branch of the Department of Defense's Sexual Assault Prevention and Response Program, promotes awareness and education as well as direct services to victims at Buckley Air Force Base. Victim services include but are not limited to: medical treatment, advocacy, counseling and assistance with Military Protection Orders. Please note that services through the SARC office are only available to active duty service members.

**Denver Vet Center** 303-326-0645  
7465 E. 1st Ave., Suite B  
Denver, CO 80230  
\*Offers Military Sexual Trauma Counseling Group

**FORT CARSON**  
**Evans Army Community Hospital** 719-526-7000  
Social Work Services 719-526-4585  
7500 Cochrane Circle  
Fort Carson, CO 80920

**Veterans Affairs Medical Center** 303-399-8020  
1055 Clermont St.  
Denver, CO 80220  
\*Offers mental health counseling for a variety of issues

## NATIONAL HOTLINES, RESOURCES, AND INFORMATION

National Center for Victims of Crime	800-FYI-CALL
National Center for Missing & Exploited Children	800-843-5678
National Child Abuse Hotline Advice, info, & referral. Not for reporting	800-422-4453
National Coalition Against Domestic Violence	303-839-1852
National Domestic Violence Hotline available 24 hours a day, 7 days a week	800-799-SAFE or (TTY) 800-787-3224
National Sexual Assault Hotline available 24/7 for the nearest rape crisis center.	800-656-HOPE
National Stalking Resource Center M-F 8:30 AM - 8:30 PM EST or email: <a href="mailto:gethelp@ncvc.org">gethelp@ncvc.org</a>	800-FYI-CALL 800-394-2255
National Teen Dating Abuse Helpline available 24/7 or connect with a trained Peer Advocate online at <a href="http://www.loveisrespect.org">www.loveisrespect.org</a> from 4 p.m. to 2 a.m. daily (CST).	866-331-9474 or 866-331-8453 TTY)
Suicide & Crisis Lines	
National Suicide Hotline	800-273-8255
National Suicide Prevention Hotline	800-784-2433
Trevor Helpline (Suicide prevention for GLBT Youth)	800-850-8078
National Youth Crisis Helpline	800-999-9999
Vulnerable Adult Abuse Hotlines (elderly & disabled) COLORADO	800-677-1116 800-773-1366

## ORIENTATION TO THE CRIMINAL JUSTICE SYSTEM

**Arapahoe County Justice Center**  
6450 S. Revere Pkwy.  
Englewood, CO 80111

720-874-8500

Are you a victim of crime? Thinking about reporting? Curious about the CJS process? Already reported? Attend an orientation to the Criminal Justice System. District Attorney **Carol Chambers** will cover topics such as: how a case moves through the system; the role of the judge, deputy district attorney, and defense attorney; your rights as a victim; defendant rights; how to obtain restitution for crime losses; victims' compensation; mandatory protection orders; safety; witness protection; and how to obtain more information as your case proceeds.

## PEOPLE WITH DISABILITIES

**ARC of Aurora**  
1342 S. Chambers Rd.  
Aurora, CO 80017

720-213-1420

**Developmental Pathways**  
325 Inverness Dr.  
Englewood, CO 80112

303-360-6600

**Domestic Violence Initiative for Women with Disabilities**  
Denver, CO

303-839-5510

**DOVE: Advocacy Services for Abused Deaf Women and Children**  
Denver, CO

303-831-7932



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## SAFEHOUSES / SHELTERS

\*See Crisis Resources Section (Pages 1 & 2)

\*See Housing Section

## SENIOR SERVICES

AARP Elder Watch	800-222-4444
Adult Protective Services Arapahoe County	303-636-1130
Adult Protective Services Douglas County	303-663-6270
Adult Protective Services Elbert County	303-621-3149
Adult Protective Services Lincoln County	719-743-2404
Arapahoe County/Aurora Senior Link	303-739-7960
Better Business Bureau	303-758-2100
Catholic Charities	303-742-0828
Colorado Coalition for Elder Rights and Adult Protection	800-773-1366
Colorado No Call List	303-776-2678
District Attorney Consumer Protection Line	720-874-8547
Douglas County/SOS	303-660-7519
DRCOG Long-Term Care Ombudsman (Nursing Homes/Assisted Living Facilities)	303-455-1000
The Legal Center for People with Disabilities and Older People	303-722-0300
Meals On Wheels - Arapahoe/Douglas	303-294-0111

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## SEXUAL ASSAULT RESOURCES

<b>Anti-Violence Program (GLBT)</b> 1600 Downing St Denver, CO 80218	(Hotline)	<b>303-839-5204</b> 303-852-5094
<b>Coalition for Children, Inc.</b> P.O. Box 6304 Denver, CO 80206		<b>303-809-9001</b>
<b>Colorado Coalition Against Sexual Assault (CCASA)</b> PO Box 300398 Denver, CO 80203		<b>303-861-7033</b>
<b>Colorado Organization for Victims Assistance (COVA)</b> 2460 W. 26th Avenue, Suite 255-C Denver, Colorado 80211		<b>303-861-1160</b> 800-261-2682
<b>High Plains Sexual Assault Center</b> 110 Riverview Rd. P.O. Box 106 Sterling, CO 80751	(Hotline)	<b>970-521-2722</b> 866-532-0377
<b>TESSA</b>		
<b>Main Office (Colorado Springs)</b> 435 Gold Pass Heights Colorado Springs, CO 80906	(Crisis Line)	<b>719-633-1462</b> 719-633-3819
<b>Calhan Office (Eastern El Paso County)</b> Pikes Peak Community Action Agency 450 Colorado Ave. Calhan, CO 80808		<b>719-347-2976</b>
<b>Rape Assistance and Awareness Program (RAAP)</b> P.O. Box 18951 Denver, CO 80218	(Hotline) (Espanol) (TTY)	<b>303-329-9922</b> 303-322-7273 303-329-0031 303-329-0023
<b>SARA, Inc. (Sexual Assault Response Advocates)</b> 418 Ensign St. Fort Morgan, CO 80701		<b>970-867-2121</b>

## SEXUAL ASSAULT RESOURCES (Cont.)

WINGS Foundation  
8725 W. 14th Ave., Ste 150  
Lakewood, CO 80215

303-238-8660

\*See Also: Crisis/Safehouse Resources Section of this guide

## SEX OFFENDER INFORMATION

Colorado Bureau of Investigation  
Convicted Sex Offender Site

<http://sor.state.co.us/>

\*For a complete list of registered sex offenders in your neighborhood contact your local Police Department or Sheriff's Office.

National Sex Offender Public Website

<http://www.nsopw.gov/>

## STALKING RESOURCES

\*See Legal Services\*

\*See Domestic Violence Community Programs\*

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## STATEWIDE RESOURCES / COALITIONS

Colorado Anti-Violence Program (GLBT)	303-839-5204
Colorado Coalition Against Domestic Violence	888-778-7091 or 303-831-9632
Colorado Coalition Against Sexual Assault	303-861-7033
Colorado Organization for Victim Assistance	800-261-2682
DVI for Women with Disabilities	303-839-5510
United Way	2-1-1

## SUICIDE RESOURCES

National Suicide Hotline	800-273-8255
National Suicide Prevention Hotline	800-784-2433
National Youth Crisis Helpline	800-999-9999
Trevor Helpline (Suicide prevention for GLBT Youth)	800-850-8078

## SUPPORT GROUPS

AMEND	303-832-6363
Family Tree—Women In Crisis	303-420-0412
Project PAVE	303-322-2382
RAAP (Rape Assistance and Awareness Program)	303-329-9922
(Hotline)	303-322-7273
(Espanol)	303-329-0031
(TTY)	303-329-0023
Safehouse Denver	303-318-9989
Women's Crisis and Family Outreach Center	303-688-8484
Kiowa Office	303-688-8484

\*See Also: Crisis/Safehouse Resources; Counseling/Mental Health; and Domestic Violence Community Programs Sections of this guide

## TEEN DATING ABUSE

National Teen Dating Abuse Helpline	866-331-9474
Project PAVE 2051 York St. Denver, CO 80205	303-322-2382
Project Safeguard-Arapahoe Office 15400 E. 14th Pl. Aurora, CO 80011	303-344-9016
Safehouse Denver Denver, CO	303-318-9989
Women's Crisis and Family Outreach Center	
Castle Rock Office	303-688-1094
Kiowa Office	303-621-2701
Crisis Line	303-688-8484

\*See Also: Crisis/Safehouse Resources; Counseling/Mental Health; Domestic Violence Community Programs; Sexual Assault Resources Sections of this

## TRANSPORTATION

### PUBLIC TRANSPORTATION/BUS

#### Greyhound Bus

Colorado Springs	719-635-1505
Denver	303-293-6555
Limon (I-70 & Hwy 24)	719-775-2210

(Tickets not sold at Limon location. You may get tickets by mail for trips departing from Limon if you buy at least 10 mailing days in advance.

Tickets by mail may be purchased at [www.greyhound.com](http://www.greyhound.com) or by calling the Telephone Information Center at 800-231-2222)

### FREX

(Colorado Springs, Monument, Castle Rock, Denver)	719-636-FREX
(Toll free)	877-425-FREX
(TTY)	800-659-2956

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## TRANSPORTATION (Cont.)

<b>Outback Express</b> (Access to Colorado Springs and Denver from Simla, Kiowa, Limon, Agate, Elizabeth, Matheson)	<b>800-825-0208</b>
<b>RTD (Regional Transportation District)</b> 1600 Blake Street Denver, CO 80202	<b>303-628-9000</b>
<b>TAXI SERVICE</b> Elizabeth/Kiowa area	<b>303-641-3854 or 303-638-6801</b>
Denver Metro Area <b>Yellow Cab</b>	<b>303-777-7777</b>
<b>Metro Taxi</b>	<b>303-333-3333</b>
<b>Freedom Cab</b>	<b>303-292-8900</b>

# V

## VICTIM COMPENSATION

<b>Victim Compensation-18th Judicial District</b>	<b>720-874-8620</b>
Support for victims who have reported a crime against person to law enforcement. May provide financial assistance with medical/dental expenses, therapy, burial costs, and other crime related expenses. Please call for information regarding eligibility.	

## VISITATION CENTERS

<b>Karlis Family Center-Family Tree</b> 1777 Kipling St. Denver, CO 80215	<b>303-462-1060</b>
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## The U.S. Department of Justice's Office on Violence Against Women defines the following:

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*What is Domestic Violence?* Domestic violence can be defined as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

*What is Sexual Assault?* Sexual assault can be defined as any type of sexual contact or behavior that occurs without the explicit consent of the recipient of the unwanted sexual activity. Falling under the definition of sexual assault is sexual activity such as forced sexual intercourse, sodomy, child molestation, incest, fondling, and attempted rape.

*What is Dating Violence?* Dating violence is defined as violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim; and where the existence of such a relationship shall be determined based on a consideration of the following factors:

The length of the relationship

The type of relationship

The frequency of interaction between the persons involved in the relationship

*What is Stalking?* Stalking can be defined as a pattern of repeated and unwanted attention, harassment, contact, or any other course of conduct directed at a specific person that would cause a reasonable person to feel fear.

\*Taken from the United States Department of Justice's Office on Violence Against Women website: [www.ojp.gov/ovw](http://www.ojp.gov/ovw)

## WARNING SIGNS OF DOMESTIC VIOLENCE / DATING VIOLENCE

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Does your partner or ex-partner:

- Regularly criticize you, call you names or minimize your feelings?
- Make you feel afraid or unsafe?
- Hit, punch, slap, kick, shove, strangle, or bite you?
- Destroy or steal your belongings?
- Abuse, threaten, intimidate, or manipulate your children?
- Isolate you from family, friends, or community?
- Threaten to "out" you or criticize you sexually?
- Threaten to hurt your friends, family, or pets?
- Threaten to deport you or not submit immigration papers for you?
- Control your access to money or a car?
- Prevent you from going where you want when you want?
- Deny you food, clothing, sleep, or medications?
- Have affairs, accuse you of having affairs, or force you to have sex against your will?
- Use weapons or objects to hurt or threaten you?
- Purposely cause you to miss medical appointments?
- Put your wheelchair, walker, glasses, or other assistive devices beyond your reach?

If you said yes to any of these questions, you may be a victim of domestic violence. For more information, contact your local domestic violence program or victim advocate.

To report a crime, contact the law enforcement agency where the crime occurred.

# TECHNOLOGY SAFETY

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These days, various forms of technology make it easy for someone to gain knowledge about you or what you've been doing. Abusers may use these tools to their advantage in order to stalk or harass you, family members, or friends. Here are some tips to keep you safe when using technology:

**PHONE:** Whether you use a cell phone or a landline, abusers may call repeatedly as a way to harassing. Keep in mind that simply disconnecting the number could escalate the violence. Consider keeping the phone on, but turn the ringer off. Keep a log of the dates and times of phone calls, and save voicemail messages. Also consider getting a new number that is unlisted.

**TEXT MESSAGES:** Some abusers send texts as a way of harassing. Save any phone records that list the times and number of text messages. Take pictures of the messages, or save them on the phone.

**E-MAIL:** Emails can be used by abusers to harass or threaten. Be careful about blocking the sender's emails—it could escalate the violence. The abuser may also create an alternate email address. You may choose to create a new email address for yourself. Be sure to do this on a safe computer.

**SOCIAL NETWORKING SITES** (Facebook, Myspace, Twitter, etc.): Set your profile to private, don't "friend" anyone you don't know. If unsure, verify that the person sending the "friend" request is who they say they are. Adjust your security settings so that only "friends" can view your profile, pics, and comments, and think carefully about what you choose to post. Be careful about blocking your abuser—it could escalate the violence.

**PASSWORDS:** Change them often! Pick passwords that are easy to remember, but difficult for an abuser to know or guess. Do not write down your passwords, and disable the "Remember Me" abilities of the computer you are using.

**INTERNET BROWSING HISTORY:** When finished using the computer, clear your internet browsing history by selecting tools, then internet options, then delete browsing history. It may still be possible for someone to discover sites you have visited, but this simple step makes it much more difficult.

**SPYWARE:** Can be used to track what you do on your computer. It can be used to gain access to passwords and other private records. If you are suspicious of spyware on your computer, use a friends computer or a computer at the library to send emails.

**GPS:** Global positioning systems may be used to monitor a victim's location and movement. If you are concerned about a GPS device in your car, contact the police so they can find it. Do not try to remove it yourself. Also keep in mind that many cell phones purchased within the past 3 years are equipped with GPS tracking devices.

For more tips on how to remain safe while using technology, contact your local domestic violence agency or visit [www.nnedv.org](http://www.nnedv.org)

# SAFETY PLAN

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Making a decision to stay or leave can be very difficult. You may have experienced good times with your partner or ex-partner, and the abuse is what you want to end. Having a safety plan in place is an important step to take in order to increase your level of safety and prepare in advance for the possibility of future violence. Carefully consider each of the safety options below. Keep in mind that **leaving can be the most dangerous time**. If you need assistance in creating a personalized safety plan, consider seeking help from your local domestic violence program. You have the right to be safe and you have choices about how to best get yourself and your children to safety.

If I decide to leave, I will go \_\_\_\_\_. I will keep copies of important documents, clothing, and keys ready and put them \_\_\_\_\_. I can leave extra clothing, copies of important documents, and/or set of keys with \_\_\_\_\_ so I can leave quickly. If I relocate I can choose to enroll in the Address Confidentiality Program.

If I decide to stay, I will use a code word with my children or friends so they can call for help when necessary. I can tell \_\_\_\_\_ about the violence and request that he/she call the police if they hear suspicious noises coming from my home (Carefully consider if or whom you would like to tell). When I expect we are going to have an argument, I will move to a place that is low risk such as \_\_\_\_\_. I will avoid places without where I may be easily trapped or near weapons—garage, kitchen, bathrooms.

I can inform my boss, supervisor, or \_\_\_\_\_ at work. I can ask \_\_\_\_\_ to help screen my calls at work. When leaving work, I can \_\_\_\_\_. If I have a problem while driving home, I can \_\_\_\_\_.

I can file for an order of protection. I understand that I may need to ask the police or courts to help enforce the order of protection, but here's what I can do to help:  
I can always keep the order of protection on or near my person. I can inform \_\_\_\_\_ that I have an order in effect. If my abuser destroys my protection order, I can get another copy from the clerk's office. If my partner violates the protection order, I can call the police. If the police do not help, I can file a complaint.

I have the right to be safe! I will keep this document safe and out of reach from my potential attacker.

Some items to have available if you have to leave immediately:

\*Driver's License/Passport and Vehicle Registration \*Visa/Green Card/work permits  
\*Medications/Glasses/Hearing Aid \*Social Security Card \*Cash/ATM Card/Credit Cards  
\*Children's Birth Certificates \*School and Vaccination records\* car keys\* Protection Order  
(if you have one—if you switch purses, remember your protection order!) \*Divorce Papers

# NATIONAL HOTLINES

## National Domestic Violence Hotline

available 24 hours a day, 7 days a week

(TTY)

800-799-SAFE or  
800-787-3224

## National Sexual Assault Hotline

available 24/7 for the nearest rape crisis center.

800-656-HOPE

## National Stalking Resource Center

M-F 8:30 AM - 8:30 PM EST  
or email: [gethelp@ncvc.org](mailto:gethelp@ncvc.org)

800-FYI-CALL  
800-394-2255

## National Suicide Prevention Hotline

800-784-2433

## National Teen Dating Abuse Helpline

available 24/7 or connect with a  
trained Peer Advocate online at  
[www.loveisrespect.org](http://www.loveisrespect.org) from 4 p.m. to 2 a.m. daily (CST).

866-331-9474 or  
866-331-8453 TTY)

If you are in an abusive situation,

**REMEMBER**

*You are not alone  
You are not to blame  
You can get help*

**IF YOU ARE IN DANGER,  
PLEASE CALL  
9-1-1 OR CONTACT YOUR  
LOCAL SHELTER  
IMMEDIATELY**

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