

SPRING NEWSGRAM 2020

In fiscal year 2018-2019, Center for Domestic Peace assisted thousands of individuals impacted by domestic violence:



6,519: Hotline calls answered (in both English and Spanish), 24 hours a day, 7 days a week. We provided crisis intervention, safety planning, emotional support, referrals, and information.

30,132: Total number of bed nights of emergency shelter and transitional housing for 242 women and 276 children, along with personal and economic empowerment activities, food, clothing, transportation, accompaniment, group therapy, childcare, art classes, and help securing permanent housing.



451: Individuals provided with advocacy within the civil and criminal justice system, improving victims' ability to achieve effective results with restraining orders, police reports, and more.

Educated **110** men through ManKind and



37 women through WomanKind/Mujer Gentil to teach them skills to stop their violent behavior.

140: Children and their non-abusing parents provided with "In This Together" child/parent therapy to heal the trauma caused by witnessing domestic violence and to build family unity.



82: Empowerment support group participants



94: Youths, teens and young adults provided with age-appropriate services through Marin Youth Services.



20,342: Professionals, community members, youth service providers, and prevention specialists reached and trained.



104 volunteers donated **11,357** hours of their time, the equivalent of 5.5 full-time staff.

Home Can Be A Dangerous Place



For those experiencing domestic violence, home is likely not a safe place to shelter in right now. Trapped in an abusive relationship under the constant surveillance of an abuser means reaching out for help may not be an option.

That is why family and friends are so important. If you know someone in a domestic violence situation, YOU are a powerful source of help and comfort for that individual. YOU can learn the warning signs so YOU are informed of what to look for. Domestic violence can be physical, emotional, economic, verbal, sexual, spiritual, or stalking. YOU can reach out.

Most importantly, YOU can listen to see if the person experiencing abuse wants to talk about it or not. YOU can meet them where they are in their journey without an agenda or judgement. If they do disclose abuse, follow their lead on how they want to proceed. Trust that for right now, they will make the choices that are best for their survival. Support them in those decisions, even if you don't agree and it doesn't include leaving the relationship, because sometimes staying in the relationship IS the safest thing for them. As an ally, you can also:

- Ask them if you can check in with them daily.
- Send them inspirational texts and images of hope.
- Create a code word they can use when they need help and what action you should take.
- Talk to them about what you should do if you can't get in touch with them.

It takes a community to end domestic violence. That may be more true now than ever!

COVID-19 is Not an Excuse to Hurt Your Partner

Are you ignoring, shouting at, threatening to hit your partner? Do you feel out of control and afraid you might hurt someone you love? It's a stressful time right now, and being confined with your loved ones may mean having to find new strategies to address your emotions. We are here to support you in becoming a man of peace who is capable of sheltering in peace with your loved ones. **You can:**

1. Walk away, breathe - get yourself out of the situation.
2. Shift your belief to one of equality - remember, your partner's needs are equal in value and importance to your needs.
3. Listen with compassion to what your partner is saying.
4. Let go - don't take things personally.
5. Call a friend - be vulnerable, talk about your feelings. Ask for insights to do better.
6. Call our ManKind Program - talk with someone who has been in this before and knows what you are going through.

