



HEALING WITHIN TRANSFORMATION CENTER™

— HEAL. PURPOSE. TRANSFORMATION.™ —

*A Place to Heal.
A Plan to Grow.
A Future to Thrive.*



DOMESTIC VIOLENCE RESOURCE GUIDE

**YOU ARE NOT ALONE. YOU ARE NOT TO BLAME.
YOU ARE SEEN, HEARD, AND YOU MATTER.**

This guide provides resources, support, and hope
for survivors of domestic violence.

Safety, healing, and a new beginning are possible.

He heals the brokenhearted and binds up their wounds.

— PSALM 147:3 (NKJV)



YOU ARE NOT ALONE.

- ♥ You are seen.
- ♥ You are valued.
- ♥ You are loved.
- ♥ You are not to blame.
- ♥ You have options.
- ♥ You have strength.
- ♥ You have a future.



YOU HAVE OPTIONS

- ✓ Create a safety plan.
- ✓ Reach out for help.
- ✓ You deserve to be safe.
- ✓ There is no excuse for abuse.
- ✓ Help is available 24/7.
- ✓ You can heal and rebuild.



Leaving is a brave step.
Staying safe is a priority.



IMMEDIATE HELP & 24/7 SUPPORT



988

SUICIDE & CRISIS LIFELINE

Call or Text 988
Chat online at
988lifeline.org
24/7 free and
confidential support.



211

INFORMATION & REFERRAL

Dial 211 or visit 211.org
Connect to local
resources for housing,
food, healthcare,
and more.



CRISIS TEXT LINE

Text HOME to 741741

Free, 24/7 support
for any type of crisis.

A real person is
here to help.



NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

Safety, support, and
resources for you or
someone you care
about.



LOCAL SUPPORT SERVICES



SHELTER & SAFE HOUSING

Emergency shelter
and transitional
housing for survivors
and their children.
Find local shelters
by calling 211.



LEGAL SUPPORT

Free legal aid for
protective orders,
custody, divorce,
and your rights.
Find local legal
assistance at
lawhelp.org



COUNSELING & THERAPY

Trauma-informed
counseling to help
you heal and
restore.
Find a therapist at
psychologytoday.com



EMPLOYMENT SUPPORT

Help with job
training, resumes,
interview skills,
and financial
independence.



SUPPORT FOR CHILDREN

Resources for
children who
have experienced
domestic
violence.



FAITH-BASED SUPPORT

Find faith-based
ministries and
churches that
provide safe,
confidential help.



SAFETY PLANNING TIPS

- ✓ Identify a safe place to go.
- ✓ Keep important documents and cash
in a safe place.
- ✓ Have a code word with someone you trust.
- ✓ Keep emergency numbers saved in your phone.
- ✓ Trust your instincts. If you feel unsafe, get help.



Your safety matters.
Your life matters.



WHAT ABUSE CAN LOOK LIKE



PHYSICAL

Hitting, pushing,
shoving, or any
physical harm.



EMOTIONAL

Insults, threats,
intimidation,
humiliation.



FINANCIAL

Controlling money,
preventing you
from working.



DIGITAL

Monitoring your
phone, location,
or online activity.



ISOLATION

Controlling who
you see or talk to,
isolating you.



SEXUAL

Any sexual activity
without consent
or through force.



YOU DESERVE

- ✓ To be treated with respect.
- ✓ To feel safe in your home and relationships.
- ✓ To have your voice heard.
- ✓ To live free from fear.
- ✓ To heal, grow, and thrive.

*You are
stronger
than you
think.*



STEPS TOWARD HEALING

- ✓ Reach out to someone you trust.
- ✓ Get the support you need.
- ✓ Take care of your body and mind.
- ✓ Set small goals for your future.
- ✓ Give yourself grace and time to heal.



DAILY REMINDERS

- ✓ I am safe.
- ✓ I am strong.
- ✓ I am worthy of love.
- ✓ I am not alone.
- ✓ I am creating a better future for myself and my children.

*Every day is a
new opportunity
for a better
tomorrow.*



REMEMBER

You are not defined
by the abuse.
You are defined by
your strength, your
faith, and your future.



SCRIPTURE FOCUS

*"The Lord is near to the
brokenhearted and saves the
crushed in spirit."*

— PSALM 34:18 (NKJV)

KEEP GOING. GOD IS WITH YOU.

- ✓ You are never alone.
- ✓ God sees you.
- ✓ God cares for you.
- ✓ God will give you strength.
- ✓ God has a plan for your life.



You are worthy of love, peace, and a beautiful future.

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