

Warning Signs:

- Jealousy
- Possessiveness
- Controlling behavior
- Isolation
- Blaming
- Hypersensitivity
- Intimidation/threatening
- Explosive temper

Forms of Abuse:

- **Emotional/Psychological:** Ignoring, putting down, humiliation, insults, yelling, threats, threatens to abuse children and/or get custody
- **Physical:** pinching, shoving, pulling, shaking, slapping, choking, hitting, punching, kicking, using objects/weapons
- **Sexual:** coercion, not accepting “no”, rape, forcing survivor to use (or not letting use) birth control
- **Financial:** controlling household income, not letting survivor work, ruining survivors credit history, stealing survivors bank and/or credit cards
- **Spiritual:** forcing survivor to convert to a different religion, using religion to justify abuse, not allowing survivor to practice their own religion

FACTS:

*Domestic violence affects **everyone**.*

*More than **1 in 3 women, 1 in 4 men, and 1 in 2 non-binary people** in the US have experienced some form of physical violence by an intimate partner.*

***1 in 15 children** are exposed to domestic violence every year.*

*The cost of intimate partner violence exceeds **\$8.3 billion** each year.*

*DVRC serves **victims and survivors** of all ages, genders, races, ethnicities, nationalities, sexual orientation/identifications and mental/physical abilities.*

Help is available.
Call our 24-hour crisis line
(503) 469-8620 or
Toll-free **(866) 469-8600**

Community Resources

Domestic Violence:

- The Family Justice Center of Washington Co.
503-430-8300
- Call to Safety
503-235-5333
- The Gateway Center of Multnomah County
503-988-6400
- Clackamas Women's Services
503-654-2288
- National DV Hotline
1-800-799-7233

Sexual Assault:

- Sexual Assault Resource Center
503-640-5311
- Rape Victims Advocate
503-988-3222
- Rape, Abuse, & Incest National Network Hotline
1-800-656-4673

Mental Health:

- Center for Victim Services (Hillsboro, OR)
503-846-3020
- Washington County Mental Health Crisis Line
503-291-9111
- Multnomah County Mental Health Crisis Line
503-988-4888
- Clackamas County Mental Health Crisis Line
503-655-8585
- National Suicide Prevention Lifeline
1-800-273-8255

Legal Services:

- Victim Rights Law Center
503-274-5477
- Oregon Law Center/Legal Aid of Washington County | 503-640-4115
- Oregon Crime Victims Law Center
503-208-8160
- Renters Rights Hotline | 503.288.0130

Culturally Specific Services:

- Immigration Counseling Services
503-221-1689
- Immigrant & Refugee Community Organization (IRCO) | 503-234-1541
- El Centro Cultural de Washington Co.
503-359-0446



DOMESTIC VIOLENCE RESOURCE CENTER

The mission of the Domestic Violence Resource Center is to educate, support and empower survivors, and their children, who are affected by intimate partner violence by offering counseling, advocacy, shelter services and community outreach.

24-hour crisis line

Toll-free (866) 469-8600
or
(503) 469-8620

Office: (503) 640-5352
Fax: (503) 906-1223

www.dvrc-or.org

P.O. BOX 494, HILLSBORO, OR 97123

The Domestic Violence Resource Center (DVRC) was established in October 1975 in Beaverton as *Women Together*, a community-based social group started by a domestic violence survivor that decided to address the needs of abused women in Washington County, Oregon.

DVRC is a non-profit agency providing **free and confidential services** to adult and child survivors of domestic violence within Washington County, Oregon and surrounding areas.

Prevention

- Outreach
- Trainings
- Presentations
- Education



Intervention

- Shelter
- Counseling
- Group Support
- Protective Order Assistance
- Children's Services

Empowerment

- Advocacy
- Referrals
- Client Assistance
- Resources
- Safety planning

What's domestic violence?

Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse and/or financial abuse (using money and financial tools to exert control).

Domestic violence is a pervasive crime that affects millions of individuals regardless of age, economic status, race, gender, religion, sexual orientation/identification or education.

Domestic violence affects lives in many ways. Our programs and services address a broad range of issues that survivors encounter providing them with tools to achieve self-determination.

For more information, visit www.dvrc-or.org.

Housing Services

DVRC provides free shelter to survivors of domestic violence of all genders/identifications.

Monika's House provides safe and confidential shelter for adults, children and pets fleeing imminent physical danger.

Mary Mac House provides transitional housing for survivors of domestic violence for up to one year.

Sojourner's House provides permanent housing for survivors of domestic violence paired with wrap-around support services.

Housing Services:

- Confidential crisis shelter
- Transitional housing
- Permanent housing
- Individual & group domestic violence support
- Parenting groups & support
- Children's groups & support
- Safety planning
- Resource referrals
- Advocacy & case management
- Pet shelter
- Housing & employment support
- Financial planning
- DVRC 24-hour crisis line
1(866) 469-8600 or (503) 469-8620



Community Advocacy

DVRC provides free advocacy to survivors of domestic violence in Washington County, Oregon.

Advocacy Services:

- On-site filing assistance for protective orders (new petitions, renewals, dismissals & modifications)
- Court accompaniment for protective order-related hearings
- Safety planning
- Client crisis intervention & case management
- Resource referrals
- Application assistance with Address Confidentiality Program

Advocacy Services (cont.):

- Client advocacy at DHS
- South Asian Women's Empowerment Advocacy
- LatinX Community Advocacy
- LGBTQ Community Advocacy
- Community outreach, education & training

Speak with an advocate at (503) 640-5352

*Note: DVRC does not provide legal advice.
All services are confidential.*

Counseling Services

DVRC provides free counseling to adult and child survivors of domestic violence.

Adult Services:

- 24-week domestic violence support groups
- Individual counseling
- Crisis intervention
- Safety planning
- Resource referrals

Child Services (ages 5-17):

- Individual counseling
- Art/play/sand tray therapy
- Parent/child counseling
- Safety planning
- Resource referrals
- 12-week "Coping with Conflict" group for adolescents (by referral only)
- 12-week "Teen Healthy Relationships" group

To schedule an appointment or learn additional information, call us at (503) 640-5352



Note: DVRC does not provide psychological assessments.