

Warning Signs:

- Jealousy
- Possessiveness
- Controlling behavior
- Isolating
- Blaming
- Hypersensitivity
- Intimidation/menacing
- 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, running 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 effects everyone.

Nearly 3 in 10 women (29%) and 1 in 10 men (10%) in the US have experienced rape, physical violence and/or stalking by a partner

3 to 10 million children will witness domestic violence every year.

The costs of intimate partner violence exceed \$5.8 billion each year.

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

Community Resources

Domestic Violence:

- Portland Women's Crisis Line
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
- WaCo Mental Health Crisis Line
503-291-9111
- MULT. County Mental Health Crisis Line
503-988-4888
- Clark County Mental Health Crisis Line
1-800-626-8137
- National Suicide Prevention LifeLine
1-800-273-8255

Legal Services:

- Oregon Law Center/Legal Aid of Washington County
503-640-4115
- Oregon Law Center/Legal Aid of Multnomah County
503-224-4086
- 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. |
503-395-0446



DOMESTIC VIOLENCE RESOURCE CENTER

We 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

1.866.469.8600
or
503.469.8620

Help is available.
Call our 24-hour crisis line
503.469.8620 or
1.866.469.8600 toll free,

P: 503.640.5352
F: 503.906.1223
P.O. Box 494, Hillsboro, OR 97123

www.dvrc-or.org

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 battered women in Washington County, Oregon.

DVRC is a non-profit agency providing free 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 is 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 across the United States regardless of age, economic status, race, gender, religion 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.

Monika's House

is named in memory of domestic violence victim Monika Voits, murdered by her husband in 1999. Monika's House is Washington County's only domestic violence shelter. Monika's House is a 24-bed facility providing safe and confidential emergency shelter for more than 200 adults, children, and their pets fleeing imminent physical danger from family violence each year.

Services:

- Emergency accommodation
- Individual and group domestic violence support
- Parenting groups and support
- Children's groups and support
- Safety planning
- Resource referrals
- Advocacy and case management
- Staffing and coordinating the DVRC 24 crisis-line



Monika's House is also proud to be one of only five shelters in the state of Oregon providing shelter from domestic violence to not only human survivors, but their family pet and companion animal survivors as well.

24-hour crisis line: 503.469.8620 or toll free at 1.866.469.8600.

Counseling Services for Children

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

For children ages 5-17 we offer:

- Individual counseling
- Art/play/sand tray therapy
- Filial (parent/child) counseling
- Safety planning
- Resource referrals
- A 12-week Coping with Conflict group for adolescents

Fact

Children exposed to domestic violence may suffer from poor school performance, fear, anxiety, aggression, lack of empathy, withdrawal, guilt, shame, isolation, and higher risk of substance abuse, victimization, perpetration and suicide.

Community Advocacy

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

Services:

- Filing assistance for new petitions, renewals, dismissals, and modifications
- Court accompaniment for restraining order and stalking order-related hearings
- Safety planning
- Client crisis intervention and short-term case management
- Resource referrals
- Assistance with the Address Confidentiality Program
- Client advocacy, including support from our two co-located DHS advocates (at the Beaverton and Hillsboro self-sufficiency/CPS offices)
- South Asian Women's Empowerment Advocate
- Latino Community Advocate
- Community education and trainings

DVRC cannot provide legal advice.

For more information give us a call at 503.640.5352.

Counseling Services for Adults

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

For adults we offer:

- A 24-week Domestic Violence group
- Individual counseling
- Crisis intervention
- Safety planning
- Resource referrals
- *Note: We do not provide psychological assessments*

Call us to set up an appointment or for more information call us at 503.640.5352.

