

# + services

## 24/7 Support Line

The W.O.M.A.N., Inc. 24-hour support line offers support via peer counseling, safety planning, referrals & more information on how to connect with our services. On our support line, we also connect with family and friends of survivors. We are here for you as well as the survivor you love. **You can call us 24 hours a day, 7 days a week at: (415)864-4722 or (877) 384-3578**

## Drop-In Support

During drop-in support times, survivors of domestic violence, their friends and/or their family members can meet with a trained advocate for in-person support. In this meeting, we provide peer counseling, safety planning, and referrals. Additionally, folks who come in can learn more about W.O.M.A.N., Inc. services. Please call our 24/7 support line or check our website ([www.womaninc.org](http://www.womaninc.org)) for current drop-in times.

## Latinx Program

The Latinx Program offers in-depth case management to Spanish-speaking survivors of domestic violence, and works to support survivors in a culturally appropriate setting. Working collaboratively with a team member, the survivor creates short and long-term goals designed to help overcome the obstacles preventing them from creating a life free of violence. To learn more, come to a drop-in support meeting.

## Therapy

Therapy is offered at W.O.M.A.N., Inc. for anyone affected by domestic violence — including survivors, their friends and family members. Individual and family therapy is offered in English and in Spanish. To get connected to our Therapy Program, please come to a drop-in support meeting.

## Support Groups

Led by trained facilitators, our peer support groups offer a safe space for survivors of domestic violence to share their experience with and gain insight from each other. In these groups, survivors are invited to explore their feelings, receive and offer support, and gain important tools needed to heal from the effects of violent relationships. Our groups include practical information about the dynamics of abuse. We often use art and other expressive modalities in our groups.

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**"W.O.M.A.N., Inc. helped me rediscover my strength. I was able to learn about the different forms of abuse and this helped my healing process. I know that it will take a lot of time to heal from this but I know that I am not alone."**

**- W.O.M.A.N., INC. PARTICIPANT**

**you  
deserve  
to feel  
safe  
in your body  
in your home  
in your community.**



**here for you  
24 hours a day,  
7 days a week**

**24/7 DOMESTIC VIOLENCE  
SUPPORT LINE:**

**(415)864-4722**

**OR**

**TOLL FREE AT  
(877)DVHELPU (384-3578)**

**BUSINESS LINE:**

**(415)864-4777**

**26 BOARDMAN PLACE  
SAN FRANCISCO 94103**

**[WWW.WOMANINC.ORG](http://WWW.WOMANINC.ORG)**

# +about us

## we are

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- Pro-immigrant
- Pro-love
- Pro-Muslim
- Pro-people of color
- Pro-queer
- Pro-reproductive justice
- Pro-survivor
- Pro-transgender

Our feminism will be intersectional. We will love each other, support each other and work collectively towards justice and liberation.

## mission

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- W.O.M.A.N., Inc. supports those impacted by violence using an innovative approach to services and programs that build stronger, safer communities

### GET CONNECTED ON SOCIAL MEDIA



@womaninc



@woman.inc



facebook.com/womaninc



www.womaninc.wordpress.com

## what is domestic violence?

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- Domestic violence (DV) is an **intentional pattern of behavior**, meant to maintain **power and control** over an intimate partner or family member.
- Abuse **is not solely** characterized by physical violence; verbal, emotional, economic and/or sexual abuse are also forms of DV.
- In the beginning, signs of abuse are often very subtle. It is incremental and sneaks into relationships that once seemed, happy, fun and loving.
- DV can happen to **anyone** regardless of ethnic or cultural background, socioeconomic status, education level, religion, gender identity, sexual orientation, ability or age.
- DV **is not caused** by illness (mental or physical), genetics, alcohol or drugs, anger, stress, behavior of the survivor, or relationship problems. While these factors may exacerbate abusive behaviors and/or increase lethality, they do not **cause** the abuse.
- DV is **never** the survivor's fault! The person using abuse is solely responsible for **choosing** to use emotional, financial, physical and/or sexual violence.

## some signs to look out for if you feel

### you may be experiencing abuse:

- Someone you love puts you down, criticizes and/or humiliates you.
- Your partner tries to control what seems like even the smallest aspects of your life.
- Your partner physically harms you.
- They keep you from friends, family & outside interests; they ridicule your loved ones.
- Your partner controls your finances or sabotages your job opportunities.
- You are scared to disagree with them.
- Racist, homophobic, transphobic, ableist or sexist language is used against you.
- Your partner threatens violence or suicide during fights.
- Your partner blames you for their behavior.
- You feel forced to have sex.
- Your partner monitors your phone, whereabouts and/or online activity.

### your loved one(s) may be experiencing abuse:

- Your loved one stops making decisions independent of their partner.
- They are hard to get a hold of, frequently cancels plans and/or don't show up.
- Your loved one is scared of their partner.
- Your loved one has physical injuries that they have a hard time explaining.
- They disclose forms of abuse.
- Major changes in appearance or self-esteem.
- Spends all their time with their partner.