

DOMESTIC VIOLENCE PROGRAMS

24-Hour Crisis Response.....	419-245-3324
Children's Advocacy Center/ Children Who Witness Violence Project	419-292-2927
Family & Child Abuse Prevention Center.....	419-244-3053
Family Services of Northwest Ohio	419-321-6455
Lucas County Children Services	419-213-3200
Lucas County Victim-Witness Assistance	419-213-4591
United Way	211
YMCA Battered Women's Shelter	419-241-3235

LAW ENFORCEMENT

Emergency	911
Holland Police Department	419-865-7105
Lucas County Sheriff's Department	419-213-4977
Lucas County Sheriff's Department Booking.....	419-213-4960
Maumee Police Department	419-897-7000
Oregon Police Department.....	419-691-5787
Ottawa Hills Police Department	419-531-4211
Sylvania Police Department	419-885-8900
Toledo Police Department.....	419-245-1132
Washington Local Police Department.....	419-726-0478
Waterville Police Department	419-878-6666
Whitehouse Police Department	419-877-5383

SUPPORT GROUPS

Project Genesis	419-321-6455
YWCA	419-241-3235

PROSECUTING ATTORNEYS

Lucas County	419-213-4700
Maumee City	419-897-7085
Oregon City.....	419-698-7050
Sylvania City.....	419-885-8920
Toledo City.....	419-936-2385

SHELTERS

Beach House Family Shelter	419-241-9277
Cocoon (Bowling Green)	1-419-373-1730
Family House	419-242-5505
La Posada	419-244-5931
Sparrow's Nest.....	419-321-1835
Toledo Rescue Mission	419-242-6642
YWCA Women's Shelter.....	419-241-7386

Helpful items to take when you leave:

- **Address book**
- **Birth certificate**
- **Checkbook and credit cards**
- **Comfort items or favorite toys for children**
- **Driver's license**
- **House and car keys**
- **Lease, rental agreement or property deed**
- **Money**
- **Medications**
- **Personal identification**
- **Photographs**
- **Protective orders**
- **Social Security card**



To report abuse or neglect:
419-213-CARE (2273)

Switchboard:
419-213-3200

Public Information and Speaker's Bureau:
419-213-3253

Fax:
419-327-3291

www.lucaskids.net



Keeping Yourself Safe



SAFETY DURING A VIOLENT INCIDENT

- When an argument begins, try to move to a room or area that has access to an exit. Avoid the bathroom, kitchen, or anywhere there could be a potential weapon.
- Practice how to get out of your home. Identify which doors, windows, stairwells or elevators would be best.
- Devise a signal or code word to use with your family, friends and neighbors when you need the police.
- Identify a neighbor who you can tell about the violence. Ask that neighbor to call the police if they hear a disturbance coming from your home or a prearranged signal.
- Decide and plan where you will go if you have to leave home (even if you don't think you will need to). This should be a safe place from which you can call for further assistance.
- Use your own instincts and judgement. You have a right to protect yourself until you are out of danger.
- Always remember – ***you don't deserve to be hit or threatened!***



Remember – everyone has a right to be safe!

SAFETY WHEN PREPARING TO LEAVE

- Open a bank account in your own name to establish or increase your independence.
- Have a packed bag ready and keep it in a secret place that is easy to reach.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Determine who you could stay with when you leave. They should not be fearful of your significant other.
- Keep important phone numbers close at hand and keep some change for emergency phone calls. See the list on the back of this brochure for other items that you should be prepared to take when you leave.
- Practice how you would leave your home quickly if you had to. ***Remember – leaving your batterer can be very dangerous!***

SAFETY IN YOUR OWN HOME

- Change the locks on your doors as soon as possible. Buy additional locks and safety devices to secure your windows.
- Inform your neighbors and landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.

IF YOU HAVE CHILDREN

- With the adult caregiver and child, discuss the use of a code word and what the child should do when the word is used.
- Plan where to go when fighting starts (i.e., neighbor, relative, own room with door shut).
- Teach the child to call 911 if fighting starts.
- Inform your children's schools, day care, etc., about who has permission to pick them up.



Teach your child to call 911 when fighting starts.

SAFETY WITH A PROTECTIVE ORDER

- Keep your protective order with you at all times.
- Call the police if your partner breaks the protective order.
- Think of alternative ways to remain safe if the police do not respond right away.
- Inform family, friends, neighbors and landlord that you have a protective order in effect.

SAFETY ON THE JOB AND IN PUBLIC

- Decide who at work you will inform of your situation. This should include office or building security. Provide them with a picture of your partner, if possible.
- Arrange to have someone screen your telephone calls, if possible.
- Devise a safety plan for coming and going from work. Have someone escort you to and from your car or the bus. Use a variety of different routes to go home.