Domestic Violence Services
The Center for Family Safety and Healing offers counseling and advocacy services to adult victims of domestic violence. Our staff works with individuals to develop a plan for a safer and happier life.

COUNSELING SERVICES:
• Evidenced-based, trauma informed domestic violence counseling by licensed counselors in a confidential, secure setting.
• Fees for these services are based on clients’ ability to pay.

ADVOCACY SERVICES:
• Provides assistance with the development of safety plans, linkages to community resources, and shelter and legal system navigation. Collaborates with law enforcement regarding cases with aspects of family violence.
• Provides prompt service in a safe community or office setting.

Evening and weekend appointments available. For more information or to schedule an appointment, call (614) 722-8293.
SAFETY PLANNING TIPS

If you are still in the relationship:
• Consider safe places to go if an argument occurs; avoid rooms with weapons and no exits.
• Keep a journal of all threats and incidences of abuse.
• Keep numbers of friends or family to use in emergencies; make sure these are kept in a safe place.
• Always have a charged cell phone with you.
• Talk with trusted people, and establish a code word or sign so they can call police if needed.
• Think about what you will say if your partner becomes violent.
• Take photos of any visible injuries.
• Visit the doctor/hospital to document injuries.
• Keep copies of important documents (birth certificates, social security cards, insurance policies) with a friend or family member.
• Don’t be afraid to call police when in danger.
• Prepare an emergency bag; form plan for escape.
• Consider obtaining an order of protection.

If you have left the relationship:
• Change your phone number and screen all calls.
• Document and save contacts, messages, injuries or other incidents involving your abuser.
• Change all passwords and remove personal information from social media sites.
• If the abuser has a key, change the locks and install a security system.
• Avoid traveling and staying alone.
• Plan how to get away if confronted by an abusive partner.
• If necessary to do so, meet your abuser in a public place.
• Change routes you take to work, school and home, and change stores you shop at frequently.
• Notify school and work of your situation.
• Consider getting a post office box for mail.
• Ask friends and family to keep your location and contact information private.

Adapted from the National Coalition Against Domestic Violence and The National Domestic Violence Hotline