

A SURVIVOR'S EXPERIENCE:

"I didn't recognize all the signs. They started so small and built up slowly over time. It wasn't all bad. A lot of it was really wonderful. The violent episodes were sometimes years apart. That is what made it so hard, so confusing.

"I went to a YWCA support group, and I began seeing a counselor. I cried and cried. **I didn't realize how much I needed a release, how much I was holding it together for everyone.** I learned about the power and control wheel, but I still didn't want to leave him. I valued my family and wanted to work it out. **The YWCA respected my decisions. They never wavered in their support for me, which made it safe for me to come back when I needed them again.**

"His behavior got worse, and the violent episodes happened more frequently. I was scared for my life and left. We stayed at the YWCA domestic violence shelter. I was so angry, so upset that this happened to me. **The staff was gracious and kind and patient with me.**

"I stayed at the shelter for 2 months before I found a new home. The YWCA connected me to a training program that helped me find employment. The YWCA offered me a match savings program that allowed me to purchase a computer. I then got my bachelor's degree through online courses.

"I will never forget about this valuable resource and how important it has been to my survival."

- Jill, YWCA Spokane Client

YWCA IS ON A MISSION

COMMUNITY EDUCATION

Domestic violence is a pattern of behavior used to gain or maintain power and control over an intimate partner.

We offer trainings to professionals, organizations, and other groups who want to learn how partner violence affects their business or community and what to do when someone they know, work with, or supervise experiences intimate-partner domestic violence.

**eliminating racism
empowering women**

ywca

SPOKANE

930 N Monroe St | Spokane, WA 99201
ywcaspokane.org | 509.789.9297
24hr DV Helpline: 509.326.CALL(2255)
@ywcaspokane



s e r v e s
all, proudly.



DOMESTIC VIOLENCE SUPPORT SERVICES

YWCA ALTERNATIVES TO DOMESTIC VIOLENCE PROGRAM

24hr Helpline: 326.CALL (2255)

YWCA IS ON A MISSION



DOMESTIC VIOLENCE SUPPORT SERVICES

YWCA Alternatives to Domestic Violence Programs



24HR HELPLINE: 326.2255

Our helpline is supported by our friendly shelter staff and is available for you to call 24 hrs-a-day, 365 days-a-year.



WRAP-AROUND WEDNESDAY

Every Wed at 1pm we provide a comprehensive walk-in clinic for women, designed to help figure out what is going on and what to do next.* Available on a first-come, first-serve basis. Childcare is available.



SAFETY PLANNING

We are here to help you move through a very difficult time. We can provide education about resources and options to consider for your family's safety.



SUPPORT FOR CHILDREN

Using play, art, laughter, and games, our trauma aware staff are here to support parents and help children and youth process feelings safely about hard things that have happened.



COUNSELING

Whether you are grieving, healing, needing a safe person to talk to, or trying to make it work with your partner, we provide a safe space to process and make sense of your feelings.



CONFIDENTIAL HOUSING

A safe place to rest, regroup, sort out feelings, and time to prepare for what to do next. Emergency clothing, food, and necessities are available.



PROTECTION ORDERS

We can help you understand and receive formal legal protection designed to protect you against stalking, harassment, and physical abuse from your intimate partner.



FAMILY LAW

Assistance with paperwork, answering questions, and navigating the family law court system for domestic violence survivors (divorce, custody, child support, parentage, etc.)



FINANCIAL NAVIGATION

If you need or are receiving assistance from the Department of Social & Health Services (DSHS), we can help you understand your rights and help you find additional financial assistance.



MEANINGFUL RESOURCES

Getting safe is the first step. Job readiness, skill building, and access to clothing are just a few of the resources we can also connect you to.



YWCA IS ON A MISSION

CONTACT US TODAY

24hr Helpline & Shelter: 509.326.2255

Protection Orders: 509.477.3656

Counseling, family law, all other services please call: 509.789.9297

WE ARE HERE FOR YOU

We support victims experiencing various forms of power and control in their intimate relationships, not just physical abuse. A domestic violence charge against you doesn't mean you can't access the program.

ANYONE CAN BE A VICTIM

1-in-3 women in Spokane are affected by domestic violence regardless of age, economic status, education, race, sexual orientation, or religion. We also provide support for male victims of intimate partner domestic violence.

FREE & CONFIDENTIAL

We are Spokane's only state recognized domestic violence program. Services are free and confidential. Call us at any time. We are here to answer your questions and support you.

* appointments are available for men who have experienced domestic violence. Call 509.789.9297