

**END
THE
SILENCE**



LET HER KNOW SHE'S NOT ALONE

You know a domestic violence victim who doesn't know who is safe to reach out to.

Help us cultivate a culture where the silence around domestic violence is no longer acceptable.

**eliminating racism
empowering women**

ywca

SPOKANE

#EndTheSilence

Often victims of domestic violence don't reach out for help for fear no one will believe them. Many feel embarrassed or ashamed they "let it happen," or feel it was "their fault."

The feeling of shame, isolation, and a lack of safe ally support can be major factors that contribute to a victim's choice to remain in an unsafe or unhealthy relationship.

Join The Movement

YWCA Spokane has created easy ways you can join the End The Silence movement and show domestic violence victims they are not alone.

Learn more at ywcaspokane.org.

24hr domestic violence helpline:
509.326.CALL (2255)

**YWCA
IS ON A
MISSION**

**ywcaspokane.org
509.326.1190**