

## COMMUNITY EDUCATION

### WHAT IS DOMESTIC VIOLENCE?

Intimate partner domestic violence (IPDV) is a pattern of behavior used to gain or maintain power and control over an intimate partner. It is coercive, controlling behavior that may include physical, emotional, psychological, sexual, or financial abuse.

### ACCESS FREE TRAINING

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

To learn more or to schedule a free training, contact YWCA Spokane's Community Education and Outreach Coordinator at [education@ywcaspokane.org](mailto:education@ywcaspokane.org) or call 509-789-9297. You can also visit [ywcaspokane.org/training](http://ywcaspokane.org/training) to learn more.

### TRAINING TOPICS

- What is intimate partner domestic violence
- Myths about intimate partner violence
- How to recognize partner violence
- Exploring biases with domestic violence
- Who is affected by intimate partner violence
- Indicators of intimate partner violence
- Root causes of intimate partner violence
- Bystanders of gender-based violence culture
- Understanding victim-blaming
- The role of YWCA Spokane advocates
- How you can help or refer a friend
- YWCA Spokane's services and how to access them
- Ending the silence around domestic violence
- Connecting to meaningful resources

eliminating racism  
empowering women

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SPOKANE

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all, proudly.

## CONTACT INFORMATION

YWCA Spokane

930 N Monroe St, Spokane, WA 99201

[ywcaspokane.org](http://ywcaspokane.org) | [@ywcaspokane](https://twitter.com/ywcaspokane)

Front Desk: 509-326-1190

24hr Help: 326-2255 | [help@ywcaspokane.org](mailto:help@ywcaspokane.org)

Domestic Violence Support Services: 789-9297

Emergency Shelter Services: 326-2255

Protection Orders: 477-3656

Free Clothing Boutique For Womxn: 789-9280

Job Readiness & BFET Program: 789-9299

DSHS WorkFirst Life Skills Program: 789-9287

Early Childhood Education & Assistance: 789-9271

## SUPPORT OUR WORK

Give Today: [ywcaspokane.org/donate](http://ywcaspokane.org/donate)

Major Gifts & Partnerships: 742-0111

Event Coordination & Sponsorship: 789-9312

Volunteer: [volunteerspokane.org](http://volunteerspokane.org)

Communications: 789-9305

## IMMEDIATE SUPPORT



Our confidential helpline, 509-326-2255, and email, [help@ywcaspokane.org](mailto:help@ywcaspokane.org), are supported by friendly shelter staff. This free service is available for you to call 24 hrs-a-day, 365 days-a-year.

# HOW TO HELP A FRIEND

What can I do to support a victim or survivor of domestic violence?

**24hr Helpline: 326.CALL (2255)**

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# What Can I Do To Help?

- Assure your friend that the abuse is NOT their fault or their children's fault. They did not cause the violence. No one deserves to be abused.
- Educate yourself on the myths and facts about domestic violence. Gather information about local support programs like YWCA Spokane and [endtheviolencespokane.org](http://endtheviolencespokane.org).
- LISTEN to your friend and BELIEVE what they are telling you. Let them know you care about them and will listen if they want to talk; that may be the best help you can offer.
- Don't underestimate the danger they are in. The most dangerous time for a victim of domestic violence is leaving an abusive relationship. Suggest they talk with an advocate at YWCA to create a safety plan.
- Let your friend know that they are not alone. Domestic violence happens to people of all income and educational levels, racial and ethnic origins, religions, and ages.
- Allow them to express their feelings without judgement. It is common for victims of intimate partner violence to have conflicting reactions to abuse such as love and fear, guilt and anger, hope and sadness. Let them know these conflicting feelings are normal.
- Don't assume you know what's best for them. Let them know you'll support them no matter what they decide. To be helpful, be patient and respect their decisions, even if you don't agree with them.
- Encourage them to make their own decisions. It is empowering to know that someone trusts your judgment. Help them think through different options, but allow them to evaluate each option themselves and trust them to make the right choices.
- Take care of yourself. Helping a friend in an abusive relationship is stressful and can leave you feeling drained and helpless. You need to look after your own physical and emotional well-being. Seek support for yourself to help you with your feelings, fears, frustrations and reactions to the abuse.

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## how can I know for sure if they are being abused?

If you suspect your friend is being abused, kindly express your concern and see if they want to talk.

Remember, they may not feel comfortable talking about it. It is still important to express concern and leave it open for your friend to come back to the topic when they are ready.

### 5 Helpful Things To Say:

1. I am here for you if you want my support.
2. I am concerned for your safety.
3. I am afraid for your children's safety.
4. I will go with you to YWCA Spokane for help.
5. Is there any support you need?

### Recommended Reading

*To Be an Anchor in the Storm: A Guide for Families and Friends of Abused Women* by Susan Brewster

*Why Does He Do That?* by Lundy Bancroft

*Trauma and Recovery* by Judith Herman