

## 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.

### Free Training On IPDV

We offer free trainings to professionals, organizations, the community, and other groups who want to learn more about how partner violence can affect their business or community and how to help someone who is experiencing intimate partner domestic violence. Trainings can also be customized for specific audiences.

### Training Topics

- What is intimate partner domestic violence
- Myths of intimate partner violence
- How to recognize intimate partner violence
- Who is affected by intimate partner violence
- How to help someone
- Survivor experiences in specific groups
- The role of YWCA Spokane advocates
- Connecting to meaningful resources
- YWCA Spokane's free & confidential services

### How To Sign Up

To access YWCA Spokane's free training or to learn more, visit [ywcaspokane.org/training](http://ywcaspokane.org/training) or contact YWCA Spokane's Community Engagement Coordinator at 509-385-6623 or email [education@ywcaspokane.org](mailto:education@ywcaspokane.org).

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## CONTACT INFORMATION

YWCA Spokane  
930 N Monroe St, Spokane, WA 99201  
[ywcaspokane.org](http://ywcaspokane.org) | Front Desk: 509-326-1190  
24hr Helpline Services: Call: 509-326-2255  
Text: 509-220-3725 | Email: [help@ywcaspokane.org](mailto:help@ywcaspokane.org)  
Domestic Violence Service Center: 509-789-9297  
Emergency Shelter Services: 509-326-2255  
Protection Orders: 509-477-3656 Option 1  
Free Clothing Boutique For Womxn: 509-789-9280  
Job Readiness & Trauma Healing Svcs: 509-789-9281  
Women's Opportunity Center: 509-724-6450  
Early Childhood Education & Assistance: 509-789-9271

## SUPPORT OUR WORK

Give Today: [ywcaspokane.org](http://ywcaspokane.org)  
Ways To Help: [ywcaspokane.org/how-to-help](http://ywcaspokane.org/how-to-help)  
Major Gifts, Partnerships, & Events: 509-953-5992  
Communications & Engagement: 509-789-9305  
Volunteering: [volunteerspokane.org](http://volunteerspokane.org)



## INTIMATE PARTNER DOMESTIC VIOLENCE SUPPORT SERVICES

24hr Free & Confidential Help  
Call: 509-326-CALL (2255)  
Text: 509-220-3725  
[help@ywcaspokane.org](mailto:help@ywcaspokane.org)

## YWCA IS ON A MISSION



# Services For Those Impacted By Intimate Partner Violence

Free and Confidential Domestic Violence Victim Support Services

## CONNECT WITH SERVICES



### Free & Confidential

We support survivors of all genders with wrap around services. Walk-in services are available in addition to scheduled appointments. Please call [509-789-9297](tel:509-789-9297) for more information. On-site childcare can be available as requested.

## IMMEDIATE SUPPORT



### 24hr Help Is Here For You

Our free, confidential helpline is staffed by our friendly shelter advocates and is available 24 hours a day for survivors and allies. Call [509-326-2255](tel:509-326-2255), text [509-220-3725](tel:509-220-3725), or email, [help@ywcaspokane.org](mailto:help@ywcaspokane.org).



**YWCA IS HERE FOR YOU**

## SERVICES INCLUDE



### 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 difficult experiences.



### Confidential Housing

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



### Protection Order

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



### Mental Health Therapy

Helping adults and children who are survivors of domestic violence through one-on-one and family therapy services to develop the skills necessary to heal and maintain healthy relationships.



### Support Advocacy

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.



### 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 find additional financial assistance.



### Family Law

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



### 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.

## Anyone Can Be A Victim

1-in-3 women and 1-in-4 men have experienced some form of domestic violence regardless of age, economic status, education, race, sexual orientation, or religion. Approximately 50% of transgender people will experience domestic violence in their lifetime. We provide support for victims of intimate partner domestic violence regardless of gender.

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 services.

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