

## HOW CAN YOU MAKE A DIFFERENCE?

**My Sisters' Place is a private non-profit organization receiving support from government grants, foundations, businesses, clubs, churches, and individuals.**

**On a continuing basis, My Sisters' Place needs volunteers to serve in many capacities of the program to provide services and contributions.**

**For more information call:**

**(541) 574-9424**

- I am interested in volunteering
- I am enclosing a tax deductible contribution of \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### **Return to:**

**My Sisters' Place**  
PO Box 2152  
Newport, OR 97365

**My Sisters' Place is an  
Equal Opportunity Provider**

**FOR MORE INFORMATION ABOUT YOUR RIGHTS AND OPTIONS,** contact a Support Service Provider at My Sisters' Place.

My Sisters' Place Crisis Line 994-5959  
or toll free (800) 841-8325  
Advocacy Office 574-9424

### **POLICE**

Emergency 911  
Lincoln County Sheriff 265-4231  
Newport 574-3348  
Lincoln City 994-3636  
Toledo 336-5555  
Oregon State Police 265-5354

### **LEGAL ASSISTANCE**

Protective Orders 574-9424  
Victims' Assistance 265-4182  
District Attorney 265-4145  
Legal Aid Services of Oregon 265-5305  
or toll free (800) 222-3884

### **INFORMATION, REFERRAL & SUPPORT**

MSP Crisis Line 994-5959  
Food Share (Newport) 265-8578  
Lincoln City Food Pantry 994-3699  
DHS Self Sufficiency Program 265-2248  
DHS Child Welfare Program 265-8557  
Children's Advocacy Center 574-0841  
Mental Health (Newport) 265-4179  
Mental Health (Lincoln City) 994-1741  
or After Hours Crisis (888) 232-7192  
Public Health (Newport) 265-4112  
Public Health (Lincoln City) 994-1741  
Senior and Disability Services 336-2289  
Housing Authority 265-5326  
Samaritan House 574-8898  
Progressive Options 574-0384  
Community Services Consortium 265-8505  
Runaway & Homeless Youth Help 265-8505  
Confederated Tribes of Siletz 444-2532  
Salvation Army 265-6814  
Crossroads Batterer Intervention 574-4479



**...a domestic, sexual, and  
dating violence  
prevention and  
intervention program**

**24-Hour Crisis Line  
(541) 994-5959**

**Advocacy Office  
(541) 574-9424**

**[www.mysistersplace.us](http://www.mysistersplace.us)**

**ALL SERVICES ARE  
FREE AND  
CONFIDENTIAL**

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## **My Sisters' Place Philosophy**

My Sisters' Place promotes a self-help philosophy that respects individual differences and encourages development of self-reliance. A cornerstone of our philosophy is respect for the survivor's rights.

### **Services Include:**

Safety Planning  
24-Hour Crisis Line  
Emergency Confidential Shelter  
Peer Support  
Support Group  
Rape Victim Advocacy  
Agency Assistance  
Community Referrals  
Court Advocacy  
Education and Information  
Spanish Speaking Service Providers

## **My Sisters' Place**

24 hour Crisis Line  
**(541) 994-5959**

### **Advocacy Office**

(541) 574-9424

**All Services are Free  
and Confidential.**

## **WHAT IS DOMESTIC VIOLENCE?**

Domestic violence is a pattern of abusive behavior that may be physical, sexual, psychological or some combination of any of these. These behaviors are intended to punish, abuse, and ultimately control the thoughts, beliefs, and actions of the victim. Although usually targeted toward a partner, abusive behavior harms everyone in the family. Over time, and without intervention, abusive behavior increases in frequency and severity. Later incidents of domestic violence often involve weapons and may end in tragedy or death.

### **WATCH FOR THESE SIGNS OF DOMESTIC VIOLENCE:**

#### **Does your partner:**

- ◆ Insult you in public and/or in private?
- ◆ Check up on where you have been and/or who you have talked to?
- ◆ Put down your friends and/or family?
- ◆ Tell you jealousy is a sign of love?
- ◆ Blame you for the abuse?
- ◆ Limit where you go and what you do?
- ◆ Try to control your money?
- ◆ Destroy your things?
- ◆ Threaten to hurt you, your family, and/or pets?
- ◆ Make you have sex in ways or at times that are uncomfortable to you?
- ◆ Touch you in ways that hurt or scare you?
- ◆ Tell you your fears and/or feelings are not important?

If any of these abusive behaviors are happening to you, you might be in danger. Domestic violence hurts both you and the people you love.

## **HOW CAN MY SISTERS' PLACE HELP?**

My Sisters' Place provides safety, support, and advocacy to victims of domestic violence, sexual assault, dating abuse and stalking. We also provide community education surrounding these issues.

If you think you may be a victim, My Sisters' Place is a safe place where you can explore options. By offering services without discrimination on any basis, we hope to empower you to make your own best choices.

### **HOW CAN YOU HELP A FRIEND?**

- Listen and believe that abuse hurts- physically, sexually, and emotionally.
- Understand that victims sometimes mistakenly blame themselves.
- Support the people, not the violence.
- Encourage the victim to ask for help.
- For support and information, call My Sisters' Place.

### **WHY GET HELP?**

**Every year thousands of women are hurt or killed by partners they love.** It can be dangerous when one person always tries to be in charge. Some people insult, threaten and even hit people they love. They do NOT do it because of stress, anger, drugs or alcohol. They do it to control others.

**What hurts you, hurts your children.** Children may feel scared and ashamed. They think it is their fault. Children who see or hear abuse often develop emotional problems.

**EVERYONE HAS THE RIGHT TO BE SAFE!**