



Empowering people to live safe, healthy, non-violent lives

YOU ARE NOT ALONE WE ARE HERE TO HELP

24-HOUR HELP LINE:

503-397-6161

SAFE's Advocates are bound by privilege and confidentiality.

SAFE's Advocates are *NOT* mandatory reporters.

Safety:

Safety Planning: Advocates can help create a personalized safety plan

911 phones: Non-service phones that can be used for calling 911.

The Starting Place: An emergency shelter for people, and their families, who are seeking safety from domestic violence, sexual assault or stalking. The Starting Place provides a 30-day stay.

Court Support:

Advocates can attend court hearings with you for support.

Advocates can help give direction and assistance regarding protection orders.

Advocates will be there for you if you decide not to report a sexual assault.

Advocates can support you through the process of reporting a sexual assault and advocates can accompany you at the hospital.

Advocates can attend meetings with DHS, Community Action Team, Columbia Community Mental Health and other agencies to help support and navigate you through the system.

OVER-----

Group Advocacy:

Domestic Violence Support Group: Ongoing group

This group helps empower survivors to know that they are not alone.

Group is held every Thursday at 5:30 p.m. Located in the Oregon Law Center conference room.

Sexual Assault Support Group: 12 Weeks- Closed group- Referrals only

This group is to provide support to survivors and help navigate a healthy future.

Group time will be times set to meet participant schedules.

Women over 50 Support Group: Ongoing group every Tuesday at SAFE from 10-11am

Teen Support Group: Ongoing group every Tuesday at SAFE from 4-5pm starting September 17. Referrals appreciated

Education Advocacy:

ARIA- Assessing Relationships: Information on Abuse:

Four-week long class to help clients access information, support, and resources to assess their relationships.

Class times set to meet participant schedules

SELF CARE:

Trauma Informed Yoga:

Tuesdays and Thursdays 4:00 PM at Columbia Community Health: (except the first Tuesday of the Month).

Other times by appointment or request.

OTHER ADVOCACY AS REQUESTED

Please call 503-397-7110 or 503-397-6161 to register for any of the groups, classes or to speak to an advocate.