

## Are you worried about a family member, friend, or coworker?

A personal relationship in which one partner is controlling, abusive, or violent toward the other is a common problem throughout our society. It happens in all ethnic groups and age groups, including teens and senior citizens. It happens in heterosexual, lesbian, and gay relationships.

## Are you in need of anger management?

**The danger is real.** Abusive behavior is destructive and dangerous. Every year, thousands of people are seriously hurt or killed by their spouses or partners. There is no excuse for it. If you have any of these problems, stress, anger, drugs, or alcohol, may increase the risk of abuse. Call the numbers located in this pamphlet for help. There is help for everyone.



## Law Enforcement Resources

Sacramento County Sheriff . . . (916) 874-5115  
Sacramento Police . . . . . (916) 264-5471  
Folsom Police . . . . . (916) 355-7231  
Citrus Heights Police . . . . . (916) 568-5115  
Galt Police . . . . . (209) 745-1535  
Isleton Police . . . . . (707) 421-7090  
El Dorado Hills Sheriff . . . . . (530) 621-6600  
Nevada County Sheriff . . . . . (530) 265-1471  
Roseville Police . . . . . (916) 774-5100  
Lincoln Police . . . . . (916) 645-4040  
Rocklin Police . . . . . (916) 632-4060  
Placer County Sheriff . . . . . (916) 889-7800  
San Joaquin County Sheriff . . . (209) 468-4400  
Fairfield Police . . . . . (707) 428-7300  
Dixon Police . . . . . (707) 678-7091  
Jackson City Police . . . . . (209) 223-6550  
Sutter Creek Police . . . . . (209) 267-5646  
Butte County Sheriff . . . . . (530) 538-7321  
Calaveras County Sheriff . . . . (209) 754-6500  
Marysville Police . . . . . (530) 749-3900  
Yuba City Police . . . . . (530) 822-4660  
Sutter County Sheriff . . . . . (530) 822-7307  
Yuba County Sheriff . . . . . (530) 749-7777  
Colusa County Sheriff . . . . . (530) 458-0200  
UCD Police . . . . . (916) 734-2555  
Yolo County Sheriff . . . . . (530) 668-5280  
Davis Police . . . . . (530) 747-5400  
Woodland Police . . . . . (530) 661-5900  
West Sacramento Police . . . . (916) 372-2461

### Kaiser Permanente

(916) 973-6600 Morse Hospital ER

(916) 784-5380 Roseville Hospital ER

**If You Are In Immediate Danger, CALL 911**



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# EVERYONE DESERVES A SAFE RELATIONSHIP



**In the last year, have you been hit, slapped, kicked, or otherwise physically hurt by someone, or has anyone forced you to have an unwanted sexual act?**

**You are not alone.  
It is not your fault,  
and help is available**



## EVERYONE HAS THE RIGHT TO BE SAFE IN A RELATIONSHIP

### What should you do?

What can you do? Seek the support of caring people. They may be your friends, family members, neighbors, medical professionals, or people who work at the agencies listed in this brochure. Talk with them in a private, safe place.

Explain the situation to your children. The following are sample statements you may use: "What happened is not your fault"; "Hitting is one way of being mean. Hurting someone's feelings with name calling or threats is mean, too"; "When adults hit each other, it is not OK, and they need help to stop."

**If you think a friend is being abused...** and an assault is occurring call 911. Don't downplay the danger. Don't judge your friend's choices. Your friend may feel that he or she has nowhere to go or that it is his or her fault. Give emotional support. Your friend may feel hurt, angry, afraid, ashamed, or trapped. Offer to help with childcare or transportation. Express concern for your friend's safety. And tell your friend about agencies that can help.

## RESOURCES FOR MEN AND WOMEN

### CRISIS LINES

#### **Casa de Esperanza** 1-888-874-2040

This organization offers services to women and children.

*They can provide:*

- Emergency shelter
- Legal assistance

#### **The Center for Violence Free Relationships** (530) 626-1131

This organization offers services to men and women. *They can provide:*

- Emergency shelter
- Legal assistance
- Help with safety planning
- A Latino advocate

#### **Domestic Violence Intervention Center** (916) 728-7210

This organization offers services to men and women.

*They provide:*

- Legal assistance
- Support groups
- Legal clinics for fathers

#### **Muslims Against Family Violence** 1-800-909-1606

#### **My Sister's House** (916) 428-3271

This organization offers services for women of Asian background, including Pacific Islanders.

*They can provide:*

- Emergency shelter
- Legal assistance
- Help with safety planning
- Help with immigration issues

#### **National Domestic Violence Hotline** 1-800-799-7233

#### **Peace for Families** 1-800-575-5352

This organization offers services for men and women. *They can provide:*

- Emergency shelter
- Legal assistance
- Help with safety planning

#### **Sacramento Crisis Nursery/Parent Stress Line** (916) 394-2000

#### **WEAVE** (916) 920-2952

This organization offers services for women and children.

*They can provide:*

- Emergency shelter
- Legal assistance
- Help with safe planning

#### **Yolo County Sexual Assault and Domestic Violence Center** (530) 661-6336

This organization offers a 24-hour crisis hotline, domestic violence support group, therapy, legal assistance, and shelter.

### TREATMENT & COUNSELING

#### **Affordable Counseling and Educational Services** (916) 485-9685

*This organization offers:* Anger Management skills training for men and women plus individual counseling.

#### **Asian Pacific Community Counseling** (916) 383-6783

Offers counseling for men, woman, and youth in the Asian and Pacific Islander Community.

#### **Casa De Esperanza** 1-888-874-2040

They offer services for women and children, including:

- Individual counseling
- Support groups

#### **The Center for Violence Free Relationships** (530) 626-1450

This organization offers services to men and women.

*They provide:*

- Counseling and treatment for domestic violence
- Men: Alternative to Abusive Pattern (MAAP)
- Women: Changing Abusive Pattern (CAP)

#### **Changing Courses** (916) 332-5056

This organization offers services to men, women, and families. *They provide:*

- Counseling and treatment for anger management and domestic violence
- Individual and couple's counseling
- Russian and sign language interpreters
- Legal counseling

#### **Continuous Review of Needs** (916) 486-7214

*This organization offers:* Anger Management skills training for men and women. Violence Prevention and Early Intervention Program for individuals and couples.

#### **Evergreen Counseling** (916) 487-0657

This organization offers services for men. *They provide:*

- Counseling for anger management and domestic violence

#### **Family Shalom**

Information and referral (916) 204-8777  
[www.familyshalom.org](http://www.familyshalom.org)

#### **Men Against Violence Center** (530) 392-0714

*This organization offers:*

Anger Management skills training for men only.

#### **Sacramento Counseling Associates** (916) 962-7101

This organization offers counseling services for men and women.