



**TAKE A
STAND**
AGAINST
DOMESTIC
VIOLENCE




The mission of Project Sanctuary is to prevent domestic violence and sexual assault in Mendocino County through advocacy, crisis response, community collaborations, education, and shelter.



PROJECT
SANCTUARY

Domestic Violence and Sexual Assault Prevention and Support

+ Project Sanctuary Direct Services



Individual Peer Counseling

- Counseling with a trauma-informed approach, focused on rebuilding a survivor's sense of safety, control, and wellness.
- Provided during regular business hours to clients by appointment.



Legal Assistance

- Assistance obtaining domestic violence/sexual assault restraining orders.
- Collaboration and advocacy with District Attorney, Law Enforcement, Victim Witness upon client request



Group Peer Counseling

- Groups offered throughout the year with a focus on developing and fostering clients' support networks and skills.
- Including but not limited to: Building Better Boundaries; Creative Expressions; Money Wisdom; Shame Resiliency; Yoga, and more.



Emergency Shelter

- The shelter--for individuals of all genders and orientations in need of immediate safety from domestic violence---is located in the Inland Region.
- Short-term Emergency shelter is available in the coastal region, with relocation options to Inland shelter.



Crisis Response

- Crisis-counseling by "walk-in" and phone are available **Monday-Friday 8:30-4:30** at our office locations; 24-hrs through the Crisis Line at **964-HELP(4357)**.
- Services available in Spanish and English.

All services are confidential. All services are provided at no-cost to client.

+ Prevention and Outreach

- Age-appropriate School Based Presentations (Preschool-12)
- Teen Groups, Workshops
- Community Presentations, Trainings, Special Events



KIDS
EMPOWERED

CONSENT is:

1. Active **2. Equal**

3. Choice **4. Process**

Just because a partner didn't say "no" doesn't mean they have given consent. Ask, because only "YES" means "YES."

If someone is underage, drunk, asleep or in another vulnerable position, they cannot consent.

We must make sure our partners feel free to say "yes" or "no" without pressure. If we aren't willing to take "no" for an answer, consent cannot happen.

Consent requires ongoing conversations with lots of trust. Just because someone says yes to making out doesn't mean they want to do anything else. You can change your mind at any time.

STOP
BULLYING

STAND UP. SPEAK OUT.

love is respect

Partnership to End Dating Violence Awareness Month.
Learn more at enddvmovement.org.

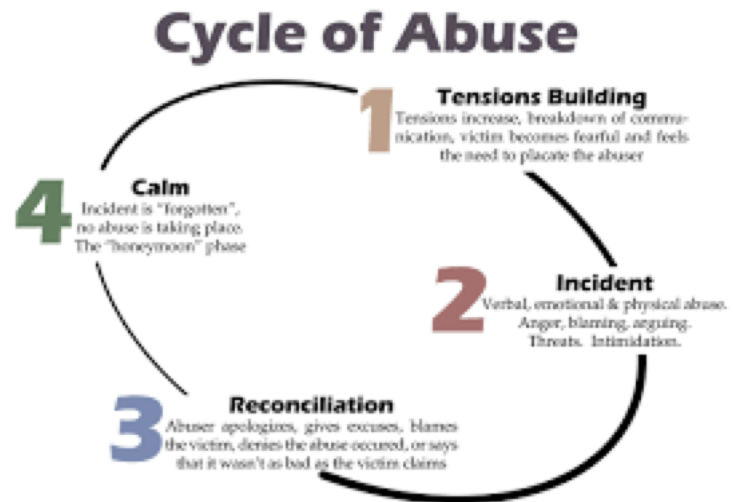
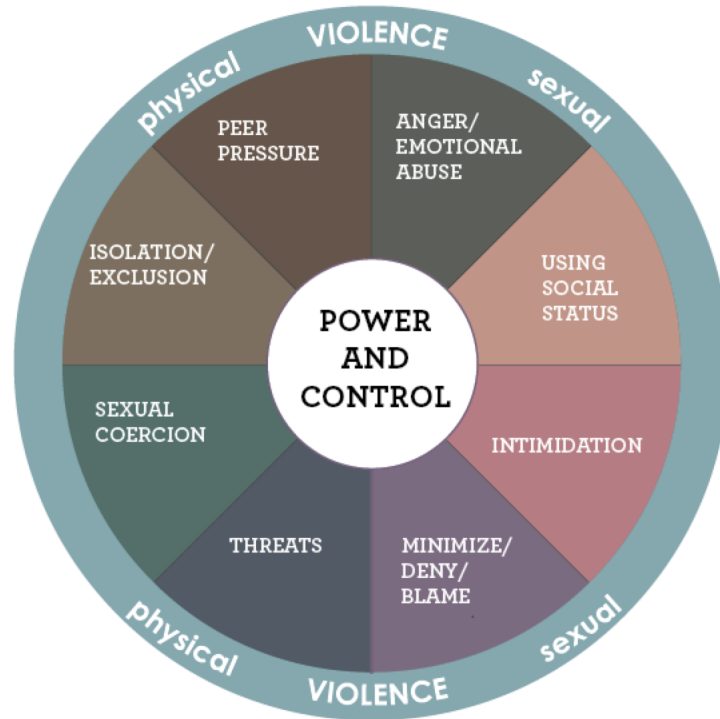


Purple Lights Nights

Shine a Light, Save a Life!

40+Coastal businesses participated in the annual Purple Lights Nights Campaign to raise awareness of, and speak out against, violence in our community. We look forward to lighting the town purple this year!

+ What is Domestic Violence?



Domestic violence is a pattern of controlling behavior and assaults including physical, sexual, psychological, verbal and economic. Domestic violence is lethal, common and affects people of all cultures, religions, ages, sexual orientations, educational backgrounds and income levels. Domestic violence is a crime and both men and women can be victims or perpetrators.



1^{IN}4 US
WOMEN

EXPERIENCED
VIOLENCE BY A
PARTNER AT SOME
POINT IN HER LIFE.

2 OUT OF **3**
CHILDREN

ARE EXPOSED
TO TRAUMA
AND VIOLENCE.

1^{IN}5 WOMEN

IS SEXUALLY
ASSAULTED IN
COLLEGE.

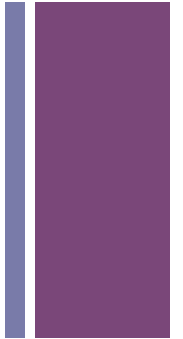
1^{IN}5 TWEENS

KNOWS A VICTIM
OF DATING
VIOLENCE.



Know the facts. Know the signs. Support Survivors. Refer to Resources. Volunteer. Encourage conversation.





BE PART OF **the** Equation



nrcdv.org/dvam

Domestic Violence
Awareness Month