

RESOURCES

Shelters and Crisis Lines:

In an emergency CALL 9-1-1

A Safe Place *Oakland* (510) 536-SAFE
SAVE *Fremont* (510) 794-6055
Women, Inc. *SF* (415) 864-4722
Asian Women's Shelter (877) 751-0880
Narika *Help line for South Asian Women* (800) 215-7308
Tri-Valley Haven for Women (800) 884-8119
Bay Area Women Against Rape (510) 845-7273
STAND *Contra Costa County* (888) 215-5555
Building Futures with Women
And Children (866) A-WAY-OUT
Alameda Co. Family Justice Center (510) 267-8800

Counseling:

National DV Hotline (800) 799-SAFE
Family Violence Law Center (510) 208-0255
Clearwater (510) 596-8137
Communities United Against Violence
LGBTQ Services (415) 333-HELP
D.O.V.E.S. Project
For Children and Teens (510) 428-3135
Alameda Co. Family Justice Center (510) 267-8800

Legal Assistance:

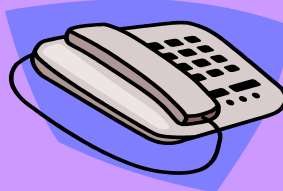
Family Violence Law Center
Restraining Orders (510) 208-0255
Bay Area Legal Aid
Divorce and Custody (510) 663-4744
East Bay Community Law Center (510) 548-4040
Superior Court County of Alameda
2120 MLK Jr. Way, Berkeley (510) 647-4465
District Attorney (510) 268-7500
Victim Witness Assistance (510) 272-6180

HOW TO REACH US

For information or advice during business hours call the Berkeley Police Department's Domestic Violence Prevention Unit
Detective: (510) 981-5736
Advocate: (510) 981-5724

To make a police report call 981-5900
(24 hours a day)

For crisis line assistance, referrals, legal assistance, and advocacy call Family Violence Law Center (510) 208-0255



In an emergency
call **9-1-1**

Berkeley Police Department
Domestic Violence Prevention Unit
2100 Martin Luther King Jr. Way
Berkeley, CA 94704
www.ci.berkeley.ca.us/police/

BERKELEY POLICE DEPARTMENT DOMESTIC VIOLENCE PREVENTION UNIT



**Domestic violence
hurts everyone.**

**Help is available
to stop the cycle
of violence.**

What is Domestic Violence?

Domestic Violence can take many forms and is based in the abuser's desire to have power and control over the victim. Domestic Violence includes:

- **Physical Abuse:** The abuser hits, pushes, shoves, punches, slaps, bites, trips, grabs, kicks and/or strangles the victim. The abuser may also throw things at the victim or threaten the victim with a gun, knife, or with other forms of violence.
- **Emotional Abuse:** The abuser calls the victim names, puts the victim down, and makes the victim feel bad about themselves.
- **Sexual Abuse:** The abuser forces the victim participate in sexual acts against the victim's will. The abuser may attack the sexual areas of the victim's body and sexually degrade the victim.
- **Isolation:** The abuser controls who the victim talks to, where the victim goes, and what the victim does. The abuser may act extremely jealous and may prevent the victim from having contact with her/his friends, family, and co-workers.
- **Threats:** The abuser threatens to hurt the victim, kidnap or harm the victim's children, or commit suicide.



Domestic Violence is never the victim's fault

The Cycle of Violence

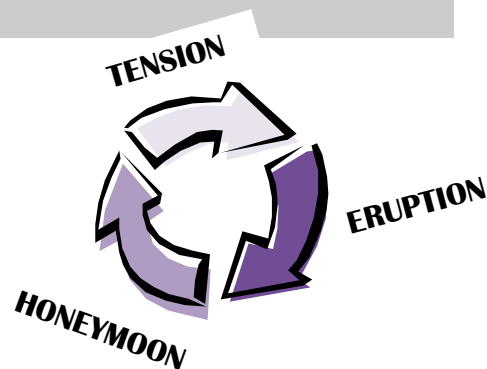
In many relationships that turn violent, it is common for the first attack to appear as an isolated incident. However, after the violence begins, it can often spiral into a pattern or cycle:

Phase 1: Tension Building During the first phase of the cycle tension builds. The abuser may exhibit outbursts of anger, yelling, verbal abuse, or accusations. The victim often feels as though they are "walking on eggshells."

Phase 2: Eruption The second phase of the cycle of violence involves the tension building into a violent episode. The abuser may hit, slap, shove, kick, strangle, threaten, or sexually assault the victim.

Phase 3: Honeymoon After the violence, the abuser may make excuses for their behavior, beg for forgiveness, promise that it won't happen again, or deny the violence.

This cycle tends to repeat itself over and over again. The violence gets worse and happens more often.



What Can I do to be safe?

- **MAKE A PLAN!** Contact the Domestic Violence Prevention Unit or one of the Domestic Violence Crisis Lines listed in the brochure for assistance in developing a personalized plan to keep yourself and your children safe.



Abuse is NOT Love

- **GET A RESTRAINING ORDER!** Restraining orders are court orders requiring abusers to stay away from victims. Restraining Orders can prevent your abuser from coming to your home, job, or school, calling you on the phone, or having any contact with you.

- **USE VINE!** If your abuser has been arrested or incarcerated use VINE (Victim Information and Notification Everyday) system to find out what prison or jail your abuser is in and sign up to be notified of when your abuser will be released. Call VINE at 1-800-511-1687.
- **GET HELP!** Use the resources listed in this brochure for assistance with shelter, counseling, legal issues, and other services.