

## WHAT YOU NEED TO TAKE WHEN YOU LEAVE:

- Address book ○ Bank books ○ Checkbooks ○ Children's birth certificate/s
- Children's small toys ○ Divorce papers/Restraining Order ○ Driver's license
- Car title, registration ○ ID/Green card/Immigration papers ○ House/car keys
- Insurance papers ○ Jewelry ○ Lease, rental agreement, house deed
- Medical records ○ Medications ○ Money ○ Passport ○ Pets (if you can)
- Pictures ○ Small objects you can sell ○ Social Security card/Welfare ID
- Work permits ○ Your birth/marriage certificates ○ Other?

## TEMPORARY RESTRAINING ORDERS

The Legal Aid Foundation of Los Angeles offers free services to eligible clients, helping them to obtain protective orders. The Domestic Violence Clinic takes no appointments. Clients are seen on a first-come, first-served basis.

**We are located at the Long Beach Courthouse, Room 40C,  
415 W. Ocean Blvd., Long Beach CA 90802**

**Clinic hours are Monday, Wednesday and Friday. Please arrive at 9:00 a.m.**

## LONG BEACH AREA DOMESTIC VIOLENCE REFERRALS

- D. A's Victim Witness Assistance Program (562) 491-6310
- Legal Aid Foundation of Los Angeles (562) 435-3501
- Long Beach City Prosecutor (562) 570-5600
- Long Beach District Attorney (562) 491-6301
- Long Beach Police Dept./Domestic Violence Unit (562) 570-7277

### Shelters

- 1736 Family Crisis Center, Long Beach, LA, South Bay (562) 388-7652
- Interval House, Long Beach/Orange County (714) 891-8121 or (562) 594-4555
- Rainbow Services, San Pedro (310) 547-9343
- Su Casa, Lakewood/Artesia (562) 402-4888
- WomenShelter of Long Beach (562) HER-HOME (437-4663)
- YWCA (new SACCA)

### Support Groups

- CA Black Women's Health Project (310) 412-1828
- Family Service (562) 867-1737
- Jewish Family & Children's Service (562) 427-7916
- Sexual Assault Crisis Agency (562) 989-0309

### Batterers' Treatment Programs

- Alternatives to Violence, English only; Gay/Lesbian sensitive. (562) 493-1161
- Family Service, English/Spanish (562) 493-1496
- Options Counseling, English only; Day Group. (562) 989-0809
- Tarzana Treatment Center, English/Spanish (562) 218-1868

### Hotlines

- L.A. County Child Abuse Hotline (800) 540-4000
- L.A. County Domestic Violence Hotline (800) 978-3600
- Sexual Assault Hotline (800) 656-HOPE



# End Abuse Long Beach

CHILD ABUSE & DOMESTIC VIOLENCE  
PREVENTION COUNCIL  
P.O. BOX 1548,  
LONG BEACH, CA 90801-1548

[www.endabuselb.org](http://www.endabuselb.org)



[www.lafla.org](http://www.lafla.org)

# DOMESTIC VIOLENCE SAFETY PLAN

## SAFETY DURING AN EXPLOSIVE INCIDENT

- If an argument seems unavoidable, have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near weapons.
- Practice how to get out of your home safely. Identify which doors, windows, elevator or stairs would be best.
- Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- If the situation is very dangerous, use your own instincts and judgments to keep yourself safe. Call the police as soon as it is safe to do so. (You have the ability to obtain a restraining order at your local court during business hours and through local police at any time in an emergency.)
- **Always remember: you have the right not to be abused in your relationship—physically, emotionally or sexually!**

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## ***SAFETY WHEN PREPARING TO LEAVE***

- Determine where you could stay & who would lend you money.
- Do not leave your children with the abuser.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- Keep the shelter numbers close at hand and keep change or a calling card with you at all times.
- Review your safety plan with a domestic violence advocate in order to plan the safest way to leave your batterer.
- ***Remember: the day that you leave your batterer can be the most dangerous time.***

## ***SAFETY IN YOUR HOME***

- Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see your abuser near your home.
- Rehearse a safety plan with your children for when you are not with them.
- Inform your children's school or day care about who has permission to pick up your children. (Give them a copy of your restraining order.)
- Change/Add locks on your doors and windows as soon as possible. Add a peephole and increase outdoor lighting if possible. Borrow a portable or cellular phone. Change your telephone number.

## ***SAFETY WITH A RESTRAINING ORDER***

- Keep your restraining order with you at all times. Leave extra copies at work, with a friend, in your car, etc.
- Call the police if your partner violates the protective order.
- Think of alternative ways to keep safe if the police do not respond right away.
- Inform family, friends and neighbors that you have a restraining order in effect.
- Avoid places where your batterer may frequent.

## ***SAFETY ON THE JOB & IN PUBLIC***

- Decide who at work you will inform<sup>3</sup> of your situation. This should include office or building security (provide a picture of your batterer if possible).
- Arrange to have someone screen your telephone calls.
- Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train. Use a variety of routes to go home if possible. Think about what you would do if something happened while going home.

## ***SAFETY & YOUR EMOTIONAL HEALTH***

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest way to do so.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Plan to attend a support group to gain support from others and learn more about yourself and the relationship.
- Decide who you can call to give you the support you need.
- Read books, articles and poetry to help you feel stronger.

## ***IF YOU ARE A TEEN IN A VIOLENT DATING RELATIONSHIP***

- If things in your relationship don't feel right to you, talk about it with someone you trust.
- Decide which friend, teacher, relative or police officer you can go to in an emergency.
- Contact a domestic violence advocate or the police to learn how to obtain a restraining order and make a safety plan.
- ***Remember: you should never have to feel afraid in your relationship - no means no!!!***