



## Domestic Violence Services

The Center for Family Safety and Healing offers counseling and advocacy services to adult victims of domestic violence. Our staff works with individuals to develop a plan for a safer and happier life.

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### COUNSELING SERVICES:

- Evidenced-based, trauma informed domestic violence counseling by licensed counselors in a confidential, secure setting.
- Fees for these services are based on clients' ability to pay.

### ADVOCACY SERVICES:

- Provides assistance with the development of safety plans, linkages to community resources, and shelter and legal system navigation. Collaborates with law enforcement regarding cases with aspects of family violence.
- Provides prompt service in a safe community or office setting.

**Evening and weekend appointments available.**

**For more information or to schedule an appointment, call (614) 722-8293.**

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**The Center for Family Safety and Healing**

655 East Livingston Avenue

Columbus, OH 43205

Phone: (614) 722-8293

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

## SAFETY PLANNING TIPS

### If you are still in the relationship:

- Consider safe places to go if an argument occurs; avoid rooms with weapons and no exits.
- Keep a journal of all threats and incidences of abuse.
- Keep numbers of friends or family to use in emergencies; make sure these are kept in a safe place.
- Always have a charged cell phone with you.
- Talk with trusted people, and establish a code word or sign so they can call police if needed.
- Think about what you will say if your partner becomes violent.
- Take photos of any visible injuries.
- Visit the doctor/hospital to document injuries.
- Keep copies of important documents (birth certificates, social security cards, insurance policies) with a friend or family member.
- Don't be afraid to call police when in danger.
- Prepare an emergency bag; form plan for escape.
- Consider obtaining an order of protection.

### If you have left the relationship:

- Change your phone number and screen all calls.
- Document and save contacts, messages, injuries or other incidents involving your abuser.
- Change all passwords and remove personal information from social media sites.
- If the abuser has a key, change the locks and install a security system.
- Avoid traveling and staying alone.
- Plan how to get away if confronted by an abusive partner.
- If necessary to do so, meet your abuser in a public place.
- Change routes you take to work, school and home, and change stores you shop at frequently.
- Notify school and work of your situation.
- Consider getting a post office box for mail.
- Ask friends and family to keep your location and contact information private.

*Adapted from the National Coalition Against Domestic Violence and The National Domestic Violence Hotline*