

## **BUILDING FUTURES' DOMESTIC VIOLENCE SERVICES**

Building Futures provides shelter and specialized support services to domestic violence survivors and their children at our Sister Me Home safe house. The agency's array of domestic violence services also includes a 24-hour help line, community outreach and education, individual and group counseling for survivors of all gender identities, and referrals to partner agencies. Building Futures is a certified provider of California's 40-Hour Domestic Violence Counselor Training.

### ***We offer these services free of charge:***

- **24-hour Domestic Violence Crisis Line**  
1-866-292-9688 (1-866-A-WAY-OUT)
- **Domestic Violence Safe House**  
confidential location for those fleeing violent partners
- **Domestic Violence Counseling**  
one-on-one counseling session (1 hour) to discuss experiences and connect to needed resources
- **Court Accompaniment**  
for domestic violence-related court hearings
- **Community Domestic Violence Support Group** Group meets every Wednesday 6:00-7:00pm at a confidential location.
- **Housing support** with referrals to rental assistance programs, resource referrals, and many other support services to help obtain and retain safe housing.
- **Technical Assistance and Domestic Violence (DV 101) Presentations**

**Call 510-357-0205 x207**



Building Futures, a nonprofit organization founded in 1988, is based in San Leandro with programs throughout Alameda County. We build communities with underserved individuals and families, where they are safely and supportively housed, free from homelessness and domestic violence.

## **CONTACT US**

### **Office locations:**

**Building Futures**  
1840 Fairway Drive  
San Leandro, CA 94577

**Family Justice Center**  
470 27th Street  
Oakland, CA 94612

**510-357-0205 x207**

**[www.bfwc.org](http://www.bfwc.org)**



## **DOMESTIC VIOLENCE SERVICES**

**24-HOUR CRISIS LINE:**  
1-866-292-9688  
1-866-A-WAY-OUT

**1840 Fairway Drive**  
**San Leandro, CA 94577**

**OFFICE HOURS:**  
**Monday-Friday**  
**9:00am-5:00pm**

*Serving all of Alameda County*

# DOMESTIC VIOLENCE IS...

A pattern of coercive/manipulative behaviors and actions one partner uses to establish and maintain long-term relationship control and domination.

## INTIMATE PARTNER VIOLENCE

Domestic or intimate partner violence affects people across all races, socioeconomic statuses, ethnicities, and religions. It can be found in every neighborhood, in every city, in every state, across the United States.

*“You are deserving and worthy of love that is respectful and kind”*

## WHAT IS ABUSE?

### Abusive behavior includes:

- ✓ Verbal or written insults, meant to hurt you
- ✓ Intimidating and threatening behavior (i.e. punching a hole in the wall, throwing objects around or at you, displaying weapons, verbal threats)
- ✓ Threats to harm, to abandon, to report to ICE, to commit suicide if you leave, etc.
- ✓ Isolation from your family and friends, controlling where you go and who you talk to, what you wear, where you work, etc.
- ✓ Economic/financial control (i.e. not letting you work outside of the home, taking all the money and making you ask for money for everything, lying about assets and savings)

## CYCLE OF VIOLENCE

### Stage 1: The beginning

Exactly what you want from a relationship, they treat you right, you have fun together, it's great!

### Stage 2: Tension building

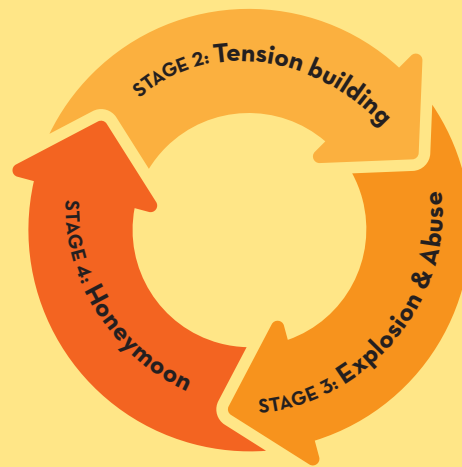
You feel like you're walking on eggshells. You can no longer predict your partners behavior and how they may react to any given situation.

### Stage 3: Explosion and abuse

This is the violent episode. It can be physical—but not always—or it can be an argument that crosses a line that has yet to be crossed (shoving, name calling, verbal abuse, etc.)

### Stage 4: Honeymoon

Some abusers act differently after the explosion, they may act sorry, send cards and flowers, seek counseling, attend church or a parenting class, etc. This is an attempt to draw you back into the relationship. It is never a real honeymoon—eventually the cycle begins again.



## SAFETY PLANNING

The most dangerous time for a survivor is when they leave. What an abuser seeks is power and control. When leaving, the survivor is taking that power and control back which may trigger the abuser to intensify the abuse—physically, mentally, verbally and/or by stalking.

If you are considering leaving an abusive relationship it is very important to complete a safety plan. Consider the following suggestions:

- ✓ Pack a “go bag” in case you need to leave in a hurry, include important documents (green card, children's immunizations, lease/rental agreement, DVRO papers, etc.), a change of clothes for yourself (and for your children if you are leaving with them), medications, cash/checkbook/debit card, extra keys, etc.
- ✓ Consider multiple options/scenarios so that if a crisis occurs, you have already practiced how to get out safely.
- ✓ If you are leaving, consider renting a P.O. Box, changing your child's school/daycare, your route taken to work, any appointments your partner knows about. Before you leave, find a safe place to go when you flee (a trusted friend's house, family, DV safe house). Consider getting a restraining order and call 911 if you believe you are in danger.
- ✓ If you are staying, identify safe areas of the residence to move to when arguments occur. Best places would not have easy access to weapons (guns, kitchen knives, etc.) and would have more than one way to leave. Avoid bathrooms that generally only have one way in and out.

## CONTACT BUILDING FUTURES FOR HELP:

510-357-0205 x207 • [www.bfwc.org](http://www.bfwc.org) or 24-hour crisis line: 1-866-292-9688