

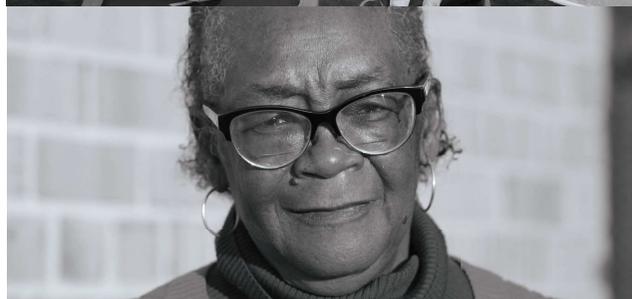
House of Ruth is a major force in the community's response to relationship and domestic violence. We provide housing, services and counseling to clients and families leaving and recovering from violent relationships. In 1998, the Domestic Violence Support Center was opened to assist individuals and children who need help resolving abuse issues.

At the Domestic Violence Support Center, more than 200 women and men each year are provided with free counseling to help them work through issues surrounding domestic violence. Through individual counseling, clients come to understand the impact that abuse has had on their lives—and on their children. With their counselors, they develop and carry out plans to establish safer lives and avoid abusive relationships.

Domestic Violence Support Center services are free, confidential and effective. Professional counselors, trained in helping people deal with trauma, help clients determine their options and achieve safe, stable lives, free from violence and other forms of abuse.



Counseling and support are available for youth as well, to help them cope. All services at the Support Center are free. Individuals who are dealing with or have experienced relationship violence are encouraged to call the Support Center at 202-667- 7001 extension 515 to schedule an initial conversation about how the Center staff might be able to help.



| SERVICES

Individual counseling is available for victims of relationship violence. Trained professionals provide confidential one-on- one counseling, which allows clients who are (or have been) victims of domestic violence an opportunity to begin the healing process.



| CASE MANAGEMENT

Case Management addresses the many issues that may come up in dealing with domestic violence. Professional counselors help individuals gain access to critical resources for:

- Housing
- Employment
- Education and Training
- Legal Issues
- Budgeting
- Safety Planning
- Child Care



Call Today!

Begin by calling the House of Ruth's Domestic Violence Support Center at

202-667- 7001 x515

House of Ruth provides nurturing, structured, safe housing and caring, consistent, individualized services in order to capitalize on the participants' strengths such as courage and resiliency.

SUPPORT CENTER GUIDING PRINCIPLES

The Support Center's programs and services are focused on creating and sustaining positive change for the individuals, children and families we serve. Our guiding principles are to:

- Establish an ongoing therapeutic relationship with each client in order to make positive change possible.
- Interactions are caring, consistent, respectful and responsive.

Support every participant and capitalize on their strengths to achieve their individualized outcomes:

- Stable housing, trauma recovery, mental health, addiction recovery, employment and abuse-free relationships.
- Develop the most effective interventions and carry them out with the highest ethical standards.
- Provide an environment that is nurturing, consistent, structured and safe.

SAFETY PLAN

KEEP an extra set of keys and some money outside your home or in a secret place in case you need to leave quickly.

TELL friends and family members you can trust about your situation.

AVOID arguments in the bathroom, kitchen, garage or anywhere there are sharp objects.

PUT your back toward open space, not toward a corner, if at all possible during arguments.

TEACH your children to be safe by staying out of the violence, calling 911, and going to a safe place.

HAVE a list of phone numbers of friends and family who can help in a safe and accessible place.



DOMESTIC VIOLENCE SUPPORT CENTER

No one deserves to be abused, beaten, controlled or threatened.

You can gain control of your life.

Your home can be a safe place, free from abuse, constant yelling and violence.

You can protect yourself and your children.

Servicing relationship violence victims, past and present

Free, confidential, ongoing counseling and support

Convenient downtown location; Metro accessible
Call 202-667-7001 x515