

10

WAYS YOU CAN HELP SURVIVORS OF DOMESTIC VIOLENCE



1

Believe them.

2

Reassure them that the abuse is not their fault.

3

Listen to what they are saying.

4

Encourage them to speak with an advocate about safety planning.

5

Respect the decisions they make.

6

Ask what type of support would be helpful.

7

Provide a safe time and place for them to share their story.

8

Don't assume they will end the relationship and don't pressure them to do so.

9

Maintain their privacy. Don't talk negatively about them or their abuser in public or online.

10

Supporting someone who is struggling can be difficult; know that you deserve support as well. Domestic violence resources are available.



SOJOURNER



OUR MISSION

Established in 1975, Sojourner's mission is to **transform lives** impacted by domestic violence.

Sojourner Family Peace Center provides crisis housing, system advocacy, and individual support to women, children, and men who have experienced domestic violence. The Family Peace Center accommodates a number of co-located and visiting partner organizations, **offering an array of support to help families who have experienced trauma achieve safety, healing, and self-sufficiency.**

If you, or someone you know, is experiencing domestic violence, **Sojourner Family Peace Center is here to help.** You'll find all the support and resources you need under one roof.

Call Us

24 Hour Hotline
414-933-2722

Administration
414-276-1911

Visit Us

619 W. Walnut St.
Milwaukee, WI 53212
Walk-ins welcome.

familypeacecenter.org



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