

You Can Help

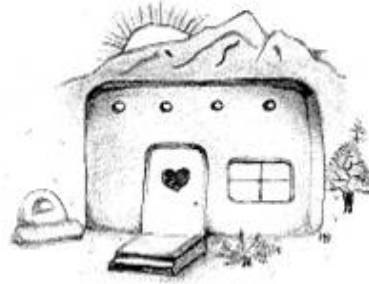
- ◆ **VOLUNTEER:** Tu Casa offers many volunteer opportunities, including working our 24-Hour Hotline. Contact us to learn more about how you can serve those most vulnerable in your community—719-589-2465.
- ◆ **EDUCATE YOURSELF:** By learning more about the effects of sexual & domestic violence, you will be in a stronger position to listen & help survivors. Visit our website at www.slv Tucasa.net or call us to learn more about upcoming trainings or educational events.
- ◆ **INTERVENE:** If you see others demonstrating inappropriate behaviors, speak up. Victimization is not a personal problem but a societal one. Contact us to discuss possible ways to safely intervene or visit our website www.slv Tucasa.net for more info.
- ◆ **DONATE:** Tu Casa relies on community support to continue to provide free, quality services to the growing number of victims in need. There are giving opportunities that fit every budget & special interest. Contact Executive Director Ashley Riley Lopes at ashley@slvtucasa.net or 719-589-2465 to learn more.

For more information on these opportunities, please contact us at 719-589-2465 or ashley@slvtucasa.net, & visit our website www.slv Tucasa.net.



Alone we can do so little; together we can do so much.

-Helen Keller



Tu Casa, Inc.

P.O. Box 473

Alamosa, CO 81101

ashley@slvtucasa.net

www.slv Tucasa.net



<https://www.facebook.com/TuCasaInc>



[SLV_Tu_Casa](https://twitter.com/SLV_Tu_Casa)

24-Hour Hotline 719-589-2465

The Tu Casa Hotline is staffed 24 hours a day, 7 days a week to provide callers with advocacy & crisis intervention.

You are not alone. Call us; we are here to help.

Tu Casa is dedicated to non-discriminatory practices in provision of our services. Tu Casa does not discriminate against clients on the basis of age, race, sex, sexual orientation, gender expression, color, religion, national origin, disability, veteran status, or any other characteristic protected by state or federal law.

Empowering children & adults to live healthy, violence-free lives, throughout the 6 counties of the San Luis Valley.

Tu Casa, Inc.



**24-Hour Hotline
719-589-2465**

All of our services are free, confidential, trauma-informed, & available in English & Spanish.

About Us

Since 1979, **Tu Casa, Inc.**, a 501©(3) nonprofit, has provided **free, confidential, bilingual advocacy, counseling & outreach services to child & adult victims** of domestic violence, sexual assault, stalking, elder abuse, & hate crimes throughout the 6 rural counties of the San Luis Valley, Colorado.

Our newest program, the **Children's Advocacy Center of the San Luis Valley (SLV CAC)** is a child-focused facility based program in which representatives from many disciplines work together conducting joint forensic interviews & making team decisions about the investigation, treatment, management, & prosecution of child sexual abuse cases.

Our Services

If you or someone you know may be a victim of...

- ⇒ Domestic violence
- ⇒ Sexual assault
- ⇒ Stalking
- ⇒ Elder abuse
- ⇒ Hate crimes
- ⇒ Child sexual abuse

...Tu Casa can help!

Our **free, confidential, bilingual** services include:

- 24-Hour Hotline **719-589-2465**
- Support & individual counseling for adults & children, including play therapy
- Eye Movement Desensitization & Reprocessing (EMDR) Therapy to help heal from past trauma
- Emergency financial assistance, transportation, & supplies
- Emergency shelter & relocation services for victims & their children
- Help filing a protection order & court accompaniment
- Information & referrals to other shelters, social services, medical services, & law enforcement
- Educational/Outreach presentations & materials available for schools, businesses, organizations, & individuals

Our Impact

- ♥ Tu Casa provides an average of **1,078 nights of safe, confidential shelter** each year.
- ♥ As of March 2013, the SLV CAC Program has served **more than 175 child sexual abuse victims** & their non-offending caregivers.
- ♥ The number of child & adult victims served by Tu Casa continues to rise:
 - **16% increase in 2013**
 - **22% increase in 2012**
- ♥ After receiving Tu Casa's services, **96%** of clients surveyed reported feeling...
 - **safer & less alone in their experience**
 - **more confident that they would achieve their goals**
 - **more hopeful about their future**



What is Domestic Violence?

Domestic violence can happen to anyone. It does not matter how much money you have, your race, religion, gender, sexual orientation or age.

Domestic violence may include:

- ⇒ **Isolation from Family & Friends**
- ⇒ **Controlling Behavior**
- ⇒ **Threats**
- ⇒ **Emotional Abuse**
- ⇒ **Physical & Sexual Abuse**
- ⇒ **Minimizing, Denying, & Blaming Victim for the Abuse**
- ⇒ **Financial Control**

It's Never Okay...

No one deserves to be abused, & everyone has the right to be safe.

What is Sexual Assault?

Sexual assault includes:

- ⇒ **Unwanted Sexual Contact**
 - ◆ May include penetration with genitals, fingers, or objects
 - ◆ Touching, fondling, or grabbing private parts (over or under clothing)
 - ◆ Can occur between marital spouse, date, acquaintance, or stranger
- ⇒ The victim (adult or child) is **forced, coerced, &/or manipulated** to participate in unwanted sexual activity
- ⇒ The victim is **unable to give consent** due to age, mental or physical incapacity, which includes being under the influence of alcohol or drugs, asleep, frightened, or disabled.

REMEMBER: Never blame the victim for their assault or abuse. **Put the blame where it belongs—on the perpetrator.**