

If you are a victim of...

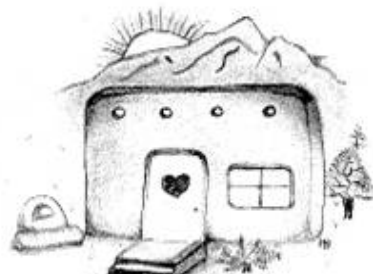
- ⇒ Domestic violence
- ⇒ Sexual assault
- ⇒ Stalking
- ⇒ Elder abuse
- ⇒ Hate crimes
- ⇒ Child sexual abuse



...Tu Casa Can Help!

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

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



Tu Casa, Inc.

P.O. Box 473
Alamosa, CO 81101
ashley@slvtucasa.net
www.slvtucasa.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.

Is it Abuse? *Dating Violence*

Tu Casa, Inc.



24-Hour Hotline
719-589-2465

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

Is Your Relationship Healthy?

Characteristics of Healthy Relationships

In a healthy relationship, you will find...

- **Equality**
- **Mutual Respect**
- **Freedom to...**
 - be your “real” self
 - voice your opinions & make choices
 - spend time with family & friends
 - do things on your own & be independent
 - make decisions
 - say “no”
 - control your own money & possessions
 - end the relationship
 - live free from fear & abuse

Characteristics of Unhealthy Relationships

In an unhealthy relationship, you will find...

- **Someone else trying to control you**
- **Bullying**
- **Extreme jealousy & possessiveness**
- **Explosive anger**
- **Manipulation**
- **Threats & intimidation** (e.g., threats to harm you or threats of suicide if you won't do what he/she wants)
- **Verbal abuse** (e.g., naming calling)
- **Humiliation** (e.g., getting spit on, public shaming)
- **Stalking** (including always “checking up” on you via calling or texting)
- **Physical abuse** (including but not limited to pushing, slapping, kicking, pinching, biting, hitting, arm twisting, etc.)
- **Pressuring or forcing you to do sexual acts** (a.k.a. sexual assault)

Not sure if your relationship is healthy or unhealthy? Visit our website to take our Relationship Quiz & find out: www.slvtcasa.net/test

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. It is a societal problem; not a personal one.

Domestic violence may include:

- ⇒ **Isolation**– controlling behavior, isolation from family or friends, not allowing you to go anywhere alone, or being angry when you do.
- ⇒ **Threats**– to leave or kill you, commit suicide, take kids, or retaliate against you physically or by other means.
- ⇒ **Emotional Abuse**– put downs, name calling, minimizing your feelings, blame, humiliation, jealousy, accusations of cheating, unrealistic expectations.
- ⇒ **Physical & Sexual Abuse**– hits, shoves, kicks, strangulation, force in sex, jokes about affairs, withholds affection.
- ⇒ **Privilege**– treats you like a servant, does not allow you to make decisions, acts like a “master of the house.”
- ⇒ **Minimizing, Denying, & Blaming**– minimizing abuse, denying it happened, blaming you for abuse.
- ⇒ **Financial Control**– prevents you from getting/keeping a job, restricts access to money or takes your money, gives you an allowance.



I never thought I would feel love again... **feel love without fear.**

-Domestic Violence Survivor

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.

The best thing you can do is realize that **there's nothing wrong with you, & that it isn't your fault.** Everything around you was the crazy part. -Sexual Assault Survivor

REMEMBER:

- ⇒ **Trust yourself & your instincts** even if you cannot remember fully what happened.
- ⇒ **Get medical attention** for injuries, pregnancy, sexually transmitted diseases & HIV.
- ⇒ If you decide to **report to the police**, put clothing in a brown paper bag & **DO NOT SHOWER!!** This will help preserve the evidence.
- ⇒ **Call Tu Casa** for support & resources. We can provide options, counseling, & help in the criminal justice process.