

eliminating racism
empowering women

ywca

SPOKANE

serVES

all, proudly.

COMMUNITY EDUCATION

WHAT IS DOMESTIC VIOLENCE?

Intimate partner domestic violence (IPDV) is a pattern of behavior used to gain or maintain power and control over an intimate partner. It is coercive, controlling behavior that may include physical, emotional, psychological, sexual, or financial abuse.

ACCESS FREE IPDV TRAINING

We offer free, customizable trainings to professionals, organizations, and other groups who want to learn how partner violence can affect their business or community and what to do when someone they know, work with, or supervise experiences intimate partner domestic violence.

To learn more or to schedule a free training, contact YWCA Spokane's Community Education and Outreach Coordinator at 509-789-9297 or email education@ywcaspokane.org. You can also visit ywcaspokane.org/training to learn more.

TRAINING TOPICS

- What is intimate partner domestic violence
- Myths about intimate partner violence
- How to recognize partner violence
- Exploring biases with domestic violence
- Who is affected by intimate partner violence
- Indicators of intimate partner violence
- Root causes of intimate partner violence
- Bystanders of gender-based violence culture
- Understanding victim-blaming
- The role of YWCA Spokane advocates
- How you can help or refer a friend
- YWCA Spokane's services and how to access them
- Ending the silence around domestic violence
- Connecting to meaningful resources

CONTACT INFORMATION

YWCA Spokane
930 N Monroe St, Spokane, WA 99201
[@ywcaspokane](mailto:ywcaspokane.org)

Front Desk: 509-326-1190

24hr Help: 326-2255 | help@ywcaspokane.org

Domestic Violence Support Services: 789-9297

Emergency Shelter Services: 326-2255

Protection Orders: 477-3656

Free Clothing Boutique For Womxn: 789-9280

Job Readiness & BFET Program: 789-9299

DSHS WorkFirst Life Skills Program: 789-9299

Early Childhood Education & Assistance: 789-9271

SUPPORT OUR WORK

Give Today: ywcaspokane.org/donate

Major Gifts & Partnerships: 742-0111

Event Coordination & Sponsorship: 789-9312

Volunteer: volunteerspokane.org

Communications: 789-9305



INTIMATE PARTNER
DOMESTIC
VIOLENCE
SUPPORT SERVICES

Free & Confidential Help

509-326-CALL (2255)

help@ywcaspokane.org

YWCA IS ON A MISSION



Services For Those Impacted By Intimate Partner Violence

Free and Confidential Domestic Violence Victim Support Services

CONNECT WITH SERVICES



WRAP-AROUND WEDNESDAY

Every **Wednesday at 12:45pm** we open a walk-in clinic for womxn, designed to help figure out what is going on and what to do next.* Space is limited for free services beginning at 1pm. Childcare is available.

IMMEDIATE SUPPORT



24HR HELP IS HERE FOR YOU

Our confidential helpline, **509-326-2255**, and email, help@ywcaspokane.org, are supported by friendly shelter staff. This free service is available for you to call 24 hrs-a-day, 365 days-a-year.

SERVICES INCLUDE

SAFETY PLANNING

We are here to help you move through a very difficult time. We can provide education about resources and options to consider for your family's safety.

SUPPORT FOR CHILDREN

Using play, art, laughter, and games, our trauma aware staff are here to support parents and help children and youth process feelings safely about difficult experiences.

CONFIDENTIAL HOUSING

A safe place to rest, regroup, sort out feelings, and prepare for what to do next. Emergency clothing, food, and necessities are available.

PROTECTION ORDERS

We can help you understand and receive formal legal protection designed to protect you against stalking, harassment, and physical abuse from your intimate partner.

MENTAL HEALTH THERAPY

Helping adults and children who are survivors of domestic violence through one-on-one and family therapy services to develop the skills necessary to heal and maintain healthy relationships.

ADVOCACY BASED COUNSELING

Whether you are grieving, healing, needing a safe person to talk to, or trying to make it work with your partner, we provide a safe space to process and make sense of your feelings.

FINANCIAL NAVIGATION

If you need or are receiving assistance from the Department of Social & Health Services (DSHS), we can help you understand your rights and find additional financial assistance.

FAMILY LAW

Assistance with paperwork, answering questions, and navigating the family law court system for domestic violence survivors (divorce, custody, child support, parentage, etc.)

MEANINGFUL RESOURCES

Getting safe is the first step. Job readiness, skill building, and access to clothing are just a few of the resources we can also connect you to.



YWCA IS HERE FOR YOU

We support victims experiencing various forms of power and control in their intimate relationships, not just physical abuse. A domestic violence charge against you doesn't mean you can't access services.

24hr Helpline & Shelter: 509-326-2255

Protection Orders: 509-477-3656

Counseling, family law, other: 509-789-9297

ANYONE CAN BE A VICTIM

1-in-3 women and 1-in-4 men have experienced some form of domestic violence regardless of age, economic status, education, race, sexual orientation, or religion. 30-50% of transgender people will experience domestic violence in their lifetime. We provide support for victims of intimate partner domestic violence regardless of gender.

FREE & CONFIDENTIAL

We are Spokane's only state recognized domestic violence program. Services are free and confidential. Call us at any time. We are here to answer your questions and support you.

* Appointments are available for men who have experienced domestic violence. Call 509.789.9297