

## Safety Plan

Survivors of domestic violence leave and return to their abusers on an average of seven times before finally leaving for good. Often, this is because they were not prepared well enough. Here is what you can do if you are thinking about leaving:

- Know where you will go to be safe.
- Pack a suitcase to keep in a safe place or at a friend's, family member's, or neighbor's place.
  - What to pack in the suitcase:
    - Change of clothing for you and your children
    - Toiletry articles and prescriptions
    - Extra sets of keys to your house and car
- Keep special items in an easy-to-locate, but safe place so that you can take them with you on a short notice. These items should include:
  - Documents: ID card or driver's license, birth certificates (for you and your children), and Social Security cards
  - Cash/checkbook, savings account books, and credit cards
- Call 911.

**CONTACT US**  
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## ASADV is a Deaf-Run Agency...

### Advocacy Services

- Crisis Intervention
- Medical Advocacy
- Legal Advocacy

### Information and Referral Counseling

- Group/Individual
- Support Group

### Community Education/Workshops

- Community Advocacy
- Outreach
- Parenting Classes
- Consultation/Training for Professionals
- Domestic Violence
- Sexual Assault
- Bullying
- Elder Abuse

*Confidentiality is strictly honored.*



*United Way of Greater Rochester #2372*

# ASADV

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