

Clackamas Women’s Services helps individuals and families experiencing and healing from domestic and sexual violence, child and elder abuse, stalking, dating violence, and trafficking. We work with survivors currently experiencing violence to plan for their safety, as well as help to heal from trauma in the past. Our programs and services are free, confidential, available in multiple languages, and with any accommodations needed. Our support is available regardless of gender identification, sexual orientation, age, and immigration status to ensure anyone escaping violence can access the resources they deserve. We honor the depth and diversity of lived experiences across our community.

 **If you or someone you know is experiencing domestic or sexual violence, call our 24-hour Crisis and Support Line at (503) 654-2288 or (888) 654-2288.**

Programs and Services

Individualized Support

Advocacy and case management, including:

- Emotional support
- Safety planning
- Help filing for protective orders
- Help accessing community resources and navigating public systems
- Assistance with budgeting and money management

Services are available at A Safe Place Family Justice Center, Clackamas County DHS offices, Clackamas County Public and Behavioral Health Centers, and in rural communities via our mobile advocates and Promotoras Program.

24-hour Crisis and Support Line

Emotional support and safety planning for survivors. Consultation and support are also available for family, friends, and other service providers.

Shelter and Housing

Connecting survivors with a supportive community and the space to rebuild their lives via emergency shelter, short and longer-term housing solutions, with ongoing case management and support.

Counseling and Support Groups

Individual counseling and a range of support groups, including youth and family counseling.

Youth Services

Confidential individual, family, and group support for children and youth who have experienced family, sexual, or dating violence.

Community Education and Prevention

Education about how to prevent domestic, dating, and sexual violence, including school-based violence prevention programming for K-12 grade public school students.

Latina Services

Culturally specific services for Latinx communities, along with leadership development opportunities for Latinx survivors and staff.



“I was treated with nothing but kindness and respect. The staff were very supportive of me on my pathway to recovering from my situation... I honestly did not think I would be able to access help. I am so used to being set by the wayside and seeking help was scary as I thought it would be another closed door. My experience was quite the opposite and for that I can only express a deep gratitude. Thank you to everyone who worked with me, I will never forget it.”

“Mary”





In 1985, neighbors opened homes and shared what they had to build a safer community for families – the beginning of Clackamas Women’s Services. Our services have grown beyond shelter, and we offer a wide range of resources to anyone experiencing domestic and sexual violence, from initial crisis to long-term healing.

We work with community members, partner agencies, law enforcement, and other systems-based partners to build a community that supports and uplifts survivors of domestic and sexual violence.



We’re Here For You

 **24-hour Crisis & Support Line**
(503) 654-2288 or (888) 654-2288

 **Confidential Text & Chat Line**
rc.chat/cws or (503) 461-2888
Available Monday-Friday 9:30am-4pm

Clackamas Women’s Services
Located at A Safe Place Family Justice Center
256 Warner Milne Rd
Oregon City, OR 97045

Phone: (503) 655-8600
Website: www.cwsor.org
Email: info@cwsor.org



Breaking the Isolation of Domestic and Sexual Violence

Reconnecting survivors with the safety and well-being they deserve



How can you tell if you or someone you know is in an abusive relationship?

Below are behaviors that abusive people often use. These may help you recognize if you or someone you know is in an abusive relationship.

Isolation

Preventing or making it difficult for you to see friends or relatives, monitoring phone calls, saying bad things about your friends or family, and controlling where you can and cannot go.



Abusing Trust

Lying, withholding information, cheating, being overly jealous, demanding your passwords, and monitoring your social media, email, or phone.

Breaking Promises

Not honoring agreements, not taking a fair share of responsibility, and refusing to help with childcare or housework.

Disrespect

Interrupting, changing topics, not listening or responding, twisting your words around, putting you down in front of other people, and not respecting your feelings, rights, opinions, or experiences.

Harassment

Making uninvited or unwanted visits or calls, following you, checking up on you, embarrassing you in public, and refusing to leave when asked.

Abusing Authority

Always claiming to be right (insisting their statements are “the truth”), telling you what to do, making all the big decisions, and using false logic.

Financial Control

Making it difficult for you to work or go to school, interfering with your job, taking or refusing to give you access to money, guilt-tripping you into giving them money, controlling your finances, and taking your car keys or not letting you use the car.

Minimizing, Denying, and Blaming

Making light of abusive behavior and not taking your concerns about it seriously, saying the abuse didn’t happen, shifting the responsibility for abusive behavior by saying it’s your fault, and taking advantage of gaps in your memory or invalidating your experiences (gaslighting).



Threats

Threatening suicide or other forms of self-harm, threatening to report you to child welfare, ICE, or other social service agencies, threatening to harm or keep you from your kids/grandkids, threatening harm to pets, and physical intimidation.



Plan for your safety

People experiencing domestic and sexual violence are already highly skilled at planning for their (and their loved ones’) safety. For support in thinking about some of these ideas, please call our 24-hour Crisis and Support Line at (503) 654-2288 or (888) 654-2288.

What are the warning signs?

What are signs you notice before the person who hurts you escalates their abusive behavior?

- What were some hints they would act that way?
- Did they give you the silent treatment?
- Set up no-win scenarios?
- Escalate near holidays or when you have more money or resources?

These are good to notice so you know when to practice parts of your safety plan in the future.

What’s worked in the past?

What happens when things get bad? How have you responded when they have hurt you in the past? Think about what worked and what didn’t work.

- Did fighting back help or not?
- Did calling the police help or not?
- Did asking the kids to go to a neighbor’s help or not?
- Where have you gone where they don’t harass you?
- Did suggesting your partner go out with friends help or not?

What’s likely to happen?

Think about situations that are likely to happen with the person who has hurt you that you feel most nervous about. Plan for how you can respond to each of them. Is it likely this person will:

- Try to pick a fight with you?
- Yell at you or call you names?
- Approach you at school or work?
- Try to find you through social media?
- Ask your friends or relatives how to find you or give you messages?
- Ride the same bus route or look for your car?

Who are safe people?

Think about people you might be able to involve in your safety plan:

- Friends or family (consider people you haven’t spoken to in a while)
- Your church or community members
- Neighbors

You may want to avoid sharing important safety information with people who are close to the person who hurt you.

What are their tactics that you should consider when planning for your safety?

- Have they monitored your phone calls, or checked your call history or texts?
- Do they look at your email, social media, or internet history?
- Do they monitor your spending or not allow you to keep money?

What important items should you keep close?

If you are considering leaving, useful things to pack for you and your kids are:

- ID, debit/credit card, Social Security cards, birth certificates, and immigration documents
- School and medical records
- Medications
- Copies of divorce, custody, or protective orders
- List of important phone numbers
- Money and bank/property info
- Photos or sentimental items

While there are things you can do to keep yourself safe, you are NEVER responsible for someone’s choice to be abusive or controlling.