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## Caring Unlimited Services

*All services are confidential and provided free of charge to anyone victimized in an intimate relationship*

### 24 Hour Hotline 1-800-239-7298

All Caring Unlimited services, including safety planning assistance, information about available resources, emotional support, advocacy and emergency safe haven are just a phone call away twenty-four hours a day.

### Support & Education Groups

A variety of day and evening groups offering safety planning information, encouragement, hope and strength held weekly at CU Resource Centers in Sanford, Biddeford, Limerick, Kittery.

### Legal Assistance & Court Advocacy

Help with Protection From Abuse Orders, divorce and custody in York County courts.

### Emergency Shelter

Temporary safe haven and support services for people who are unsafe in their own homes because of domestic violence. Help with food, clothing, transportation and other needs.

### Transitional Housing & Services

A program of longer-term, safe, affordable housing with supportive services designed to help battered women rebuild their lives after leaving an abusive relationship.

### Community Response Program

Education, training and consultation with York County agencies, organizations, schools and the general public to promote effective responses that increase safety for victims, hold abusers accountable and move our communities toward zero tolerance for domestic violence.

### Volunteer Program

Caring Unlimited depends heavily on our trained volunteers. You can make a difference! For more information call 490-3227 x111.

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## OUR MISSION

It is the mission of Caring Unlimited to work with the community to end domestic violence in York County.

This includes providing support and safe haven to women, their children and men whose lives are affected by domestic abuse in a manner that honors their essential worth, nurtures their inherent strengths and respects their right of self-determination.

Caring Unlimited does not discriminate on the basis of race, color, gender, disability, sexual orientation, age, national origin or religion.

## HOW YOU CAN HELP

- *Speak out against domestic violence!*
- *Become informed & spread the facts.*
- *Confront jokes about abuse—it is no laughing matter!*
- *Call the police when you witness violence.*
- *Vote for candidates who work to end violence in the home.*
- *Write letters to the editor.*
- *Invite Caring Unlimited to do an educational presentation at your workplace or organization.*
- *Volunteer with Caring Unlimited.*
- *Become a Caring Unlimited donor. We gratefully accept tax deductible financial contributions.*



York County Domestic Violence Program

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Caring Unlimited is a member of the  
Maine Coalition to End Domestic Violence



A  
SAFE  
PLACE  
WHEN  
HOME  
ISN'T  
SAFE

SAFETY PLANNING AND SUPPORT SERVICES  
FOR PEOPLE SEEKING SAFETY  
FROM DOMESTIC ABUSE

24 HOUR HOTLINE  
1-800-239-7298

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# What is Domestic Violence?

Domestic violence is a pattern of forceful, controlling behavior in an intimate relationship that compels the victim to submit to the abuser's wishes. The use or threat of physical, emotional or sexual abuse is an issue of power and control for the abuser. Believing it is his right to control the victim through any means necessary, abusers often are unable to see any real harm in their abusive behavior.

*"He would punch me and kick me in the stomach, then an hour later he wanted sex. I was too afraid to say no."*

Domestic violence is the most common cause of injury to women in our society—exceeding the number of injuries from auto accidents, muggings and rapes combined. In Maine, where domestic violence is the leading cause of homicide, an estimated 60,000 women are abused each year, with as many as 8,000 of them living in York County.

*"He called me incompetent because I could not stop the bleeding after he hit me."*

Domestic violence happens in households of all ages, races, sexual orientations, ethnic, religious, economic and educational backgrounds. There is no group of people that is not affected by domestic violence.

*"He tells me I'm stupid and calls me a whore—accuses me of having affairs, but I've never been with anyone else."*



Domestic violence isolates the victim and depletes her inner strength, self-worth and ability to make her own decisions. She begins to believe she the abuse is her fault.

*"He screamed at me when there was too much, or not enough salt in the potatoes. I thought it was always my fault."*

Domestic violence traumatizes children, making it difficult for them to feel safe in the world. Children almost always believe the abuse is their fault.

*"I'm so scared. He knows I won't leave without the children, but promises he'll never let me leave with them. I'm trapped."*

# Safety Planning

You are not alone. You are not to blame. You do not have the power to change your abuser.

## HELP IS AVAILABLE FOR YOU!

If you believe you are in an abusive relationship, you may want to take precautions to protect yourself and your children.

- Be prepared to get away, if necessary. Plan the safest time to get away.
- Plan with your children. Make sure they know of a safe place for them (a room with a lock, a neighbor's house). Reassure them that their job is to stay safe, not to protect you.
- Think about who you can call, where you can go, and how you can get there.
- Keep the following in a safe place: house and car keys; important papers (social security cards and birth certificates for you and the children, driver's license); cash, food stamps, credit cards, checkbook; medications for you and the children; spare set of clothes and personal items such as glasses; important phone numbers and addresses (friends, relatives, police, Caring Unlimited).

## FOR MORE INFORMATION CONTACT CARING UNLIMITED

1-800-239-7298

If you are being physically injured, emotionally or psychologically abused, having sexual relations forced on you against your will or being threatened in a way that causes you to fear for your safety, Caring Unlimited can help you with a Safety Plan and tell you about resources available to you before you need them!