

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.



Our Goal

“**W**hen my family faced our hardest times to date, Caring Unlimited was willing, able and prepared to help us through. With their knowledge, experience and passion to help all victims of domestic violence, I was able to make significant and necessary changes in my life and the lives of my children. The skills, knowledge and resources available to my family have helped me achieve my number one goal: to be able to protect my children and restore their sense of security. For that one thing alone, I am forever grateful.”

24 HOUR HOTLINE
1-800-239-7298



Working Together Since 1977

Since 1977, when a small group of local women joined together to help their friends and neighbors find safety from the terror of domestic abuse, Caring Unlimited has offered confidential safety planning and support services, free of charge, to anyone victimized in an intimate relationship. Over the years, the organization has grown from the grassroots efforts of a few committed volunteers with no funding to a staff of over twenty advocates with a budget of over one million dollars from federal, state and local sources.

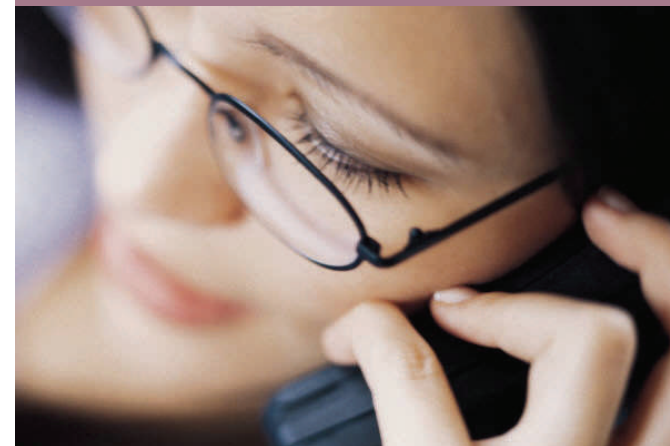
Since 1977 thousands of women, children and men from every town in York County find the support and safe haven they need to live free from abuse in their own homes through Caring Unlimited.

CaringUnlimited
York County's Domestic Violence Program

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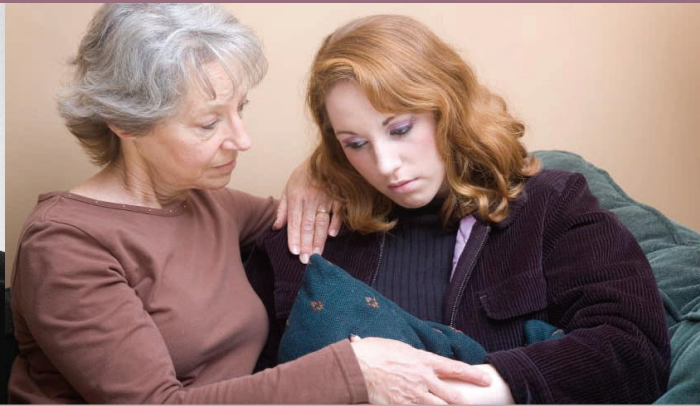
Working together since 1977 to make every home a safe home



24 Hour Hotline
1-800-239-7298

POB 590, Sanford, Maine 04073
Phone (207) 490-3227
Fax (207) 490-2186
email: mail@caring-unlimited.org
www.caring-unlimited.org

“This scourge will not pass until we decide once and for all as a people that violence is unacceptable, especially in our homes, and we won’t stand by and let it happen... the change has to be cultural—in our hearts—we all have to get involved.” —Governor Angus King



The Problem

Maine’s Attorney General has estimated that 60,000 Maine women are abused each year by their husbands or boyfriends, with as many as 8,500 of them living in York County. Domestic violence related homicides consistently represent the majority of murders committed in the state each year and Maine’s governor has identified “violence against women and children to be Maine’s Public Enemy Number One.”

How We Respond

Each year Caring Unlimited responds to requests for help from thousands of individuals seeking assistance with domestic violence related issues. All of our programs are founded on a strengths-based, empowerment-focused model that supports survivors in finding the safety, respect and freedom in their own home that each of us deserve.

ALL CARING UNLIMITED SERVICES ARE CONFIDENTIAL AND PROVIDED FREE OF CHARGE TO ANYONE VICTIMIZED IN AN INTIMATE RELATIONSHIP.

Our Services

24 HOUR HOTLINE All Caring Unlimited services are just a phone call away twenty-four hours a day.

INDIVIDUAL ADVOCACY Individualized safety planning, emotional support, advocacy and links to needed services.

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.

EMERGENCY SHELTER Temporary safe haven and support services for people who are unsafe in their own homes because of domestic violence.

TRANSITIONAL HOUSING & SERVICES Safe, affordable supportive housing 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...and much, much more.

24 HOUR HOTLINE
1-800-239-7298

How You Can Help

Your support today is more important than ever before. Your donation of...

\$25 provides one hour of safety planning support on the Hotline.

\$50 provides one hour of Legal Assistance for a person in need of a Protection From Abuse Order.

\$100 provides twenty-four hours of Emergency Shelter Services for a family of three.

\$250 provides six weeks of Support Group Services for six women or children.

\$500 provides twenty-four hours of supportive housing services for a family living in the Transitional Housing Program.

\$1000 stocks the emergency food pantry for six months.

Volunteer! Caring Unlimited depends heavily on our volunteers. We have many different volunteer opportunities available. You can make a difference! For more information call 490-3227 x111.