



Offering Safety Planning and
Support Services
in York County Since 1977

24 HOUR HOTLINE
1-800-239-7298

POB 590, Sanford, ME 04073
www.caring-unlimited.org

CaringUnlimited.

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*There is no excuse
for domestic abuse!*

**DOMESTIC VIOLENCE
IS A CRIME!**

*No one deserves to be abused or
humiliated by someone they love.*

Caring Unlimited Can Help!

All Services Are
Confidential & Free of Charge

- Safety Planning Assistance
- Information & Referral
- Emotional Support
- Advocacy
- Emergency Shelter
- Support Groups
- Assistance with Protection Orders, Pro Se Divorce & More
- Transitional Housing & Services



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Abuse at the hands of someone we love is frightening, degrading and damaging to children who see or hear the abuse.

You are NOT alone!
Every year 4—6 million women are abused by their partners.

You are NOT to blame!
No one deserves to be abused or humiliated by another person, especially a loved one.

Police have the power to arrest the abuser if they have reason to believe that assault, criminal threatening, terrorizing, or reckless conduct has taken place.

Does Your Partner...

- Cause you to feel like you're walking on eggshells to keep from upsetting him/her?
- Humiliate you with actions or words privately or in front of others?
- Try to prevent you from coming and going, or monitor your actions and force you to account for your time?
- Get jealous when you spend time with friends or family?
- Accuse you of being unfaithful?
- Intimidate or threaten you verbally or physically?
- Cause you to have sex when you don't want to?
- Cause you to fear that you, your children or pets will be harmed?

These are some signs of an abusive relationship.

You DO NOT have the power to change the abuser.

You DO have the power to make yourself and your children safe.

At Caring Unlimited we believe that you have the right to make your own decisions in your own time.

**Call for more information about
Signs of Abuse
Safety Planning
Your Local Support Group
Protection From Abuse Orders
Emergency Shelter
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