

House of Ruth provides nurturing, structured, safe housing and caring, consistent, individualized services in order to capitalize on the participants' strengths such as courage and resiliency.

GUIDING PRINCIPLES:

House of Ruth's programs and services are focused on creating and sustaining positive change for the women, children and families we serve. Our guiding principles are to:

- ◆ Establish an ongoing therapeutic relationship with each woman and child in order to make positive change possible. Interactions are caring, consistent, respectful and responsive.
- ◆ Support every participant and capitalize on their strengths to achieve their individualized outcomes: stable housing, trauma recovery, mental health, addiction recovery, employment and abuse-free relationships.
- ◆ Develop the most effective interventions and carry them out with the highest ethical standards.
- ◆ Provide an environment that is nurturing, consistent, structured and safe.



SAFETY PLAN

Kee an extra set of keys and some money outside your home or in a secret place in case you need to leave quickly.

Tell friends and family members who you can trust about your situation.

Try to avoid arguments in the bathroom, kitchen, garage or anywhere there are sharp objects.

During arguments, try to keep your back toward open space, not a corner.

Teach your children to be safe by staying out of the violence, calling 911, and going to a safe place.

Kee in a safe and accessible place a list of phone numbers of friends and family who can help.

House of Ruth

Assisting women, children and families in greatest need.



Domestic Violence Support Center

Serving domestic violence victims, past and present.

Free, Confidential Counseling and Support

Convenient Downtown Location
Metro Accessible
Call 202-667-7001, Extension 515

House of Ruth is a major force in the community's response to domestic violence. We provide housing and services to women and families leaving and recovering from violent relationships. In 1998, the *Domestic Violence Support Center* was opened to assist women and children who need help resolving abuse issues.

At the *Domestic Violence Support Center*, more than 400 women each year are provided with free counseling to help them work through issues surrounding domestic violence. Through individual counseling, women come to understand the impact that abuse has had on their lives - and on their children. With their counselors, they develop and carry out plans to establish safer lives and avoid abusive relationships.

Domestic Violence Support Center services are free, confidential and effective. Professional counselors help women determine their options and achieve safe, stable lives, free from violence and other forms of abuse. Counseling and support are available for children as well, to help them cope.

All services at the *Support Center* are free. Women who are dealing with or have experienced domestic violence are encouraged to call the *Support Center* (at 202-667-7001, Extension 515) to schedule an initial conversation about their needs and how the Center staff might be able to help.

SERVICES:

Individual Counseling is available for victims of domestic violence.

Trained professionals provide confidential one-on-one counseling, which allows women who are (or have been) victims of domestic violence an opportunity to begin the healing process.

CASE MANAGEMENT:

Case Management addresses the many issues that may come up in dealing with domestic violence.

Professional counselors help women gain access to critical resources for:

- Housing
- Employment
- Education and Training
- Child Care
- Legal Issues
- Budgeting
- Safety Planning

Call Today!

- Begin by calling the House of Ruth's *Domestic Violence Support Center* at **202-667-7001, Extension 515.**
- No-one deserves to be abused, beaten, controlled or threatened.
- You can gain control of your life.
- Your home can be a safe place, free of abuse, constant yelling and violence.
- You can protect yourself and your children.