

# Community Referral Agency, Inc.

Free & Confidential Services  
for  
Survivors of Domestic  
& Sexual Violence

24/7 Crisis Lines:



1-800-261-7233



Crisis Text Line:  
1-715-553-3359  
Polk County Office:  
1-715-825-4414  
Burnett County Office:  
1-715-349-7272  
Barron County Office:  
1-715-651-4969

[www.crasheiter.org](http://www.crasheiter.org)

Find us on facebook

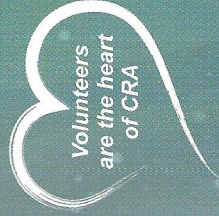
Community Referral Agency

Fax and TTY:  
1-715-825-4418

# Volunteer Opportunities

There are many different opportunities for volunteering

- \* Shelter Advocacy
- \* Assistance with weekly groups
- \* Fundraising
- \* "Adopt-A-Room" makeovers
- \* Male Advocacy
- \* Child Care for shelter residents
- \* Transportation
- \* Office Assistant
- \* Internship
- \* Foster pets for victims in shelter
- \* Please call for details



If you suspect domestic violence or abuse

Do:

Don't:

- \* Ask if something is wrong.
- \* Express concern
- \* Listen and validate
- \* Offer help
- \* Support his or her decision
- \* Wait for him or her to come to you.
- \* Judge or blame
- \* Pressure him or her
- \* Give advice
- \* Place conditions on your support

# Available Services for Victims / Survivors of Domestic & Sexual Violence

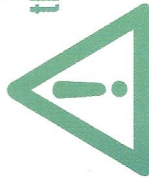
- \* Secure temporary shelter
- \* Provide shelter options for male victims
- \* Crisis line 24/7
- \* Weekly support groups
- \* One on one advocacy
- \* Advocacy, support and empowerment in legal, medical, human service and other agencies:
- \* Attend meetings
- \* Court hearings
- \* Forensic Exams
- \* Restraining orders
- \* Information and Referral
- \* Community Education
- \* Safe Exchange

# Referral Agency Program and Services

## Sexual Violence

- \* Rape
- \* Incest
- \* Child sexual assault
- \* Ritual abuse
- \* Date and acquaintance rape
- \* Marital or partner rape
- \* Unwanted sexual contact
- \* Exposure and voyeurism

**Victims / survivors do not cause their assaults and are not to blame**



**Offenders are responsible for their behavior.**

If you have been assaulted:

- \* Go to safe place
- \* Do NOT shower or bathe
- \* Contact CRA, your local Sexual assault crisis center and/ or law enforcement
- \* Pressing Charges may help you feel empowered
- \* Seek medical attention

## Children & Youth

Community Referral Agency, Inc. is committed to keeping Survivors of violence and their children together and safe.

- \* Weekly support groups
- \* One on one sessions
- \* Supportive listening and Options
- \* Advocacy
- \* Safety Planning
- \* Safe Exchange

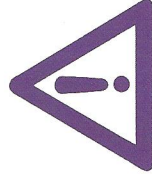
## Elder Abuse

**Some facts about abuse later in life**

- \* Two-thirds of elder abuse and neglect victims are women
- \* The median age of elder victims 78 years
- \* One third of all elder victims are abused by their children
- \* Neglect is the most common form of elder abuse in domestic settings accounting for over 50% of all reported incidents

## If you are in an abusive Relationship and are thinking about leaving:

- \* Contact CRA for help with creating a safety plan
- \* Keep any money, valuables, important papers and medication where you can get them quickly
- \* Identification, birth certificates
- \* Work permits
- \* Green Card / Visa / Passport
- \* Have a bag ready (with clothes and other essential items) for you and your children
- \* Develop a code word to use with family, friends or neighbors when you need help
- \* If an argument is not avoidable, try to position yourself in a place that has an exit, not in a bathroom, kitchen or where any potential weapon can be found



**Please remember: leaving your abuser can be a dangerous time.**

## Domestic Violence

### Warning signs of physical violence:

- \* Have frequent injuries
- \* Frequently miss work
- \* Wear clothing designed to hide bruises

### Warning Signs of Isolation:

- \* Being restricted from seeing family and friends
- \* Rarely go out in public without partner

### Warning signs of Psychological abuse

- \* Low self-esteem
- \* Outgoing person becomes withdrawn
- \* Going along with everything the partner says and does
- \* Required to check in with partner to report where they are
- \* Partner is compulsively jealous