



Are you at risk?

Does your partner:

- Control who you see & what you do?
- Intimidate or threaten you?
- Hurt you physically?
- Put you down or call you names?
- Threaten to take children away from you?
- Force you to perform unwanted sexual acts?
- Control your finances?

If you or someone you know are being abused, you can:

- Call our 24 hour crisis line and speak with a trained advocate for emotional support, safety planning, and/or more information on our services.
- Find assistance through our emergency shelter and/or housing programs.
- Join educational support groups.
- File for a civil protective order with assistance from Catholic Charities staff.

If you or someone you know have been sexually assaulted:

- Call our 24 hour line for emotional support, referrals, or access to services.
- Go to the nearest emergency room for a physical exam. An advocate can provide emotional support during this process.
- Reach out to Catholic Charities Sexual Assault staff for one-on-one support, educational support groups, legal advocacy, or further medical support.

To access services call our 24-Hour Crisis Line

712-328-0266

Toll Free 1-888-612-0266

To volunteer or make a donation, call our Volunteer/PR Specialist at 712-256-2059 ext 109.

www.catholiccharitiesdm.org

Additional Resources

Rev. 06/16

Iowa Domestic Violence Helpline

1-800-770-1650

Deaf Iowans Against Abuse

V/VP 319-531-7719

Email: help@DIAAIowa.org

Text only (24/7): 515-661-4015

Crime Victim Compensation Program

If you or your family member is a victim of violent crime, you might be eligible for compensations.

Call: 1-800-373-5044 or apply on line

www.iowaattorneygeneral.gov

our mission

Family centered services that empower individuals and strengthen families.

Catholic Charities | Diocese of Des Moines

Volunteer • Donate • Give

www.catholiccharitiesdm.org

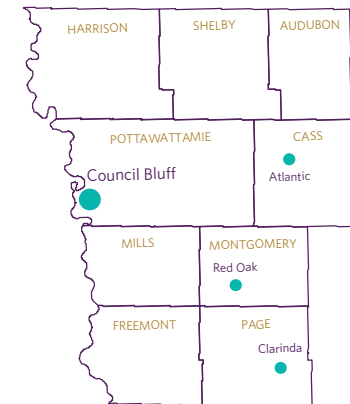
515-244-3761



 **CATHOLIC CHARITIES**
DIOCESE OF DES MOINES

Domestic Violence & Sexual Assault Program

(formerly Phoenix House)



Serving: Audubon, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie and Shelby counties in southwest Iowa.

24 Hour Crisis Line

712-328-0266

Toll Free

1-888-612-0266

www.catholiccharitiesdm.org

Services

Services are available to women, men, and children regardless of age, race, sex, religion, economic status, immigration status, sexual orientation or national origin.

24 hour Crisis Line

Certified victim counselors are available to provide emotional support, referrals, safety planning, options, and access to our services 24 hours a day, seven days a week.

Emergency Shelter

24 hour emergency shelter offers a safe & confidential place for women, men, and children fleeing domestic violence or sexual abuse.

Legal Advocacy

Trained advocates are available to assist you in filing civil protective orders and support you through the civil and criminal justice process. Domestic Violence and Sexual Assault advocates can also provide assistance filing a police report, investigations and court proceedings.

Individual counseling

Advocates can provide short term crisis counseling, one-on-one emotional support, and referrals to victims of domestic violence/sexual abuse and their family or friends.



What is Domestic Abuse?

Domestic Abuse is a purposeful pattern of coercive behaviors a person uses to maintain power and control over their partner. This includes physical, emotional, verbal, or sexual abuse.

What is Sexual Assault?

Sexual Assault is any forced or unwanted sexual activity which includes: rape, incest, molestation, unwanted sexual acts, etc.

Domestic violence and/or sexual assault can happen to anyone regardless of age, race, gender, sexual orientation, economic status, and nationality.

Did You Know?

- 1 in 4 women and 1 in 7 men will experience some form of intimate partner abuse in their life time.
- Over 3 million children experience domestic violence each year.
- It takes a victim an average of 7-10 times to leave their abusive partner.
- 1 in 4 college age women will be sexually abused before they graduate.
- 1 in 6 men will experience some form of sexual abuse before the age of 18.
- 85-90% of sexual assault victims know their assailant.
- Sexual assault is a felony crime in the state of Iowa.
- Domestic violence and sexual assault cost the U.S. approximately 8.7 billion dollars each year in health care cost.

Housing & Economic Advocacy

Housing and Economic advocates work directly with victims of domestic violence and sexual abuse to connect them to benefits, services, and programs to find and maintain safe housing, stability and self-sufficiency.

Educational Support Groups

Catholic Charities offers a variety of educational support groups in various locations throughout our service area. Contact us for more information regarding dates, times, and locations.

Hospital Response/Medical Advocacy

Advocates respond 24/7 to hospitals in our service area to provide information, support, options, and referrals to victims of domestic violence and sexual assault. Advocates can also accompany clients to medical appointments if needed.

Prevention Education

Catholic Charities provides prevention education in middle and high schools in the area on healthy relationships, bystander intervention and human trafficking. We also offer trainings on Human Trafficking to parents, community members and hotel/motel staff.

Clinical Counseling

Our licensed professional therapist in Council Bluffs works with clients of all faiths and backgrounds to address issues including depression, anxiety, stress, relationship issues, trauma, abuse, child behavior problems and more.

For an appointment call: 712-328-3086