

SAVE'S SERVICES

24-Hour Crisis Line (510) 794-6055

Our trained advocates are available to support you day and night. All calls are confidential.

Empowerment Center Mon-Fri | 9-5

Our advocates offer walk-in crisis support, ongoing case management, and a safe space to have a bite to eat, pick up some toiletries, and simply rest.

Safe House

Temporary housing if you are in danger.

Drop-in Support Groups

Our weekly groups provide a circle of support.

Individual and Family Counseling

Therapeutic support to help you and your children heal.

Temporary Restraining Order Assistance

Trained advocates support with domestic violence restraining order paperwork.

Youth Services Program

Our youth advocates educate our community about healthy relationships.

Housing Services

We offer a range of temporary and ongoing housing assistance for survivors who need help obtaining or maintaining safe housing.

SAVE's services are free and available to all survivors of intimate partner violence regardless of race, ethnicity, gender identity, sexual orientation, immigration status, and physical or developmental needs.

SAVE™ Healthy relationships for all.

“*I felt sad and scared all the time. With SAVE, I regained hope and I felt safe. They changed my life.*”

-Ava, SAVE's client

SAVE's mission is to strengthen every individual and family we serve with the knowledge and support needed to end the cycle of intimate partner violence and build healthier lives.

SAVE'S EMPOWERMENT CENTER

1900 Mowry Avenue, Suite 201
Fremont, CA 94538

WALK-INS ARE WELCOME

or call (510) 574-2250 for an appointment

24-HOUR CRISIS LINE

(510) 794-6055

WWW.SAVE-DV.ORG

INFO@SAVE-DV.ORG



f @save.dv

ig @saveagainstdv

END INTIMATE PARTNER VIOLENCE



SAVE™
Safe Alternatives to Violent Environments

Providing hope and healing since 1976.

IS IT INTIMATE PARTNER VIOLENCE?

Intimate partner violence (IPV) is a pattern of harm in an intimate relationship that is used by one partner to gain power and control over the other partner. **It can happen to anyone.** IPV can have many different faces. You may be experiencing IPV if your partner:

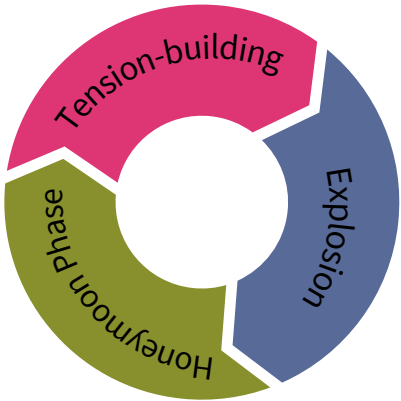
- Calls you derogatory names,
- Tells you that you never do anything right,
- Slaps, punches, strangles, or pushes you,
- Claims that you said/did things you know you did not,
- Dismisses your memory, feelings, or opinions as wrong,
- Limits your access to friends, family, money, work, healthcare, medication, and faith community,
- Monitors you through calls, texts, social media, or spyware,
- Controls your computer and phone use,
- Threatens to take your children away, have you deported, commit suicide, or harm you, loved ones, or pets,
- Damages your belongings or your home,
- Withholds or controls your medication, including access to your birth control,
- Pressures or forces you to have sex, drink, or use drugs,
- Exposes your personal info, health issues, or gender identity without your consent

If you think you may be experiencing IPV, call our Crisis Line any time at 510-794-6055

24-HOUR CRISIS LINE
(510) 794-6055

ABUSE IS A CYCLE.

All relationships start with an **attachment phase**. During this time, partners are getting to know each other, spending time connecting, and showing affection. You might recognize that magical "New Relationship Energy." This phase happens in both healthy and abusive relationships. Patterns of violence start to show themselves after this phase.



Abuse is frightening and confusing. It is a cycle that usually begins with **tension**. You may sense when violence is coming. Your partner might act short-tempered or “not themselves.”

This tension-building is followed by an **explosion** – a verbal attack, a physical fight, or incident that leaves you feeling scared, angry, sad, and/or injured.

Afterward, your partner may apologize; they may promise they’ll change or buy you gifts. You might feel hopeful during this “**honeymoon phase**” but the cycle usually happens again.

IT'S NOT YOUR FAULT.



WE BELIEVE YOU.

It hurts when the person who is supposed to love and care for causes you harm. If you have children, you may be worried about their safety too.

You may hope your partner will change or wonder if you’re to blame. Abuse is not your fault. Everyone deserves to feel safe in their relationships.

YOU ARE NOT ALONE.

SAVE is here to help, day and night. Our trained advocates will listen and support as together you build paths to empowerment and safety. SAVE’s services are free, confidential, and available to anyone who has experienced harm from an intimate partner.

SAVE’s 24-Hour Crisis Line is (510) 794-6055. Interpreter services are available.

