



EMPOWERMENT TOOLKIT

COMMUNITY RESOURCES

HOUSING

**Virginia Williams Family Resource Center
Central intake for Families At Risk of
Homelessness**

920 Rhode Island Avenue NE
Washington, DC 20018
202-526-0017

DC Shelter Hotline
202-399-7093

**DC SAFE – 24/7 hotline
DV Specific**
1-800-407-5048

**District Alliance for Safe Housing
DV Specific**
202-290-2356
info@dashdc.org

**House of Ruth
DV Specific**
202-667-7001 ext. 320
intake@houseofruth.org

**My Sister's Place – Family Shelter
DV Specific**
202-540-1064

CRIME VICTIMS COMPENSATION

This program provides financial assistance and reimbursement to victims of crime. Compensable expenses include medical and mental health expenses, lost wages, and temporary emergency shelter and relocation.

www.dccourts.gov/services/crime-victims-compensation-matters

CVCPapplications@DCSC.gov
202-879-4216

BASIC NEEDS

Martha's Table (Clothing, Food)
202-328-6608
info@marthastable.org

Capital Area Food Bank (Food)
www.capitalareafoodbank.org/find-food-assistance/
202-644-9807
hungerlifeline@capitalareafoodbank.org

Bread for the City (Clothing, Food)
NW Center:
1525 7th St NW
202-265-2400
SE Center:
1700 Good Hope Road SE
202-561-8587

A Wider Circle (Furniture)
301-608-3504
contact@awidercircle.org

MENTAL HEALTH

La Clinica Del Pueblo
Spanish counseling and support groups
202-462-4788

House of Ruth – DV Specific
202-667-7001 ext. 515

The Women's Center
202-293-4580

Mental Health Resources
Access Helpline
1-888-793-4357

JCADA - DV Specific
1-877-885-2232
support@jcada.org

DOMESTIC VIOLENCE & FAMILY LAW

**DC Superior Court Domestic
Violence Clerk's Office
(for CPO matters)**
202-879-0157

**DC Superior Court Family Law
Self-Help Center
(for custody and divorce matters)**
202-879-1212

Family Law Assistance Network
202-844-5428

**DC Bar Pro Bono Center
Legal Helpline**
202-626-3499

Victim Legal Network of DC
202-629-1788

FOR MORE INFORMATION VISIT:

www.VolunteerLegalAdvocates.org

OR CALL OUR INTAKE LINE:

202-425-7573



HEALTH

Children's National Medical Center
202-476-5000

Community of Hope
Office Line: 202-407-7747
24/7 Nurse Advice Line: 202-540-9857

**DC Forensic Nurse Examiner's
Program**
Access at MedStar Washington
Hospital Center
110 Irving Street NW
Washington, DC 20010
202-742-1736

DC Victim Hotline
1-844-443-5732

IMMIGRATION

Ayuda
(Note: fee for consultation)
202-387-4848

Caracen
(Note: fee for consultation)
202-328-9799

Catholic Charities
(Note: fee for consultation)
202-350-4305 - *English*
202-772-4325 - *Español*

**Legal Aid Society of the
District of Columbia**
202-628-1161

Bread for the City
202-386-7616



CIVIL PROTECTION ORDER

You may be able to get a Civil Protection Order (CPO) if your abuser physically hurt, threatened to harm you, stalked, sexually assaulted or trafficked you, destroyed your property or committed some other crime against you. You must live or work in DC, at least one incident must have occurred in DC, and you and your abuser must:

- Share a child, currently or formerly married
- Have or have had a romantic relationship
- The other person is seeking to be in a relationship with you, or
- Be related (although you can obtain a CPO against a stranger or acquaintance who has sexually assaulted or stalked you).

You may ask the judge to remove your abuser from the family home or grant you temporary custody of your children. To ask a court to order your abuser to stop abusing you, you will need to file a Petition for a Civil Protection Order. After filing your Petition the court will schedule your trial date to determine whether they will grant you a Civil Protection Order for up to 2 years. If your safety or welfare is immediately endangered, you can request a Temporary Protection Order that will protect you until your hearing date.



TECH ABUSE PREVENTION

There are steps that you can take to prevent tech abuse from happening. Some tech-related safety tips are changing passwords, logging out of all devices, looking for spyware on your computer, stop location sharing on find my friends or snapchat, and monitor bank accounts. You also have a right to ask your mobile phone service provider to separate your phone line from a shared mobile plan (such as a family plan) with your abuser. To learn more about ways to remove yourself from a family plan with your abuser contact your mobile phone service provider.



SAFETY PLANNING

In emergencies and through stressful times, it can be difficult to think and react clearly. Creating a safety plan in advance will ensure you have a system in place when you need it.

1. Have a Support System – stay connected to family and friends and connect to an advocacy organization you trust.

2. Code Word – establish code words with people you trust to signal you're not safe and need help. Plan in advance what they should do if you tell them the code word.

3. Important Documents – gather important documents: ID's, social security cards, health insurance cards, immigration documents, birth certificate, Custody Order, Protection Order. Take pictures and make copies of them and give them to trusted relatives and friends.

4. Pack a Bag – If possible, prepare a bag with any essential items – documents, medication, car keys, cell phone, extra charger, list of phone numbers of people you trust, change of clothing.

5. Exit Plan – create an exit plan ahead of time: identify friends or relatives you trust and who could support your needs. If necessary, familiarize yourself with shelter options.

6. After you Leave – Vary your usual routine in order to avoid being followed. If you've moved, take steps to keep your address confidential. Reach out to an advocate to discuss planning.



IMMIGRATION

You may be eligible for immigration relief regardless of the immigration status of your abuser or their willingness to help with the immigration process. If your abuser is in the U.S., you may be eligible for relief through the Violence Against Women Act, a U or T visa, or other relief option. If you fled your country because you suffered persecution based on your gender or other aspect of your identity, you may be eligible for an asylum claim.



HOUSING

You have rights to have your abuser removed from a Section 8 voucher or lease, to break your lease early to flee violence, to have your locks changed, and to be protected against eviction for experiencing a crime of domestic violence (under the DC Protection from Discriminator Evictions for Victims of Domestic Violence Amendment Act). You are also protected by from discrimination based on your status as a victim (under the Violence Against Women Act and the DC Human Rights Act).



EMPLOYMENT

You have the right to request time off to participate in legal proceedings related to domestic violence and to request reasonable accommodations including but not limited to reassignment, a modified schedule, or the implementation of safety procedures (under the *DC Employment Protections for Victims of Domestic Violence, Sexual Offenses, and Stalking Amendment Act of 2018*). You are also protected from being fired from your job based on your status as a victim (under the *DC Human Rights Act*).

Visit the Office on Human Rights at www.ohr.dc.gov for more information on your rights and filing a complaint.



TAX RELIEF & GOVERNMENT BENEFITS

You may be eligible for tax relief (e.g., Innocent Spouse Waiver) if your spouse forced you to file a false tax form or filed without your knowledge. You are protected from discrimination based on your status as a victim by the *DC Human Rights Act* and cannot be denied access to government benefits, services, or programs because you are a victim. As a victim of a crime, you may have the right to crime victim compensation.

For more information or to file an application, visit:
www.dccourts.gov/services/crime-victims-compensation-matters.



CRIMINAL PROCEEDINGS AGAINST YOUR ABUSER

If you decide to pursue criminal charges against your abuser, you have rights protected by the federal *Crime Victim's Rights Act* and by the *DC Crime Victim's Bill of Rights*. This includes the right to be present at all proceedings, the right to provide your opinion on any plea bargain, the right to give a statement about the impact of the crime, and the right to have your privacy protected.

Talk to the prosecutor or visit:
ovsjg.dc.gov/page/crime-victims-legal-rights for more information.



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