

# You and your family deserve to be safe and loved in your home.

Sometimes bad things happen in good families. Yelling, hitting, shoving,  
insults, not sharing income.

If you are experiencing or using these behaviors at home or living in fear,  
change is possible. You can be safe and bring peace to your family.

“Come to me, all  
you that are weary  
and are carrying  
heavy burdens, and  
I will give you rest.”

– Matthew 11:28

**24/7 NATIONAL DOMESTIC  
VIOLENCE HOTLINE:**

**1-800-799-SAFE  
(7233)**



**FOR YOUR  
MARRIAGE**

[www.foryourmarriage.org/domestic-violence](http://www.foryourmarriage.org/domestic-violence)



**Local help is available:**



[www.catholiccharitiesdc.org/familypeace](http://www.catholiccharitiesdc.org/familypeace)

**Prince George's County**

**Community Crisis (301) 731-1203**

**Family Justice Center (301) 780-8008**

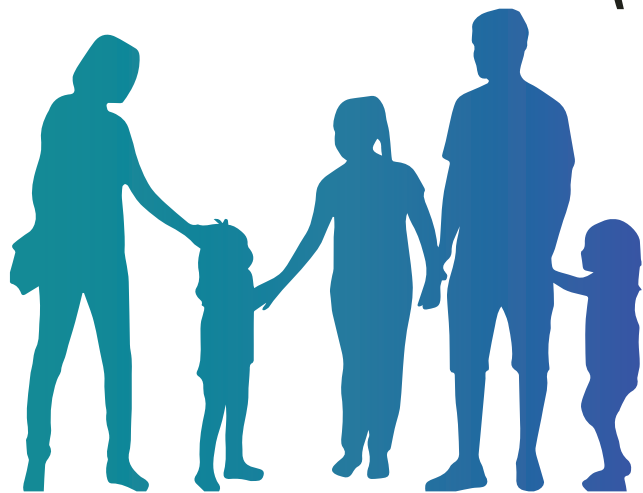
# Usted y su familia merecen estar seguros y ser amados en su casa.

A veces suceden cosas malas a las buenas familias: gritar, golpear, empujar, insultar,  
no compartir ingresos.

Si usted está experimentando o usando estos  
comportamientos en casa o vive con miedo, el cambio es posible.  
Usted puede estar a salvo y traer paz a su familia.

Vengan a mí todos  
los que están afligi-  
dos y agobiados, y  
yo los aliviaré  
—Mateo 11:28

**24/7 LINEA DIRECTA NACIONAL  
DE VIOLENCIA DOMESTICA**  
**1-800-799-SAFE**  
**(7233)**



**POR TU  
MATRIMONIO**

[www.portumatrimonio.org/para-toda-pareja/la-violencia-domestica/](http://www.portumatrimonio.org/para-toda-pareja/la-violencia-domestica/)

**Ayuda local está disponible**



 **Catholic Charities**  
ARCHDIOCESE OF WASHINGTON  
Inspiring Hope, Building Futures.

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