# 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

UNITED STATES CONFERENCE OF CATHOLIC BISHOPS

**Local help is available:**

District of Columbia agencies that can help:

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| 1 (800) 799-7233, 1 (800) 407-5048 |
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Catholic Charities
ARCHDIOCESE OF WASHINGTON
Inspiring Hope, Building Futures.

www.catholiccharitiesdc.org/familypeace

# 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 afligidos 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-dom-stica/

CONFERENCIA DE OBISPOS CATÓLICOS DE LOS ESTADOS UNIDOS

**Ayuda local está disponible**

Agencias en el Distrito de Columbia que ayudan:

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| 1 (800) 799-7233, 1 (800) 407-5048 |
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