

**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-dom-stica/

Ayuda local está disponible



Agencias en el Condado de
St. Mary's que ayudan:



Catholic Charities

ARCHDIOCESE OF WASHINGTON

Inspiring Hope, Building Futures.

www.catholiccharitiesdc.org/familypeace

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**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.

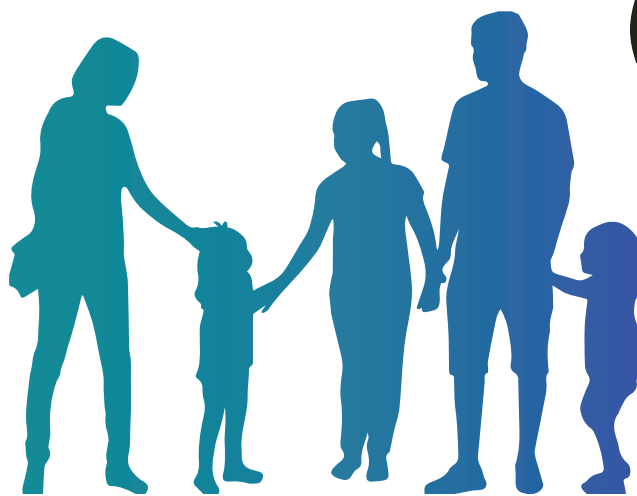
If you are experiencing or using these behaviors at home or living in fear, change is possible. You can be safe and bring peace to your family.

“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



Local help is available:

St. Mary's County
agencies that can help.



www.catholiccharitiesdc.org/familypeace

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