

Follow us on:

IF YOUR SPOUSE OR INTIMATE PARTNER...

- Humiliates or yells at you
- Controls where you go and who you see
- Limits your access to money, phone, or car
- Threatens to deport you or take your children away
- Hurts you or threatens to hurt you, your family, your pets, or themselves
- Forces you to have sex

Then you may be in an abusive relationship.

IF YOU HAVE EXPERIENCED

- Inappropriate touching
- Unwanted exposure to sexual images
- Unwanted following or waiting for you
- Threats of sexual contact against your will
- Sex when you cannot consent, like when you are asleep, drunk, drugged or high
- Rape or attempted rape

Then you may have been sexually assaulted, harassed or stalked.

IF YOU ARE BEING ABUSED, REMEMBER...

- It is not your fault
- You are not alone
- Help is available



CPAF CAN HELP YOU

Center for the Pacific Asian Family (CPAF) was founded in 1978 to help Asian and Pacific Islander survivors of domestic violence and sexual assault. All of our services are free of charge and available in 30 Asian and Pacific Islander languages.

CPAF SERVICES

- 24-Hour Hotline
- Emergency Shelter
- Transitional Housing
- Counseling
- Sexual Assault Response Team (SART)
- Safety Planning & Crisis Management
- Programs to promote economic self-sufficiency
- Children and youth programs

CPAF also provides community education and violence prevention programs.

“CPAF feels like home for me. When I had no one, they supported me with everything and gave me a place to stay.”

BE PREPARED. PLAN FOR YOUR SAFETY

- If you are in immediate danger, call 911
- Pack a bag with spare house and car keys, money, and basic necessities
- Keep important documents with you, such as:
 - Driver's License or State I.D.
 - Passports
 - Green Cards
 - Social Security Cards
 - Birth Certificates
 - Marriage Certificate
 - Car Registration
- Know your abuser's date of birth and social security number
- Have a safe place to go that is open 24 hours, such as a police, fire station, or hospital
- Tell your children the safety plan
- Remember the CPAF hotline number



FOR FREE HELP CALL 1-800-339-3940 · 24 HOURS A DAY

Your call is anonymous and confidential