



## HELPING HANDS AGAINST VIOLENCE

PO Box 441

Hood River, OR 97031

Office 541.386.4808

[www.helpinghandsoregon.org](http://www.helpinghandsoregon.org)

[www.facebook.com/HelpingHandsAgainstViolence](https://www.facebook.com/HelpingHandsAgainstViolence)

Instagram: hhav\_oregon

Twitter: hhav\_oregon

[director@helpinghandsoregon.org](mailto:director@helpinghandsoregon.org)

HOTLINE – 541-386-6603

Office – 541-386-4808

## MISSION

Helping Hands Against Violence, Inc. is dedicated to serving survivors of sexual assault, domestic violence, and stalking by providing safety, shelter, advocacy, education and outreach.

## VISION / GOALS

To increase community awareness of our advocacy and shelter services for survivors of sexual assault and domestic violence. To increase education about healthy relationships and to help prevent future incidents of sexual abuse.

Sponsored by



## HELPING HANDS AGAINST VIOLENCE

### – PROGRAM OVERVIEW –

What Helping Hands does:

Our advocates help survivors of sexual violence find safety.

This is one survivor's story of how an advocate can help:

*It seemed like everyone in the community knew—and liked—my spouse. So many times, I heard how lucky I was to have him in my life. Not because he was well-to-do. Not because he was smart. But because he was so charming.*

*No one knew how desperate the children and I had become. Hidden under the veil of our beautiful house and my husband's good job, we lived in quiet terror.*

*It took me years. But finally I went to Helping Hands. I didn't know how they could help, but a friend said they could.*

*They listened.*

*They believed.*

*They told me I could be safe.*

*Finally, there was hope.*

*I knew—thanks to my advocate—  
I took my first step toward safety.*

### – GIVING OPPORTUNITIES –

#### You can help prevent abuse.

- Learn to listen without judgment.
- Donate to protect survivors who are fleeing an abusive situation.
- Ask your employer to match your gift to Helping Hands.
- Give Helping Hands' 24/7 crisis line number to someone who might need it—just in case.
- Contact Helping Hands to set up a monthly donation.
- Use your maintenance expertise to help fix things at the shelter.
- When you next review your will, consider a 2-5% gift to Helping Hands.
- Fill an extra grocery bag with food or household supplies for the shelter.
- Speak up when you feel like something is not right.

*Thank you for helping keep survivors and their families safe  
from abuse and on a path toward peace.*