

Download resources

Because it is sometimes difficult for friends and family, and even ourselves to recognize a potentially dangerous pattern in a relationship, we have compiled several pdfs to educate ourselves about domestic violence. [Download Myths and Facts about Domestic Violence \(pdf\)](#)

Are you worried about a friend?

[Download a questionnaire \(pdf\)](#)

[Download the Escape Plan \(pdf\)](#)

[Do you need a restraining order? \(pdf\)](#)