

## WHO WE SERVE

We help anyone affected by domestic abuse and violence regardless of someone's actual or perceived age, race, color, religion, national origin, sex, gender identity or expression, sexual orientation, ability or disability.

We believe that every person deserves to live in peace and equality, and that just and respectful relationships can change the world.

If you or someone you care about is experiencing abuse, we want to partner with you in your journey to find support and safety.

## HELPLINE

**If you're concerned about your situation—or what's going on in the life of someone you care about—we're here to help.**

Whether you've ended a relationship, are thinking about ending one, or want to stay with your partner, we'll offer support and help you think through your options.

**24-hour  
HELPLINE**

**1.800.863.9909**

Funded by United Way, MaineHousing, Department of Health and Human Services and your generous donations.

## AT PARTNERS FOR PEACE...

It is our mission to engage individuals and the community to end domestic violence in Penobscot and Piscataquis Counties. We provide support, advocacy, and safety planning to anyone affected by domestic abuse and violence. We foster safe and healthy relationships through prevention, education, and training. Together with our community, we recognize the nature of abuse, respond to it, and change the conditions which lead to it.



End abuse and violence.  
Advocate. Educate. Collaborate.

## OFFICES

77 Essex Street | Bangor  
207.945.5102

8 Mechanic Street | Dover-Foxcroft  
207.564.8166

**Call us anytime at 1.800.863.9909**

**It's Free and Confidential.**

*Hearing impaired?  
Use Maine TTY Relay Services. 1.800.437.1220*



[partnersforpeaceme.org](http://partnersforpeaceme.org)



End abuse and violence.  
Advocate. Educate. Collaborate.

We provide support to **anyone** who has been affected by **abuse** or **violence** in their family or dating relationships.

**24-hour  
HELPLINE**

**1.800.863.9909**



[partnersforpeaceme.org](http://partnersforpeaceme.org)

## WHAT IS ABUSE?

Abuse is a pattern of coercive and controlling behavior in the context of a relationship - family or dating - that is purposeful, chosen, and based on a belief system of entitlement.

Abuse occurs when one person in the relationship believes they have the right to have power and control over the other.

Abuse can be physical, sexual, verbal, emotional, and/or financial.

## IS SOMEONE ABUSING YOU?

The Power & Control Wheel was created by a group of individuals in a support group who recognized that they had experiences with many of the same types of abuse. Please take a look. If you or someone you know is experiencing any of these tactics of abuse, give us a call. Please visit [partnersforpeaceme.org](http://partnersforpeaceme.org) for more detailed and specific versions of this helpful tool.



Power and Control Wheel developed by Domestic Abuse Intervention Project

## FOR YOURSELF

We understand everyone's experience is different and every situation is complex, so we'll listen as you talk about what's going on, offer support and information, and help you consider your options as you try to decide what's best for you.

We believe everyone deserves to live and love with respect, not fear. There are many ways we can help.

## WHETHER IT'S OVER THE PHONE OR IN PERSON, WE CAN HELP WITH...

- ✓ Safety Planning
- ✓ Advocacy
- ✓ Walk-In Hours
- ✓ Onsite Advocacy
- ✓ Legal Services
- ✓ Support Groups
- ✓ Sheltering
- ✓ Transitional Housing
- ✓ Help for Children

## FOR SOMEONE ELSE

Have you ever wondered, suspected, or worried that someone you know is being abused by his or her partner?

Our helpline is for you too. We can provide you with support so you will be prepared to help this individual.

## 24/7 HELP & SUPPORT

If you are experiencing abuse, or if you know someone who may be, please call our helpline at 1.800.863.9909. It's free and confidential.

**You are not alone. We are here to help.**

## SAFETY PLANNING

Achieving real, lasting safety takes a lot of time and work, and there may be significant challenges and hard choices to make. We know your situation is unique and that making changes can be frightening and hard to do if you feel alone. We'll work on a plan with you.

## We're here to help...

Call us anytime at

# 1.800.863.9909

It's Free and Confidential.

To find out more about our services, including our training and prevention programs, check out our website –

[partnersforpeaceme.org](http://partnersforpeaceme.org)