

LAURA'S HOUSE

Inspiring Hope and Empowering Change to End Domestic Violence

END THE SILENCE *of intimate partner abuse*



Domestic Violence is a Pervasive Social and Health Issue

Studies show that 1 out of 4 women are affected by domestic violence.

While the exact number of victims is impossible to determine, we estimate that well over 250,000 women and children are directly affected by domestic violence in Orange County alone. This number continues to increase, and is higher than the national average.

We Are Here to Help

Laura's House is a non-profit organization based in Orange County, providing safe refuge and supportive services to individuals and families experiencing intimate partner abuse.

Since 1994, Laura's House has empowered more than 50,000 adults and children in rebuilding lives free of intimate partner abuse through a comprehensive range of services for the entire family. Services include Emergency Shelter, 24-Hour Crisis Hotline, Transitional Housing Program, and Counseling & Resource Center; offering a variety of supportive services including therapy and legal advocacy. Laura's House also provides community education and prevention services through our H.E.A.R.T. (Healthy Emotions & Attitudes in Relationships for Teens) workshops for at-risk youth, our 40-Hour domestic violence advocacy training and outreach in the form of speaking engagements at local clubs, churches and civic groups.

We assist those interested in making a positive change for themselves and their children, striving towards self-sufficiency and empowerment to feel deserving of surrounding themselves with positive, healthful relationships. Through various Prevention and Education components of our program, we strive to break the cycle of violence once and for all.

Our Mission

Changing the social beliefs, attitudes and behaviors that perpetuate domestic violence while creating a safe space in which to empower individuals and families affected by abuse.



What We Do

In viewing intimate partner abuse as an extreme form of an unhealthy relationship, we provide our clients and the community with information and education on the wide-range effects in a multitude of areas of functioning including home, work, children, extended family, and community. We further provide connections to resources and proactive therapeutic processing to help those who are in need of assistance in making positive changes to increase healthy relationships in their lives.

Laura's House offers both residential and non-residential services to the community, all tailored to fit the individual client's needs. CRC services are available to members of the community, regardless of the ability to pay.

Services Offered

Laura's House offers both residential and non-residential programs and has offices in North and South Orange County. Services are tailored to fit the individual client's needs and are available to members of the community, regardless of the ability to pay.

*See reverse side for Programs & Services offerings

WHERE TO GET HELP —

Safe Refuge & Support for Individuals & Families:

24 Hour Toll-Free Hotline: 866.498.1511

Visit our websites for more information:

laurashouse.org or laurashouse.org/lhteen

Programs & Services that Serve the Entire Family



24-Hour Toll Free Hotline – 866-498-1511

- Offering resources, referrals and safety planning

Emergency Shelter & Support Services

- Safety Net (immediate emergency safe housing)
- 30-45 day stay
- Case Management
- Individual and Group Therapy
- Psychoeducational and process-oriented groups
- Legal Advocacy
- Kids Club (on-site children's program)
- Life Skills Workshops

Transitional Housing

- 6-12 month stay
- Case Management
- Therapeutic Support
- Life Skills workshops

40-Hour Domestic Violence Advocacy Training

We provide education, training and professional development, utilized to pursue volunteer and employment opportunities working directly with survivors of domestic violence in California. The training is offered in March, June and October. For more information, go to laurashouse.org/40hr-training.

Legal Advocacy

- Restraining order preparation
- Court Advocacy/accompaniment
- Monthly Legal clinic
- Resources and Referrals

Counseling & Resource Center

- Serving men, women and children
 - Individual, family and couples therapy
- Psychoeducational Groups
 - Personal Empowerment Program (PEP)
 - Codependency
 - Parenting
 - Dating after abuse
- Therapy Groups
 - Anxiety
 - Self-Esteem

*Other topics offered throughout the year, call 949-361-3775 for current schedule. English and Spanish are both offered.

Education & Prevention

- H.E.A.R.T – (Healthy Emotions & Attitudes in Relationships Today) program is to provide youth with the tools necessary to live healthy, non-violent lives. These 60-minute, interactive workshops on teen dating violence prevention are provided at local middle schools, high schools, universities, youth groups, and to first responders, including fire, medical and health providers.
- Community Education & Engagement – Presentations and informal talks to local corporations, civic groups, clubs and community organizations to create awareness.