

We can **help you** if you are **experiencing violence and abuse.**

We can **help you** to **stop the violence and abuse.**

We can **help you** to **stay safe.**



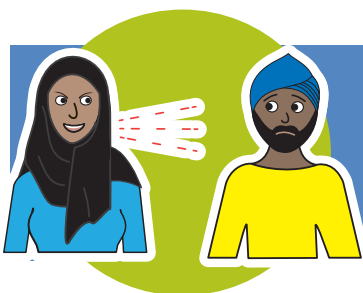
Being hit is not ok.



Someone taking your money is not ok.



Keeping you away from your family and friends is not ok.



Telling you that you are no good is not ok.



Getting help if this is happening to you is ok

