

Blame, shame, fear, control, and humiliation are **NOT** part of a healthy relationship.

LOVE SHOULD BE SAFE

When it's not, **help and support** are available.

Spread the word.

JF&CS Journey to Safety

(781) 647-5327

Ask for Journey to Safety

Email jts@jfcsboston.org

Monday – Friday, 9:00 a.m. – 5:00 p.m.

Love is Respect

24/7 National Teen Dating Abuse Helpline

(866) 331-9474

Text LOVEIS to (866) 331-9474

Online chat at www.loveisrespect.org

SafeLink

24/7 Massachusetts Domestic Abuse

Hotline

(877) 785-2020

National Domestic Abuse Hotline

24/7 Helpline

(800) 799-7233

Online chat at www.thehotline.org



**OCTOBER IS DOMESTIC
VIOLENCE AWARENESS MONTH**

JF&CS
Jewish Family & Children's Service

Journey to Safety

www.jfcsboston.org/jts