

What is Domestic Violence?

Domestic violence includes various forms such as verbal altercations, verbal abuse, psychological mistreatment, and physical abuse directed towards family members or those living in a shared household. Domestic violence manifests in different signs and forms, with the most common being physical violence, which can cause injuries and bruises resulting from physical assault.

Domestic violence is considered an inhumane act and is prohibited in all religions and legal systems worldwide.

Types of Domestic Violence

Physical Abuse: Physical abuse can include actions such as forcibly grabbing and pressing, pushing, slapping, forcefully hugging, throwing objects at someone, or breaking items with the intent to threaten. These behaviors can lead to physical injuries.

Sexual Abuse: Sexual abuse involves coercing a partner into sexual activity without their consent, using sexual materials to humiliate or degrade a spouse or partner, showing pornographic content without the partner's consent, and introducing such private items into the personal life of another person.

Emotional and Psychological Abuse: This type of abuse includes intruding on someone's privacy, emotionally harming or humiliating them in front of others, disrespecting spiritual or moral values, constant criticism and threats, undermining a person's sense of security, harming family members, restricting access to financial resources, repeatedly breaking promises, and more.

Economic Abuse: Economic abuse involves attempting to make family members financially dependent, such as by controlling the family's income, preventing family members from continuing their education or acquiring skills, obstructing employment opportunities, or harming individuals' financial independence.

Always Remember!

Never remain silent about domestic violence. Discuss it with other family members. Domestic violence can occur in different forms, including "covert," "psychological," and "physical."

Attempting to control a person's life or inflicting violence on them is illegal and can lead to legal action, imprisonment, and other consequences for the perpetrator.

How to Identify Domestic Violence in a Family or Community?

Perpetrators of domestic violence are often withdrawn and isolated, sensitive, and easily agitated. They usually try to resolve their issues through violence.

Their other characteristics are listed below:

- ◆ Inability to establish relationships with others.
- ◆ Lack of trust in people around them.
- ◆ Misrepresenting issues and hiding them from others in a deceptive manner.
- ◆ Engaging in unrealistic fantasies and harboring abnormal thoughts.
- ◆ Fear of failure and repeatedly making mistakes.
- ◆ Avoiding family matters and adopting a neutral, indifferent stance in life affairs.
- ◆ Having a bipolar personality, alternating between periods of depression and excessive happiness.
- ◆ Lying and denial.
- ◆ Being overly emotional and having childish fantasies.
- ◆ Using vulgar and aggressive language.
- ◆ Displaying bad temper and demeaning behavior.
- ◆ Living with a constant sense of fear and anxiety.

How to Seek Help?

In the case of life-threatening or urgent situations, call 911.

For information about safe shelters, contact the following numbers:

Domestic Violence Resource Guide for Alameda County

Law Enforcement For life-threatening emergencies call 911

- Alameda Police Department: 510-337-8340
- Albany Police Department: 510-525-7300
- Berkeley Police Department: 510-981-5900
- Dublin Police Department: 925-833-6670
- Emeryville Police Department: 510-596-3700
- Fremont Police Department: 510-790-6800
- Hayward Police Department: 510-293-7272

- Livermore Police Department: 925-371-4900
- Newark Police Department: 510-578-4237
- Oakland Police Department: 510-777-3333
- Piedmont Police Department: 510-420-3000
- San Leandro Police Department: 510-577-2740
- Union City Police Department: 510-471-1365
- Alameda Co. Sheriff's Department: 510-670-5048

Legal Services

- Alameda County BAR Association (O): 510-302-2222
- API Legal Outreach (O): 415-567-6255
- Family Violence Law Center (O): 1-510-208-0220
- Family & Children Law Center (SF): 415-492-9230
- Self-Help Center (H): 510-272-1393
- Employment Law Center (SF): 415-864-8848
- Tri-Valley Haven: 925-449-5842

LGBT Resources

- CUAV (SF): 415-777-5500
- Hayward Lighthouse Center (referrals): 510-881-8167
- Pacific Center (B): 510-548-8283
- Project Eden (H): 510-413-3477
- Queer Asian Women Services (SF) (Shelter): 415-751-7110
- San Francisco LGBT Center: 415-865-5555
- Tri-Valley Haven: 800-884-8119

Sexual Assault

- Bay Area Women Against Rape (O): 510-430-1298
- CALCASA (Sacramento): 916-446-2520
- Contra Costa Rape Crisis: 1-800-670-7273
- Highland Hospital (O): 510-437-4800
- San Francisco Women Against Rape: 415-861-2024
- Tri-Valley Haven: 1-800-884-8119

Shelters

- A Safe Place: 510-536-7233
- Asian Women's Shelter: 415-751-0860
- Building Futures with Women and Children: 1-866-292-9688
- Eden I&R: 2-1-1
- Ruby's Place: 510-581-5626
- La Casa de Las Madres: 415-503-0500
- Next Door: 408-279-2962

- Riley Center: 415-597-7980
- SAVE: 510-794-6055
- Second Chance: 510-792-4357
- Shepherd's Gate: 925-449-8437
- Tri-Valley Haven: 800-884-8119
- WOMAN, Inc. – referrals (SF): 415-864-4722

Transitional Housing

- Alameda Point Collaborative (O): 510-898-7800
- Bonita House (B): 510-526-4765
- BOSS: 510-843-3700
- Henry Robinson (O): 510-238-5901

Immigration Assistance

- Bay Area Legal Aid (O): 510-663-4744
- Centro Legal de la Raza (O): 510-437-1554
- East Bay Sanctuary (B): 510-540-5296
- Immigration Center for Women & Children (SF): 415-861-1449
- International Institute of the Bay Area (O): 415-538-2264

Miscellaneous

- Alameda County Community Food Bank: 510-636-3737
- Department of Child Support Services: 1-866-901-3212
- District Attorney's Office (O): 510-272-6222
- Family and Children's Bureau (O): 510-272-6160
- Victim Witness Assistance Division (O): 510-272-6180
- Victim Compensation Program (O): 510-272-5044

Services for Male Victims Except for shelter, most agencies listed make their services available to male victims of domestic violence. Please call the agency for more information.

For a wide range of domestic violence-related services call: Alameda County Family Justice Center: (510) 267-8800

24-Hour Crisis Lines

- A Safe Place: 510-536-7233
- Building Futures with Women and Children: 1-866-292-9688
- Crisis Support Services of the East Bay: 1-800-309-2131
- Ruby's Place: 888-339-7233
- Tri-Valley Haven: 1-800-884-8119
- Center for Domestic Peace (Español): 415-924-3456
- WOMAN, Inc. – referrals (SF) (Español): 415-864-4722

- Next Door: 408-279-2962
- Family Violence Law Center: 1-800-947-8301
- Mobile Response Team: 1-800-973-2800
- National Domestic Violence Hotline: 1-800-799-7233
- Queer Asian Women & Transgender Hotline: 877-751-0880
- Bay Area Women Against Rape: 510-845-7273

Batterer's Treatment

- Associated Counseling (SL): 510-357-0555
- Davis Street Family Resource Ctr. (SL): 510-777-5300
- John Hamel & Associates (B): 510-208-7074
- Men Creating Peace (O/SF): 510-562-2777
- Second Chance (H): 510-792-4357
- Terra Firma Diversion (H): 510-487-6320
- Triumph (O): 510-729-0800
- West Oakland Health Center: 510-835-9610

Child Abuse Services

- Child and Family Services (Alameda Co.): 510-259-1800
- Child and Family Services (SF): 415-558-2650

Counseling Services

- ACCESS Mental Health Referrals: 1-800-491-9099
- Alameda Family Services (A): 510-629-6300
- Asian Health Services (O): 510-986-6800
- CARE Program (children) (O): 510-618-2080
- Center for Non-abusive Relationships (O): 510-208-3076
- Community Health for Asian Americans (B): 510-835-2777
- Earth Circles Counseling Center (O): 510-601-1929
- Family Paths (O): 510-893-9230
- La Familia (H): 510-881-5921
- Mujeres con Esperanza (O): 510-496-4920
- Mujeres Unidas y Activas (O): 510-261-3398
- Rainbow Psychotherapy Assoc. (SF): 415-974-0300
- Shimbukan Korean Center (O): 510-527-8683
- The D.O.V.E.S Project (O): 510-595-1337
- Triumph (O): 510-729-0800
- Berkeley Therapy Institute (B): 510-841-8484

Counseling Continued

- Blue Oak Therapy Center (B): 510-649-9818
- Jewish Family & Children Services (SF): 415-449-1200

Culturally Specific Resources

- Arab Cultural and Community Center: 415-664-2200
- Asian Health Services (O): 510-986-6800
- Korean Community Center East Bay (O): 510-547-2662
- La Clinica de la Raza (O): 510-535-4000
- Maitri-Indian (San Jose): 1-888-862-4874
- Narika-South Asian (B): 1-800-215-7308
- Shalom Bayit-Jewish (O): 510-451-8874
- Terra Firma Diversion-Spanish (H): 510-475-9362

Deaf Resources

- DCARA: 510-343-6670
- DeafHope (O): 510-735-8553
- Deaf Community Counseling Center (DCCS): 510-343-6670

Elder Abuse Services

- Adult Protective Services (Alameda County): 510-577-3500
- API Legal Outreach (O): 510-251-2846
- Area Agency on Aging (Alameda County): 510-577-3530
- Institute on Aging (SF): 415-750-4111

Healthcare Resources

- Axis Community Health: 925-462-1755
- Berkeley Free Clinic (B): 510-548-2570
- Davis Street Family Resource (SL): 510-347-4620
- Healthy Communities (O): 510-434-5307
- Highland Hospital (O): 510-437-4800
- La Clinica de la Raza (O): 510-535-4000
- Native American Health Center (O): 510-434-5483
- Public Health Dept. Immunizations (O): 510-267-3230
- Tiburcio Vasquez (H): 510-471-5880
- Tri-City Health Center (Fremont): 510-770-8133

For a wide range of domestic violence-related services, call Alameda County Family Justice Center: (510) 267-8800

Other important lines:

National DV Hotline: **1800-799-7233**

SAVE 24 Hours Hotline: **510-794-6055**

NISA Shelter: **650-930-0978**

Bay Area Legal Aid: **1888-330-1940**

A Safe Place Oakland: **510-536-7233**

Asian American Community Involvement, San Jose: **408-975-2739**

Asian Women Shelter, San Francisco: **415-751-0880**

Women's Center Youth and Family Services, Stockton, California: **209) 941-261**

Community United Against Violence, San Francisco: **415-333-4357**

STAND! For Families Free of Violence, Concord: **1888-215-5555**

Disclaimer

This guide is intended to provide general information to help Afghan refugees and immigrants resettle in the Bay Area. It is not legal advice, and the Afghan Coalition is not responsible for any errors or omissions, or for any organization that is not responsive or whose information may not be up-to-date. For specific legal advice, please consult a qualified attorney.

Contact us:

(510)-745-1680

