



### TALK ABOUT IT

If you are experiencing or witnessing domestic or dating violence, it's important to know that you're not alone. Call SafeLink and talk to an advocate about what's going on. You can also call them and ask how to talk to a friend or family member about an abusive relationship they may be in.

Finally, choose to speak up whenever you can and say there is no excuse for abuse. Ever.

### STAY CONNECTED

Find us on Facebook, follow us on Twitter... join the Casa Myrna community online and connect with others engaged in our work. Go to [www.casamyrna.org](http://www.casamyrna.org) for links to all of our social media sites, and to subscribe to our e-newsletters and other updates.

### ORGANIZE A DRIVE

Not sure how to help? A great way to start is by organizing a donation drive! You'll help keep our three residential programs stocked with essential items for 24 women and 35 children made homeless by domestic violence. Check our website for a list of current needs, or email [dev@casamyrna.org](mailto:dev@casamyrna.org) for up-to-date information on what's most useful.

### DONATE

Charitable donations from friends and supporters are what keep our shelters open and our programs operating, 365 days a year. Send a check or log onto [www.casamyrna.org](http://www.casamyrna.org) to donate on our secure website. If you have any questions, contact [dev@casamyrna.org](mailto:dev@casamyrna.org).

**WHAT IS IT?** Domestic and dating violence are patterns of escalating abusive, controlling and potentially violent behavior in intimate relationships.

**WHO IS AFFECTED?** Individuals of all ages, genders, cultures, races, sexual orientations, socio-economic groups and religious beliefs have experienced domestic and dating violence.

**WHAT ARE THE SIGNS?** Domestic and dating violence can take many forms, from patterns of verbal abuse to physical violence, sexual abuse, financial control, isolating someone from family and friends, stalking, damaging property, or threatening to harm children, family members or pets.

**WHAT CAN I DO?** If you or someone you know is experiencing domestic or dating violence, or you're concerned about your safety or that of someone you know, call the Massachusetts statewide domestic violence hotline SafeLink at 877-785-2020 or the National Dating Abuse Helpline at 877-331-9474. Calls are free, confidential and anonymous.

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"I thought that the SafeLink worker would judge me, but she understood and talked about making a safety plan to protect myself... SafeLink was there to help me every night that I called."

– hotline caller

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### CONTACT US

PO Box 180019  
Boston, MA 02118  
617-521-0100  
[www.casamyrna.org](http://www.casamyrna.org)

SafeLink hotline: 877-785-2020

Named in honor of Puerto Rican actress and founding member Myrna Vazquez, the agency was opened in 1977 by a group of volunteers in Boston's South End who were concerned by the lack of resources for victims of domestic violence.

In the years since its founding, Casa Myrna has responded to unmet needs by building Greater Boston's most comprehensive range of bilingual, supportive services to help survivors rebuild their lives and achieve sustainable self-sufficiency.

Casa Myrna's staff and leadership are dedicated to bringing survivors to safety, giving them tools to build futures free of abuse for themselves and their children, and ending the intergenerational cycle of domestic and dating violence in families and communities through education and outreach.

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“Casa Myrna has been a beacon of light and hope for me at a time in my life when I'd lost literally everything but my soul. I feel my time at Casa Myrna has been a wonderful and productive experience... I am grateful to be here, to feel safe and supported.”

– N.T., at Mary Foreman Emergency Shelter

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## RESIDENTIAL SERVICES

**EMERGENCY SHELTER**

The Mary Foreman Emergency Shelter program provides safety and a comprehensive range of supportive services for women and children made homeless by domestic violence, allowing them the time and space to heal and begin rebuilding their lives.

**TRANSITIONAL LIVING PROGRAM (TLP)**

Women at TLP continue the work of building self-sufficiency by looking for permanent, affordable housing, strengthening their financial literacy skills, attending adult education or job training programs, and participating in house meetings/support groups on issues ranging from the dynamics of abusive relationships to healthy parenting.

**TEEN PARENTING PROGRAM (TPP)**

A program for pregnant and parenting teen mothers (and their babies and toddlers) who have been victims of abuse. At TPP, young mothers develop healthy parenting skills while they complete their educations and look for employment and permanent housing.

**FAMILY SERVICES**

This team of advocates works with the children in our residential programs, most of whom are under the age of 6. Family Services provides them with age-appropriate support, childcare, school and day-care enrollments, referrals to community-based services and special event celebrations.

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## SUPPORTIVE SERVICES

**SAFELINK** The only statewide, 24/7, toll-free, multilingual domestic violence hotline in Massachusetts. Hotline advocates provide crisis intervention, supportive listening, safety planning, referrals to services in or near the caller's own community, and direct connections to available domestic violence shelter beds statewide. 877-785-2020 (TTY 877-521-2601)

**LEGAL ADVOCACY PROGRAM** Staff attorneys and legal interns provide a range of services in domestic violence matters from legal advice to representation regarding custody and child support, divorce, and restraining orders. Legal Helpline 617-521-0146

**HOUSING SPECIALIST** Women made homeless by domestic violence are provided with guidance and assistance as they assess their housing needs and the resources they have available to meet those needs, then submit applications for permanent, affordable housing.

**SELF-SUFFICIENCY SPECIALIST** Personal Economic Planning workshops, individual counseling sessions, reviews of credit scores/CORI reports and referrals to pre-paid adult education classes are some of the strategies the program uses to build financial literacy and job readiness skills.

**COUNSELING SERVICES** Clinicians and interns provide comprehensive intake assessments, support groups, milieu support at the residential programs, individual counseling and referrals to specialized mental health services in the community.

**COMMUNITY ADVOCACY** Bilingual Spanish/English advocates are on site throughout the week at district courts, health centers, and community centers in Boston to facilitate access to services.

**EDUCATION & OUTREACH** Our year-round education, outreach, and public awareness initiatives range from statewide mass transit ad campaigns to local seminars, workshops, and training sessions. An ongoing focus is expanding outreach to teens.