



# Your Safe Place

A Family Justice Center



**Diane Doherty**  
**Executive Director**

# Your Safe Place

Provides confidential, comprehensive services to anyone who has experienced domestic violence, family violence, elder abuse, sexual assault, or sex trafficking.

## Clients Served:

Adults, seniors, children, and teens who have or are experiencing domestic violence, family violence, elder abuse, sexual assault, or sex trafficking regardless of age, gender, income, and immigration status.



# Client Lounge



# Kids' Klub



# YSP's Client Care Coordinators connect clients to on and off-site services:



## **Danger Assessments and Safety Planning**

No matter what service is requested, the first and foremost service provided is safety planning.



## **Guns**

Any guns involved in your relationship?



## **Strangulation**

Has your partner ever put their hands or anything around your neck?



## **Sexual Assault**

Has your partner ever forced you to have unwanted or nonconsensual sex?



**Keep Yourself Safe**

**Domestic Violence Restraining Order  
Gun Violence Restraining Order**

**Free Restraining Order Consults**  
**Monday-Friday**  
**9:00AM-4:00PM**  
**1122 Broadway, Suite 200**  
**San Diego, CA 92101**  
**(619) 533-6000**  
**[www.sandiego.gov/yoursafeplace](http://www.sandiego.gov/yoursafeplace)**  
**[infoysp@sandiego.gov](mailto:infoysp@sandiego.gov)**



# San Diego City Attorney's Gun Violence Response Unit

**GVRU can assist with obtaining GVROs to  
remove guns from dangerous situations.**



# Programming Supportive of Children and Teens




**YOUR SAFE PLACE**



**ARE YOU MEETING WITH A CLIENT CARE COORDINATOR  
OR COMMUNITY PARTNER?**  
LET US KNOW AHEAD OF TIME IF YOU NEED HELP WITH WATCHING YOUR  
CHILD DURING YOUR MEETING.

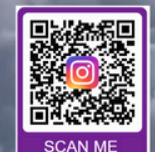

**NEVER ALONE, JUST ENTERTAINED.  
FROM TODDLERS (3Y/0) TO TEENAGERS.  
PLEASE VISIT THE FRONT DESK FOR MORE INFORMATION.**



**TEENS...  
DID YOU KNOW?**

Confidentiality regarding sensitive topics such as sex,  
abuse, drugs, and your personal feelings are as important  
to us as they are to you. Contact us for more information.

**WHAT HAPPENS AT YSP,  
STAYS AT YSP.**



1122 Broadway, Suite 200  
San Diego, CA 92101  
(619) 533-6000  
@yoursafeplacesandiego



**POSTER CONTEST**  
FOR STUDENTS OF SAN DIEGO HIGH SCHOOL

**Create a Teen Dating Violence Awareness  
Poster using Artwork, Computer Graphics,  
and/or Photography.**

FEBRUARY IS NATIONAL  
**TEEN DATING VIOLENCE**  
A W A R E N E S S M O N T H

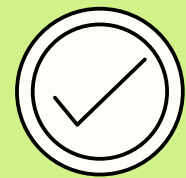
**WINNER WILL RECIEVE A \$100 GIFT CARD!**

*Your Safe Place - A Family Justice Center is an organization that provides  
CONFIDENTIAL safety planning and supportive services to those experiencing  
domestic violence, family and elder abuse, sexual assault and sex trafficking.*

**EMAIL OR DROP OFF ENTRIES NOW THROUGH 02/28/2023:**  
1122 BROADWAY, SUITE 200  
SAN DIEGO, CA 92101  
619 533-6000  
INFOYSP@SANDIEGO.GOV  
WWW.SANDIEGO.GOV/YOURSAFEPLACE



# Counseling for Adults and Children/Teens



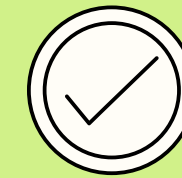
Individual and  
Group Sessions



Boys and Men  
Support Group



Spanish Speaking



Counseling with  
Therapy Dogs



Spanish and  
English Peer to  
Peer Groups



# YSP Services

## Men's Support Group

FOR ANY MAN WHO HAS BEEN A VICTIM OF DOMESTIC OR FAMILY VIOLENCE, SEXUAL ASSAULT OR TRAFFICKING.  
(AGE 17+)

**ONLINE GROUP:**  
2ND & 4TH WEDNESDAY OF THE MONTH  
5:00-6:00 PM

\*MEETING LINK PROVIDED UPON RSVP

EMAIL TO RSVP:  
[LCANSECO@CRCNCC.ORG](mailto:LCANSECO@CRCNCC.ORG)

LED BY LUIS CANSECO GARCIA  
DOMESTIC VIOLENCE PREVENTION EDUCATOR & ADVOCATE






### WHY IS COUNSELING FOR CHILDREN IMPORTANT?

*If your child has been exposed to violence in the home or to themselves, your child may need help. Children respond to trauma in many different ways, such as:*

- ✔ Display anger or emotional outbursts
- ✔ Difficulty getting along with others
- ✔ Trouble sleeping or falling asleep
- ✔ Problems concentrating
- ✔ A change in appetite
- ✔ Problems at school

#### HELP IS AVAILABLE

Not addressing your child's trauma, can harm them. Help for children who have experienced violence or a traumatic event should begin as soon as possible after the event. Let us help your child along their path toward healing.

**CONTACT US:**

- 📍 1122 Broadway, Suite 200  
San Diego, CA 92101
- ☎ (619) 533-6000
- ✉ [infoysp@saniego.gov](mailto:infoysp@saniego.gov)




# YSP Services



# Legal Assistance

- Domestic Violence and Gun Violence Restraining Orders - E-filing
- Family Court Help
- Immigration Assistance
- Restitution Recovery
- Remote Appearances for Court Hearings
- Help with Court Preparation
- Court Support Person



*Your Safe Place*  
*A Family Justice Center*  
**FREE IMMIGRATION CONSULTS**

Mondays 9:00 am - 12:00 pm  
Call (619) 533 6000  
1122 Broadway, Suite 200  
San Diego, CA 92101



*Centro de Justicia Familiar de San Diego*  
*Tu Lugar Seguro*  
**CONSULTAS GRATIS DE IMMIGRACION**

Lunes 9:00 am - 12:00 pm  
Llama al (619) 533 6000  
1122 Broadway, Suite 200  
San Diego, CA 92101



# Remote Hearing Rooms



**REMOTE HEARING ROOMS**



*Your Safe Place* – A Family Justice Center provides confidential, comprehensive services to anyone who has experienced domestic violence, family violence, elder abuse, sexual assault, or sex trafficking.

Did you know that we offer remote court appearances on-site? *Your Safe Place* clients can participate in hearings using our office space and computers. During hearings, staff will provide technical and emotional support to clients.

For more information, contact *Your Safe Place*:

1122 Broadway, Suite 200  
San Diego, CA 92101  
(619) 533-6000

Hours of Operation  
8:00 a.m. – 5:00 p.m.



Your Safe Place    SCAN ME

# Sex Trafficking - Specific Assistance

- Vacatur of criminal convictions
- Name change assistance
- Family court assistance (i.e., divorces, child custody)
- Restraining/civil harassment orders
- Social services
- Educational and vocational support
- Medical services
- Shelter assistance
- Advocacy, and civil remedies



# Sexual Assault - Specific Assistance

- Sexual Assault Forensic Interview and Exam
- Help with information re status of testing of sexual assault kits
- Confidential Safety Planning and Resources
- Restraining/civil harassment orders
- Court Preparation Assistance + Remote Court Appearances
- Peer to Peer Support Groups and individual counseling
- Shelter assistance
- Meet with a Client Care Coordinator who will explain your rights
- Emergency Needs, Clothing, and Hygiene Items

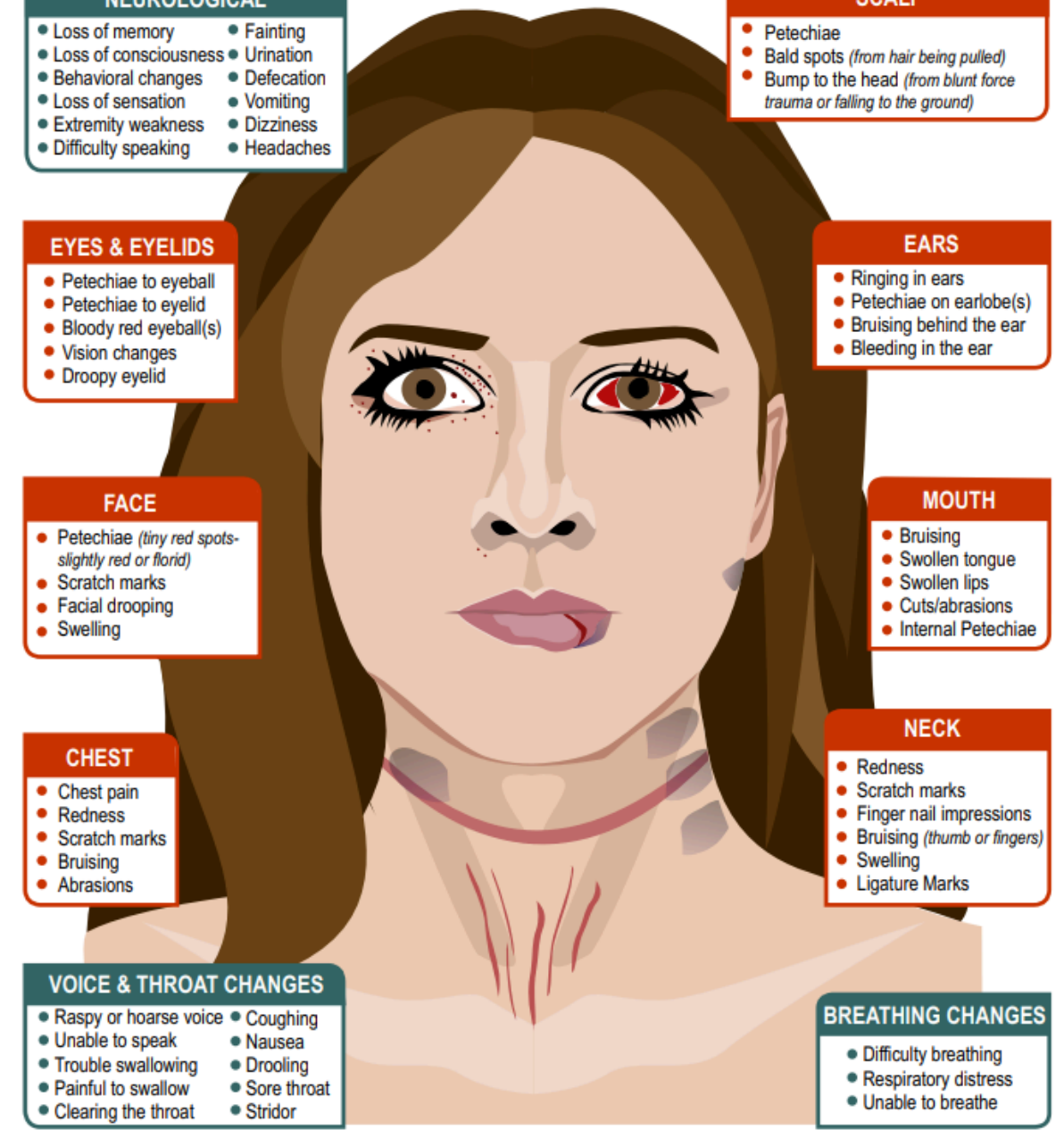


# Forensic Medical Examinations



# Safety Planning: Strangulation and Sexual Assault

## SIGNS AND SYMPTOMS OF STRANGULATION



**NEUROLOGICAL**

- Loss of memory
- Loss of consciousness
- Behavioral changes
- Loss of sensation
- Extremity weakness
- Difficulty speaking
- Fainting
- Urination
- Defecation
- Vomiting
- Dizziness
- Headaches

**SCALP**

- Petechiae
- Bald spots (from hair being pulled)
- Bump to the head (from blunt force trauma or falling to the ground)

**EYES & EYELIDS**

- Petechiae to eyeball
- Petechiae to eyelid
- Bloody red eyeball(s)
- Vision changes
- Droopy eyelid

**EARS**

- ringing in ears
- Petechiae on earlobe(s)
- Bruising behind the ear
- Bleeding in the ear

**FACE**

- Petechiae (tiny red spots- slightly red or florid)
- Scratch marks
- Facial drooping
- Swelling

**MOUTH**

- Bruising
- Swollen tongue
- Swollen lips
- Cuts/abrasions
- Internal Petechiae

**CHEST**

- Chest pain
- Redness
- Scratch marks
- Bruising
- Abrasions

**NECK**

- Redness
- Scratch marks
- Finger nail impressions
- Bruising (thumb or fingers)
- Swelling
- Ligature Marks

**VOICE & THROAT CHANGES**

- Raspy or hoarse voice
- Unable to speak
- Trouble swallowing
- Painful to swallow
- Clearing the throat
- Coughing
- Nausea
- Drooling
- Sore throat
- Stridor

**BREATHING CHANGES**

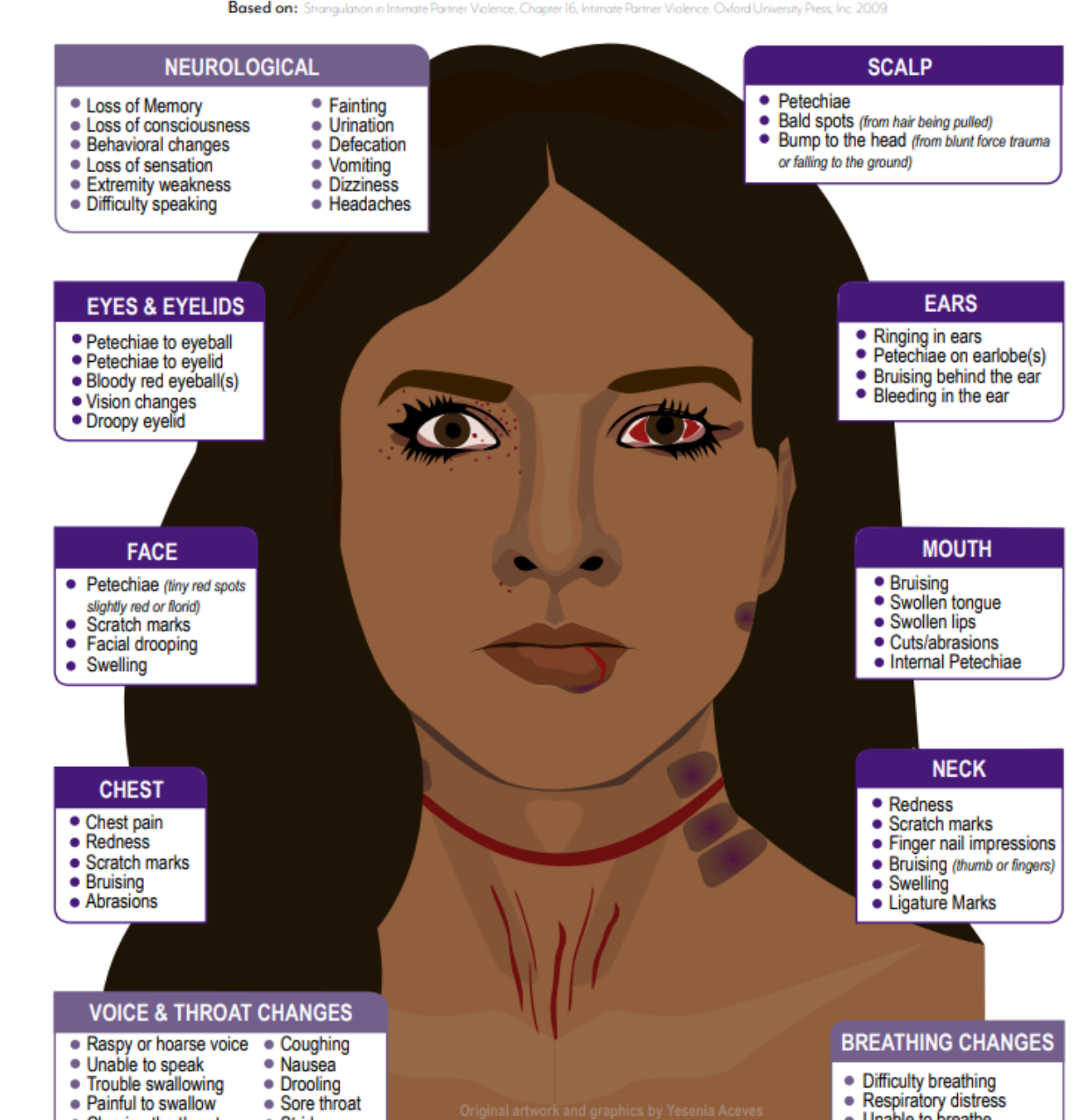
- Difficulty breathing
- Respiratory distress
- Unable to breathe

Source: Strangulation in Intimate Partner Violence, Chapter 16, Intimate Partner Violence. Oxford University Press, Inc. 2009.

## SIGNS AND SYMPTOMS OF STRANGULATION

TRAINING INSTITUTE FOR STRANGULATION PREVENTION

Based on: Strangulation in Intimate Partner Violence, Chapter 16, Intimate Partner Violence. Oxford University Press, Inc. 2009



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Original artwork and graphics by Yesenia Aceves



# Children's Forensic Interview Center

Your Safe Place is excited to announce the upcoming launch of a Children's Forensic Interview Center, a vital initiative that aims to provide a safe and supportive environment for children who have experienced trauma.



# Children's Forensic Interview Center



# Essential Needs Room: Emergency Clothing, Funds or Gift Cards



# YSP Housing Services: BestyBnB and Bundle of Joy

**Did you know that over 50% of callers to 24-hour abuse hotlines seeking help DO NOT leave their abuser when they learn they CANNOT bring their pet?**

This is a top barrier preventing survivors from seeking immediate help. YSP removes this barrier.

*Are you facing a tough situation and worried about your pet's safety? We understand that your pet is family, and the thought of leaving them behind can be heartbreaking.*

Together, we're offering a lifeline to those in need:

- **Temporary, Loving Homes:** Together with our partners, we provide secure and caring temporary accommodations for your pets.
- **Peace of Mind:** Focus on your safety and recovery, knowing your pet is in good hands.

BestyBnB works hand-in-hand, heart-to-heart, keeping families and their pets safe and connected.



1122 Broadway, Suite 200  
San Diego, CA 92101  
619-533-6000

LEARN MORE



# Financial Planning, Job Skills, Confidence Building, Professional Clothing



# All Services at Your Safe Place are Free

- Case Management
- Law Enforcement Assistance, if Requested by Client
- Public Transportation Assistance
- Assistance with Emergency, Affordable, Short and Long-Term Housing Needs
- Confidential Address Requests
- Emergency Clothing, Funds or Gift Cards
- Health and Well-Being Services
- Healthy Teen and Adult Relationship Education
- Self-Care Information and Tools
- Financial Literacy Assistance and MUCH MORE!



# Survivors



# Backpack Drive





# Halloween/Holiday Events



# Calls from Outside Agencies Seeking Assistance for Their Clients from YSP

- Salvation Army
- Family Law Facilitators
- Jewish Family Services
- Women's Resource Center
- National Domestic Violence Hotline
- Goodwill Career Center
- San Antonio Police Department
- Catholic Charities
- San Diego Rescue Mission
- San Diego Workforce
- The Plastic Surgery Foundation
- Violencia Intrafamiliar
- Bilateral Safety Corridor Coalition
- License to Freedom
- Give Back a Smile
- San Diego Housing Commission
- Center for Community Solutions
- Hall of Justice, San Diego Courts

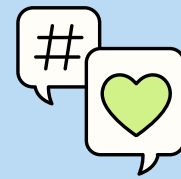


# Client Referrals:



1.

**Warm Hand-Off  
(619) 533-6000**



2.

**Referral Form**



3.

**1122 Broadway, Suite 200  
San Diego, CA 92101  
\*Free parking available  
for clients**

# Your Safe Place Tours

Fridays at 9:00AM



**Your Safe Place –  
A Family Justice Center  
Invites You to Tour our Center**



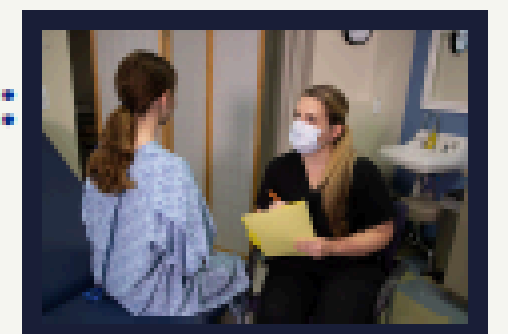
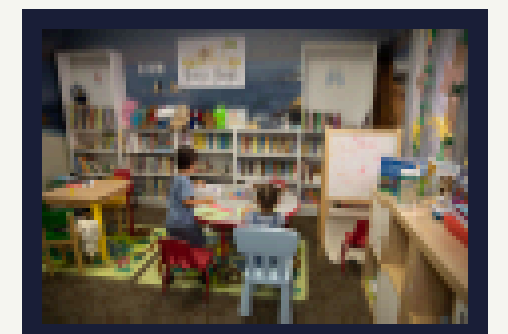
*At Your Safe Place, survivors of domestic violence, family violence, elder abuse, sexual assault, and sex trafficking can seek justice, begin healing, and reclaim their lives.*

**Come learn more about YSP!**

**TOURS ON FRIDAYS AT 9:00AM  
1122 BROADWAY, SUITE 200  
SAN DIEGO, CA 92101**

**For more information and to  
arrange your tour please contact:**

Natalie Sitwell  
NSitwell@sandiego.gov  
(619) 533-6000



We are here for you.  
We believe you.  
Thank you for trusting us to  
serve you.





# Thank you!

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 Your Safe Place



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