

## DOMESTIC VIOLENCE OUTREACH/ IF YOU NEED HELP

By: Sharon Langer

Miami Dade County created a one-stop center for victims of domestic violence and sexual assault in 2008. It is centrally located at 2400 S. Dixie Hwy. It is called the CVAC, which stands for Coordinated Victims Assistance Center. There are over 30 organizations ranging from Dade Legal Aid for legal advice to The Millennials, a group of young men dedicated to eradicating family violence. They are open Monday through Friday, 9 to 5. You can obtain a temporary restraining order for your protection there, as well as services for you and your children. Since Miami Dade is a huge community, there are four other sites where you can get a court order of protection. They are Lawton Thomas Courthouse 175 NW 1 Ave ...Hialeah District Court 11 East 11 Street....North Dade Justice center 15555 Biscayne Blvd....South Dade Courthouse 10710 SW 211 Street. IF YOU ARE BEING ABUSED, THE FOLLOWING STEPS MIGHT KEEP YOU SAFE.....

- . Call 911 if you are in danger of being hurt
- . Teach your child to use the telephone to call 911 and to go to a safe place in an emergency
- . Lock all your windows and doors when you leave your home
- . Inform your children's school/daycare who has permission to pick up your child
- . Keep your home address confidential
- . Avoid going out alone
- . Gather important documents in one place, so that if you have to seek shelter you have what you need

Pack a bag with money, extra keys, clothes, and important documents, and leave it in a safe place or with someone you trust.

There is HELP out there... you do not have to be alone and fearful. If you need assistance, call or visit the CVAC. 305 285-5900 TTY 305 250-4693. They are there for you. If you have any questions, email me [sharon@justdigit.org](mailto:sharon@justdigit.org).