



🌟 **Transitioning Thru Trauma to Triumph, a nonprofit organization on a mission to make a positive change!** ✨

**Our mission: To provide unwavering support and resources to families who have bravely left or survived domestic violence relationships, helping them transition to a triumphant new chapter as single-family homes.**

💛 **At Transitioning Thru Trauma to Triumph, we understand that leaving an abusive relationship is an incredibly challenging journey. It takes immense courage and strength to break free, and we are here to stand with you every step of the way.**

🏠 **Our goal is to empower survivors and their families as they transition into a new life, free from fear and violence. We offer a helping hand, a listening ear, and a safe space where you can rebuild and thrive.**

💪 **Together, we believe that healing and transformation are possible. Your past trauma does not define your future. With our support and the incredible resilience within you, you can triumph over adversity and embrace a brighter tomorrow.**

🌟 **Join us on this journey of hope, healing, and transformation. Together, we can make a difference and help families transition from trauma to triumph.** 💕



**DONATE TO OUR  
MISSION**



# DOMESTIC VIOLENCE

# SAFETY PLAN

## 1. Emergency Contacts

Memorize or store important phone numbers: domestic violence hotline, local law enforcement, trusted friends, family members, and shelters in a safe place.

- Keep a list of these contacts in a safe, hidden place.

## 2. Safe Spaces:

- Identify safe places where you can go if you need to leave quickly. This might include a friend's house, a family member's home, or a domestic violence shelter.

- Create a code word with trusted friends or family members to signal that you need help without alerting the abuser.

## 3. Pack a Go-Bag:

- Prepare a bag with essential items: identification, money, keys, medications, important documents (birth certificates, passports, social security cards), clothing, and personal hygiene items.

- Store the go-bag in a safe and easily accessible location.

## 4. Children and Pets:

- Make a plan for your children and pets' safety. Consider where they can go if you need to leave, and ensure they have their essentials packed.

## 5. Communication:

- Establish a system for discreetly communicating with friends or family to let them know you're in danger or need assistance.

- Create a code or signal to indicate when it's safe to call the authorities.

## 6. Legal Documents:

- Keep copies of restraining orders, custody orders, and any other legal documents in a safe place.

- Share these documents with trusted individuals who can help enforce them if needed.

## 7. Online Safety:

- Be cautious about using social media and other online platforms, as abusers may monitor your online activity.

- Change passwords and enable two-factor authentication on your accounts.

## 8. Safety at Home:

- Identify safe areas in your home, such as rooms with locks or places to hide, in case of an emergency.

- Avoid rooms with potential weapons like the kitchen.

## 9. Financial Independence:

- Open a bank account in your name only, if possible.

- Save money secretly to help with your independence and emergency needs.

## 10. Support Network:

- Inform trusted friends, family, or coworkers about your situation, so they can assist you when needed.

- Develop a code word with them to signal danger.

## 11. Emergency Exit Plan:

- Plan how you will leave the house in an emergency. Identify multiple exit routes and practice them.

## 12. Self-Care and Emotional Support:

- Seek counseling or support groups to help cope with the emotional toll of domestic violence.

- Focus on your physical and emotional well-being.