WHAT DO I FIND IN AN ANTI-VIOLENCE CENTER?

It is a listening protected place that puts you and your children in safety. You can activate a pathway out of violence and rebuild your life project, including the support of a cultural mediator who speaks your language.

The anti-violence center can support you psychologically, orient you to work, give you legal support, connect you with other services in the area. In addition, if necessary, it can offer you and your children free hospitality in a shelter with a secret address. **There are anti-violence centers in all the province of EmiliaRomagna. Many of these also have locations in smaller Municipalities.**

List of centers
Frame the QR code with your phone camera

In the province of Bologna
- Casa delle Donne 051 333173 | WA 388 4017237 accoglienzabologna@casadonne.it
- Centro U.D.I. 051 232313 | 329 2886466 info@udibo.it
- CHIAMA chiAMA MondoDonna 337 1201876 chiamachiama@mondodonna-onlus.it
- SOS Donna 051 434345 | WA 345 5909708 sosdonna.bo@gmail.com
- Centro PerLeDonne in Imola 370 3252064 centroantiviolenzaimola@gmail.com
- Centro Trama di Terre in Imola 393 5596688 antiviolenza@tramaditerre.org

In the province of Ferrara
- Centro Donna Giustizia in Ferrara 0532 247440 centro@donnagiustizia.it

In the province of Forlì-Cesena
- Centro donna in Forlì 0543 712660 centrodonna@comune.forli.fc.it
- Centro Donna in Cesena 0547 355742| 355738 centrodonna@comune.cesena.fc.it

In the province of Modena
- Casa delle donne contro la violenza Modena 059 361050 most@donnecontroviolenza.it
- Centro Vivere Donna in Carpi 059 653203 | 338 5793957 viveredonna@gmail.com
- Centro Paola Manzini 059 777684 | 345 1670479 centroantiviolenza@terredicastelli.mo.it
- Centro Tina in Sassuolo 0536 880598 centroantiviolenza@distrettoceramico.mo.it
- Centro Antiviolenza in Medolla 370 3068286 sportelloascolto2020@libero.it
- Centro Unione Comuni del Sorbara 371 5361136 sportellounionesorbara@donnecontroviolenza.it

In the province of Parma
- Centro antiviolenza in Parma 0521 238885 acavpr@libero.it

In the province of Piacenza
- La Città delle Donne 0523 334833 centroantiviolenzapc.donne@gmail.com

In the province of Ravenna
- Linea Rosa in Ravenna 0544 216316 linearosa@racine.ra.it
- Sos Donna in Faenza 0546 22060 info@sosdonna.com | fenice@racine.ra.it
- Demetra donne in aiuto in Lugo 0545 27168 demetradonneinaiuto@gmail.com

In the province of Reggio Emilia
- Casa delle Donne Non da sola 0522 585643 | 0522 585644 info@nondasola.it

In the province of Rimini
- Rompi il silenzio in Rimini 346 5016665 info@rompiilsilenzio.org
- Centro Marielle in Santarcangelo di R. 346 5016665 valmarecchia@rompiilsilenzio.org
- Centro CHIAMA chiAMA a Cattolica 335 7661501 info@centroantiviolenza.org

FROM VIOLENCE YOU CAN GET OUT BY

VIOLENCE AGAINST WOMEN IS A STRUCTURAL PHENOMENON THAT IS COMMON TO ALL COUNTRIES AROUND THE WORLD



RegioneEmilia-Romagna
EMILIA ROMAGNA anci

It affects women of all ages, economic, social and cultural backgrounds

WHAT IS HAPPENING TO ME?

Violence has many forms, which you can recognize

Can be (here are some examples of violence):

physical (beats you, tugs at you, invades your physical space, hurts you, throws objects at you, causes physical mutilation)

sexual (harasses you, forces you to have sex, coerces you into painful sexual behavior, makes annoying sexual advances, threatens you, insults you in your sexuality)

revenge porn (spreads intimate images of you online without your consent to hurt you or take revenge)

psychological (humiliates you, insults you, denigrates you as a woman, mother, partner, devalues your professional role, threatens you, controls your relationships and isolates you)

economic (uses his economic superiority to subdue you, forces you not to work, opens a joint account without your consent, does not pay your family allowance, deprives you of economic independence, accumulates debt)

spiritual (denigrates your values, prevents you from following your religious faith)

stalking (stalking you, calling or emailing or texting you in such a nagging way that you feel sick or afraid)

witnessed (your children/daughters) witness acts of violence toward you or toward other figures of reference for them)

Whatever the violence is, you are not guilty of it!

HOW DO I FEEL WHEN I SUFFER VIOLENCE?

Alone, afraid, depressed, tired, unable to make decisions, I feel guilty and ashamed, I have attacks of panic attacks, I can't sleep well, I have concentration disorders, I no longer eat well, I experience difficulties in work and I am always at risk of losing lucidity and self-esteem...

Look at the wheel of power and control

HOW DO MY CHILDREN FEEL WHEN THEY WITNESS VIOLENCE?

Anxious, depressed, aggressive.

They may have learning problems or not do well in school

They may lose self-esteem and not have positive intimate relationships.

They may become self-injurers, have eating disorders, bully, use alcohol and substances.

They often think they are or have been children bad/and, guilty of what happens and powerless. They worry about taking charge of your protection or mediating between you and your partner.

Violence is not justifiable, is the responsibility of the perpetrator and is NEVER dependent on the behaviors of women

WHAT CAN I DO?



Come out of isolation, talk about it, learn the language of your host country to understand what is happening around you



You can contact the State Police through the **YouPol App,** which can be downloaded for free for Ios and Android devices.

Call:

1522

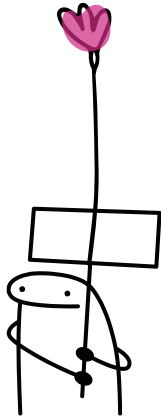
or the anti-violence center in your area (see list)

112

if you are injured or need immediate medical assistance related to the violence

if you need to get law enforcement involved

WHAT IS HAPPENING IN MY HOME COUNTRY?



It is important that you know the addresses and phone numbers of associations fighting for women rights and against violence.

It is important that you know the laws that can protect you and that were passed where you used to live.

They can help you protect yourself legally in your migration journey as well. Knowing that they are there will make you feel less alone and aware that you are trying to defeat male violence against women EVERYWHERE.

Set out to find useful information through the web.

Here are examples:

Morocco

Pakistan

Albania

There are no traditions and social norms to preserve forever.
There are first and foremost your universal rights as a woman and they must be recognized

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