Blame, shame, fear, control, and humiliation are **NOT** part of a healthy relationship.

**LOVE SHOULD BE SAFE**

When it’s not, help and support are available. Spread the word.

**JF&CS Journey to Safety**
(781) 647-JFCS (5327)
(Monday - Friday, 9 a.m. – 5 p.m.)

**24/7 help at SafeLink**
(877) 785-2020

**National Dating Abuse Helpline**
(866) 331-9474

**OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH**

JF&CS Jewish Family & Children’s Service **Journey to Safety**