

COMMUNITY RESOURCES

SOCIAL SERVICES

Chisago County 651.213.5600
Isanti County 763.689.1711
Kanabec County 320.679.6350

HOUSING, FOOD, & TRANSPORTATION

Lakes & Pines 800.832.6082
Minnesota Food Shelf 800.782.6372
Heartland Express (*public transportation*)
763.689.8131 or 888.234.7840
Housing www.housinglink.org
www.minnesotahelp.info

LEGAL AID

Chisago & Isanti Co. 763.689.2840
Kanabec & Pine Co. 800.382.7166

COUNSELING

Bridges and Pathways 651.982.4792
Introspective Therapeutic Services 763.689.3221
Mora Psychological Services 320.679.9161
Youth Crisis Line 800.448.4663
Crisis Connection (Suicide Hotline) 800.273.8255

OTHER

First Call for Help Call 211
Men's Line 763.689.3883
Senior LinkAge Line 800.333.2433

**The Refuge Network does not endorse any of the above agencies.*



THE REFUGE NETWORK

1.800.338.7233 (SAFE)

Help Available 24 hours a day,
7 days a week.

ISANTI COUNTY-CAMBRIDGE OFFICE

1700 E. Rum River Drive So. Suite E
Cambridge, MN 55008
763.689.3532

CHISAGO COUNTY-LINDSTROM OFFICE

11878 Lake Lane
Lindstrom, MN 55045
651.257.2890

KANABEC COUNTY-MORA OFFICE

47 Park St. N.
Mora, MN 55056
320.679.1737

www.therefugenetwork.org

If you are in Immediate Danger – CALL 911.

We do not subscribe to Caller I.D.
All services are Free and Confidential.



When all hope seems lost.

YOU ARE NOT ALONE.
YOU HAVE THE RIGHT TO FEEL SAFE.
YOU HAVE THE RIGHT TO GET HELP.

24 HRS TOLL-FREE ISANTI COUNTY
1.800.338.SAFE 763.689.3532

CHISAGO COUNTY KANABEC COUNTY
651.257.2890 320.679.1737

www.therefugenetwork.org

AGENCY OVERVIEW

Since 1986, The Refuge Network's mission has been to help bring an end to domestic violence by providing supportive, non-judgmental services. And today we continue to hold the belief that no one deserves to be abused.

Abuse is not always physical. Some people insult, threaten, and even hit people they love. They don't do it because of stress, anger, drugs, or alcohol. They do it to control others.

OUR SERVICES

- 24 hour crisis intervention
- Information and referrals
- Safety planning
- Emergency shelter/safe housing
- Personal and legal advocacy
- Assistance in obtaining an Order for Protection or Harassment Restraining Order
- Support through civil, family, and criminal court processes
- Law clinics
- Assistance filing a police report
- Support groups

Sexual assault is not about love. No one has the right to touch you when you don't want to be touched.

DOES YOUR PARTNER...

- Control where you go or who you are with?
- Call you abusive names?
- Isolate you?
- Harass you at work?
- Threaten to harm you?
- Threaten to harm your children, those you love, or a pet?
- Become extremely jealous?
- Destroy things that are important to you?
- Follow you in your home and not let you leave?
- Threaten to take your children away from you?
- Touch you in ways that hurt or scare you?
- Insult or humiliate you?
- Intimidate you or those close to you?
- Push, strike, hit, kick or choke you?
- Blame you for the abuse?

If these behaviors are occurring, or have occurred, in your life it is not ok and it is not your fault.

An advocate is always available to speak with you 24 hours a day at 1.800.338.7233.

ALL SERVICES ARE FREE AND CONFIDENTIAL.

Because domestic violence can affect a person's life in many ways, emotional and physical safety is critically important.

HOW CAN I PROTECT MYSELF?

- Call the police (in an emergency, call 911)
- Call an Advocate and develop a Safety Plan
- Seek out a Shelter
- Seek safety with family or friends
- Obtain an Order for Protection or Harassment Restraining Order
- Call The Refuge and talk to an Advocate about your options

WHAT HURTS YOU HURTS YOUR CHILDREN

These children grow up thinking it is ok to hurt others. They think its okay for people to hurt them.

Put these important documents in a safe place and take them with you when you leave. Take yours and your children's.

- ID Cards and Passports
- Birth certificates
- Medical cards
- Social security card
- Bank account numbers
- Credit Card numbers
- Copy of mortgage or lease