

For questions or comments contact:
Southwest Iowa Families
215 E Washington St.
Clarinda IA 51632
712-542-3501



Clothesline Project Display

October 12th, 2016 Sidney, Iowa
October 19th, 2016 Shenandoah, Iowa
October 26th, 2016 Clarinda, Iowa
All displays start at 5:00pm to 7:00pm

The clothesline project is a t-shirt display made from victims of past abuse.

Warning Signs of Domestic Violence

Jealousy and controlling behaviors * Quick involvement in relationship * Unrealistic expectations * Isolating the victim from friends and family * Blames others for problems and feelings * Hypersensitivity * Cruelty to children and animals * Forceful sex * Verbal abuse * Rigid Sex Roles * Past battering * Threats of violence * Breaking objects * Controls money

Are you in an Unsafe Relationship?

Safety planning is vital in protecting yourself. Here are a few ideas to have accessible in your safety plan:

A secret copy of car keys * Avoid rooms with only one exit * Protection Order * Important phone numbers * Build a support system * Be aware of weapons in home * Put together a bag with important items like license and birth certificate * Always make sure your car is full of fuel * Contact local domestic violence programs frequently to review options *

Contact Iowa Domestic Violence Hotline: 800-942-0333

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Donations can be made to Southwest Iowa Families for emergency domestic violence funds. Ask us how you can make contributions to this cause.