### 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 Emilia-Romagna. 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

## 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

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



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

# WHAT CAN I DO?

Call:

1522

or the anti-violence center in your area

(see list)

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

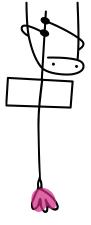
bevlovni if you need to get law enforcement



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



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



# WHAT IS HAPPENING IN MY HOME COUNTRY?

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

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

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

Set out to find useful information through the web.

Here are examples:

EVERYWHERE.



Pakistan



Morocco



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

Anci Emilia-Romagna with the collaboration of Tiziana Dal Pra Material produced by the Assessorato Pari Opportunità of the Emilia-Romagna Region and

# 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,

revenge porn (spreads intimate images of you online without your consent to hurt you or makes annoying sexual advances, threatens you, insults you in your sexuality)

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

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

economic independence, accumulates debt)

stalking (stalking you, calling or emailing or texting you in such a nagging way that you spiritual (denigrates your values, prevents you from following your religious faith)

witnessed (your children/daughters) witness acts of violence toward you or toward other feel sick or afraid)

figures of reference for them)

# HOM DO I LEEL WHEN I SUFFER VIOLENCE? Whatever the violence is, you are not guilty of it!



and control wheel of power

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

lucidity and self-esteem...

# HOW DO MY CHILDREN FEEL WHEN THEY WITNESS

*NIOFENCES* 

They may have learning problems or not do well in school Anxious, depressed, aggressive.

They may become self-injurers, have eating disorders, bully, use alcohol and They may lose self-esteem and not have positive intimate relationships.

They often think they are or have been children bad/and, guilty of what happens and substances.

powerless. They worry about taking charge of your protection or mediating between

you and your partner.

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