

Breaking the
cycle of
domestic abuse
one relationship
at a time



www.lighthousenw.org

**1 in 3 women experience
domestic abuse**



Domestic abuse
is a learned
pattern of
behavior used to
gain and
maintain power
and control

**Domestic abuse
is the third leading
cause of homelessness**

**Every year...10 million
children witness
domestic violence**



10,000,000+

AWARENESS & ACTION

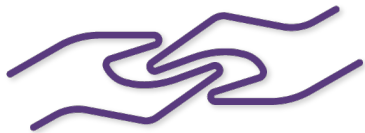
PROGRAM



EDUCATION



TRAINING



CONSULTING & MENTORSHIP

Education to build awareness and understanding

Training to equip and empower the community to respond effectively to families affected by domestic abuse

Consulting and mentorship to support community prevention and intervention

Only 1% of those experiencing domestic violence call professional services for help

Do you feel:

- Confused about your relationship?
- That you are walking on eggshells?
- Like you are going crazy?
- As if nothing you do is ever good enough?
- Like you are in a relationship with two completely different people?

If you answered YES to any of these questions -
YOU are not alone!

Abuse is not just physical - it can be emotional, verbal, spiritual and financial.

Domestic abuse is a learned pattern of behavior used to gain or maintain power and control over an intimate partner or family member.

If you or someone you know has experienced domestic abuse, we are here to help.

More resources on the back -->

www.lighthousenw.org
Email: info@lighthousenw.org
Tel: 206-824-8581

Lighthouse NW

*Breaking the cycle of abuse,
one relationship at a time*

Safety and support are available!
To learn more or get help, call today.



Lighthouse NW
206-824-8581

24-Hour Crisis Clinic
866-4CRISIS (27-4747)

Domestic Violence Hotline
800-562-6025

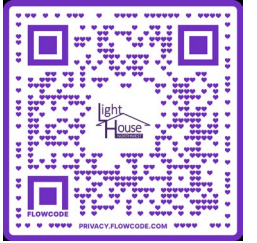
DAWN
206-621-4636

In immediate danger, call 911

Use a public computer or computer to access information and phone history to protect you from an abuser.

Information is confidential.

lighthousenw.org
206-824-8581



Explore
Lighthouse's
online
experience



What would you do?

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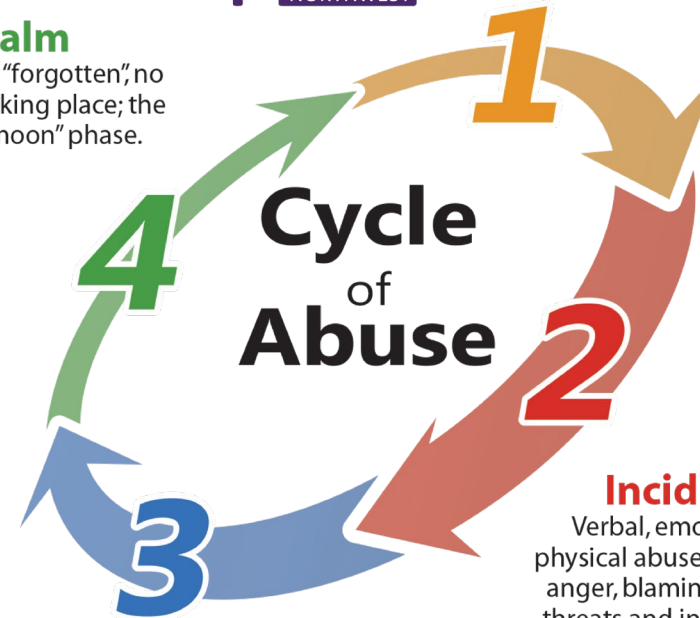


Calm

Incident is "forgotten", no abuse is taking place; the "honeymoon" phase.

Tension is Building

Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser.



Incident

Verbal, emotional & physical abuse occur; also, anger, blaming, arguing, threats and intimidation.

Reconciliation

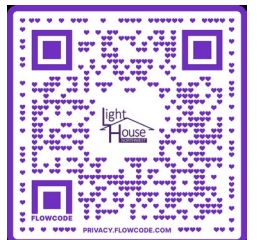
Abuser apologizes, gives excuses, blames the victim; denies the abuse occurred, or says that it wasn't as bad as the victim claims.

Lighthouse Northwest

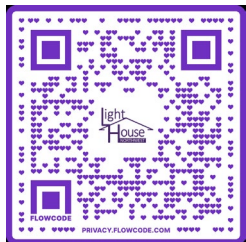
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RISE

ABUSE & TRAUMA
RECOVERY PROGRAM



- **Relationships**
- **Community**
- **Proven resources**
- **Specialized Support Services**
- **Sacha's House**
- **Support Groups**



Women and Children Served

Sacha's House 2025: 12 women & children (6 SeaTac residents plus 6 from Des Moines)

Sacha's House 2026: 10 women & children (4 SeaTac residents plus 6 from Des Moines)

Since Sacha's House opened in 2013: 65 women and children housed and walked beside an additional 300 (not including Rise support group)

Rise Support Group 2025: 72 women & children (16 SeaTac residents plus 56 from neighboring cities)

Rise Support Group 2026: 59 women & children (15 SeaTac residents plus 44 from neighboring cities)

Since 2019: 2200 calls from women in need of help

Since 2022: 800 women connected to partnering organizations



2026
**LIGHTHOUSE
NORTHWEST
5K**

Join Us!

SATURDAY MAY 30th 9am-12pm

at the Des Moines Creek Parkrun

**WALK or RUN, then have some FUN
at the FAMILY-FRIENDLY AFTER
PARTY at the QUARTERDECK!**

**LIGHTHOUSE
NORTHWEST
5K**

**SATURDAY
MAY 30th
9am-12pm**

**FAMILY-FRIENDLY
AFTER PARTY at
the QUARTERDECK!**

Des Moines Creek Parkrun

8am Registration
9am Run Starts

Quarterdeck

9:30am Party & Prizes

25% of coffee and mimosa
sales go to Lighthouse!

LIVE MUSIC! AWARDS! RAFFLE! PRIZES!

SUPPORT SURVIVORS REGISTER TODAY!



\$45 registration provides
a night of safe housing!



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