

## We Care...

Domestic Violence counselors have a unique perspective on relationships. We understand that intimate partner violence is very complex and delicate - moment by moment in real time. You know the relationship best, and we recognize that safety looks different in every situation.

During your initial session, we will:

- 🎀 Allow space for you to talk
- 🎀 Help you think about your situation
- 🎀 Talk with you about a safety plan, taking into consideration your choice to stay or leave
- 🎀 Discuss all catalyst services that may help keep you safe
- 🎀 Explain the dynamics of abusive relationships
- 🎀 Provide you with helpful handouts

Follow up sessions will include:

- 🎀 Education on abusive behaviors and patterns, red flags and more
- 🎀 Re-evaluating safety plans

We may also explore with you what may be preventing you from finding the life that you want. Areas that we may explore:

- 🎀 self-esteem, boundaries, trauma, relationship patterns and more

## We Understand...

Our goal as Domestic Violence Counselors is complex. We are about support, validation, education, trauma, growth and change.

We know that this is no easy task for you.

We understand the nature of fear and anxiety through the process of staying or leaving. We feel it too, and that is the compass we will use to get us through your journey to the other side.

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The therapists at Catalyst are committed advocates in the movement to stop domestic violence. We understand, and we care.

We are professionally trained, licensed or pre-licensed, therapists who approach counseling in a trauma-informed, culturally sensitive, friendly manner.

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*Be assured that your privacy and safety are a concern for us. All staff at Catalyst are trained to ensure confidentiality and will not provide any information on your behalf without your written permission.*

## Book List:

[Abused Men: The Hidden Side Of Domestic Violence](#) by Philip W. Cook

[Controlling People](#) by Patricia Evans

[Divorce Poison](#) by Dr. Richard A Warshak

[Healing The Trauma of Domestic Violence: A Workbook For Woman](#) by Mari McCaig

[How to Spot a Dangerous Man Workbook](#) by Sandra Brown

[It's All Your Fault: 12 Tips for Managing People Who Blame Others for Everything](#) by Bill Eddy

[Leaving the Enchanted Forest: The Path From Relationship Addiction to Intimacy](#) By Stephanie Covington and Liana Beckett

[Not to People Like Us: Hidden Abuse In Upscale Marriages](#) by Susan Weitzman

[Splitting: Protecting Yourself While Divorcing Someone With Borderline Or Narcissistic Personality Disorder](#) by Bill Eddy

[The Gift of Fear](#) by Gavin de Becker

[The Verbally Abusive Relationship](#) by Patricia Evans

[The PTSD Workbook](#) by Mary Beth Williams

[The Relationship Workbook](#) by Kerry Moles

[When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse](#) by Lundy Bancroft

[Why Does He do That?](#) by Lundy Bancroft

# What is *Catalyst*?

The mission of Catalyst is to reduce the incidence of intimate partner violence through crisis intervention services, community education and the promotion of healthy relationships.

Catalyst is a nonprofit organization committed to serving the needs of all victims of domestic violence and their children regardless of their ethnicity, citizenship, language, religion, physical ability, sexual orientation, gender identity or HIV status.

## *Our services include:*

- ♀ 24 hour hotline for domestic violence intervention, referrals, and support
- ♀ Emergency Shelter for victims and their children (HAVEN)
- ♀ Children's Program at HAVEN
- ♀ Transitional Housing
- ♀ Drop In centers
- ♀ Individual counseling
- ♀ Support groups
- ♀ LGBTQ+ Services
- ♀ Assistance with Temporary Restraining Orders
- ♀ Court accompaniment
- ♀ Advocacy
- ♀ Community outreach and education
- ♀ Professional Training
- ♀ Teen Dating Violence prevention

## *Counseling and Support Groups located in:*

### **Chico~Oroville~Paradise**

*\*please call to confirm times*

### **Chico Business Office & Drop-in Center**

**530-343-7711**

**330 Wall St. Suite 50**

### **Oroville Drop-in Center**

**530-532-6427**

**1931 Arlin Rhine Drive**

### **Paradise Resource Center**

**530-343-7711**

[www.catalystdvservices.org](http://www.catalystdvservices.org)

*Like us on Facebook*

24-Hour Hotline

800.895.8476

**CATALYST**  
DOMESTIC VIOLENCE SERVICES



**COUNSELING  
PROGRAM**