

Domestic Violence Assistance

CARING UNLIMITED

PO Box 590

Sanford, ME 04073

(800) 239-7298

(207) 490-3227

e-mail: caring@zwi.net

Website: www.caring-unlimited.org

If you believe you are in an abusive relationship, you may want to take precautions to protect yourself and your children. Caring Unlimited can help you prepare a SAFETY PLAN and tell you about resources available to you before you need them. If you are being physically or psychologically injured, having sexual relations forced on you against your will or are being threatened in a way that causes you to fear for your safety, contact the 24 hour hotline at (207) 324-1802 or (800) 239-7298

Caring Unlimited provides:

- Legal Advocacy
- Support Groups
- Emergency Shelter
- Transitional Services
- Community Response Program
- Volunter Program