

JOURNEYS COUNSELING MINISTRY

PREPARATION FOR A CALM EFFICIENT EXIT

If you are a woman in an abusive situation and you want out!

1. **Please do not panic**
2. **Plan ahead**
3. **These items are to be collected, recorded, and/or copied**

Emergency phone number and addresses of:

- Doctor
- Lawyer
- Friends
- Relatives
- Hotlines

Record or Make Copies of:

- Car license and pink slip
- Bank account numbers (checking, savings, etc.)
- Your partners and your drivers licenses
- Your partners and your social security numbers
- Marriage license
- Birth certificates, (yours, your partners, and the childrens')
- Health records
- Copy of last income tax statement (State and Federal)
- Proof of custody of children- if from a previous marriage and applicable
- Immigration documents, (green card, resident alien work permit, or passport)

Preparation Kit

- Extra cash
- Extra car keys
- Extra house keys
- Clothing, diapers, etc
- Food supplies
- Medicine (if applicable)

Store these items in a package at a friends house or with a member of your family so that should you need to flee for your life and the lives of your children you will have the necessary papers.