

YOU ARE NOT ALONE.

If you or someone you know is experiencing abuse, help is available 24/7.

**Call 970-669-5150 Text 970-669-5157** 

**Confidential & non-judgemental.** 

Hablamos español.

Together we can get you on a path of healing and self-sufficiency.
Alternatives to Violence provides emergency shelter, victim and court advocates, housing resources, pet resource, support group, and more.





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