

Domestic Violence Prevention



Obtaining a Restraining Order is a legal process. There are many forms required.

Go to a place where you feel safe and comfortable to review and fill out your forms. Make a list of the information you need to get so you can fill out all the forms. Get help if you need it.

*** Note: One Safe Place has their own program and forms and do not use the forms in this packet.**

If you want more help, check the Yellow Pages under victim services, battered women's services or legal services.

The National Domestic Violence Hotline Number is: 1-800-799-7233

LOCAL RESOURCES:

**One Safe Place (*see note above)
2250 Benton Drive
Redding, CA 96003
Toll-free 24 hour crisis hotline
for Shasta County: (530) 244-0117
Shingletown Area: (530) 474-1910
www.OSPShasta.org**

ONLINE RESOURCES:

www.courts.ca.gov/selfhelp, www.ezlegalfile.org