

8 am: Leave for work

**8:30 am: Realize you have
left your cell phone at home**



**8:31 am: Realize your partner has already read
all of your text messages**

**8:32 am – 4:59 pm: Know that you will go
home to accusations, arguments, name-
calling, physical confrontations, screaming,
broken belongings, frightened pets...**

5 pm: *Make a decision to ask for help.*

**IF YOU ARE AFFECTED BY
LGBT INTIMATE PARTNER VIOLENCE,
Call the Milwaukee LGBT Community Center's
Anti-Violence Project. (414) 292-3072**

***Help with partner violence, hate crimes, bias,
sexual assault and abuse.***

