



## ***Frequently Asked Questions (FAQs)***

### **What kind of planning do I need to do to increase my safety?**

Call Sojourner's Crisis Line at 952-933-7422 or the National Domestic Violence Hotline 1-800-799-7233 and discuss your safety with a trained advocate. They will ask questions to assess the level of danger and help you determine action steps to increase personal safety for yourself and/or others in your care.

### **What do I need to do to come to the shelter?**

During your conversation with the advocate on Sojourner's crisis line, your safety needs will be assessed. If it is determined that you need the services of a shelter, the staff will inform you about the next steps to take. If there is no available bed space at Sojourner's shelter, the staff will help you find another setting.

### **What should I bring with me to shelter?**

Personal safety is a priority. If you have time, you can pack and bring clothes or small personal items with you however it is not necessary to bring anything. Through the generosity of so many, Sojourner is able to provide shelter residents with clothing, personal toiletries and food.

### **What are the benefits of coming to the shelter?**

Sojourner's shelter is a welcoming emergency residence for single women and women and their children who are homeless as a result of violence and abuse. The Shelter is a secure and confidential setting. It is staffed by trained advocates and offers a variety of services to assist the transition and healing process.

### **What is the environment like in the shelter?**

Sojourner offers a home-like atmosphere in a communal setting. Families have access to a dining area, facilities, TV, phone, laundry and other daily living resources. While women reside in the shelter, trained advocates will help them identify personal objectives and will also provide needed information and support.

### **Will I have my own room? Will my children be in the same room with me?**

Sojourner attempts to provide clients with privacy as space allows however residents may end up sharing a bedroom. Children room with their parent.

### **What will it cost for me to reside at the shelter?**

All services provided by Sojourner to our clients are free of charge.

### **Will services continue when I leave the shelter?**

Residents can opt to continue to receive transition support. The type of support will be determined on an individual basis and may include individual therapy and/or group support.

**Is transportation help available?**

Sojourner is close to bus routes and will assist as possible with transportation to court dates, medical appointments, and other domestic violence related appointments.

**Are there services I can receive if I do not reside at the shelter?**

Yes. Sojourner provides Community Legal Advocates who work with clients to provide support and other services matters related to their safety and overall well-being and other supportive services for victims of domestic violence living in the west suburban communities of Hennepin County.