

BAWAR

Resources Promoting Community, Care, & Compassion during a Time of #SocialDistancing

30 March 2020

Court Information:

1. [Alameda County Superior Courthouses](#)
 - a. **Criminal Court Proceedings** are **not open to the public** at this time
 - b. **Civil Court Proceedings** are **discontinued** until **April 7th 2020**
 - c. **Temporary Restraining Orders:** The Court will continue to accept requests for Temporary Restraining Orders (TROs). The Court will accept such requests by drop box filing only, at either the drop box at the public entrance to the Rene C. Davidson Courthouse (1225 Fallon St) in Oakland or the drop box at the public entrance to the Hayward Hall of Justice(24405 Amador St. Hayward CA). Court staff will contact petitioners by telephone when their TRO's have been ruled on and are ready for pick-up. Critical to have a working telephone number at this time. Pick- up will be available in a box at the public entrance to Hayward Hall of Justice.
 - d. Self Help- Closed through April 8th they are looking into remote options
2. Temporary Restraining Orders Support:
 - a. [Family Violence Law Center](#) - 1-800-947-8301 for advocates will do an intake and the legal team will follow up and provide remote support for filling out paperwork if accessible. They can still support some paperwork printing and will drop off documents to the court Tuesdays and Thursdays. Offering limited representation at this time.
 - b. Dates are being set for after April 7th at this time in the meantime serving the paperwork will offer protection until the court date. May be updated depending on how things go.
 - c. For someone experience domestic violence here are the forms and process:
<http://www.alameda.courts.ca.gov/pages.aspx/Family-Law-How-to-fill-out-and-file-the-restraining-order-forms>
 - d. For Civil Harassment Orders (usually for cases outside of IPV or DV): <https://www.courts.ca.gov/1044.htm?rdeLocaleAttr=en>

- i. Forms found here:
<https://www.courts.ca.gov/forms.htm?filter=CH>
3. Serving TRO's:
 - a. TRO's can be served by anyone who's over the age of 18 and not a protected party
 - b. Alameda County Sheriff's Department can serve orders for free with a fee waiver. They are open 830am-430pm M-F and located in the Rene C. Davidson Courthouse, 1225 Fallon Street, Room 104, Oakland, California 94612-4381. (510) 272-6910.
 - i. Must have the name, and address of the person being served and they will ask you what times are best. As well as the client's name and number. This is how they will be able to serve the document, and contact the client if they were able to serve the document.
 - ii. Documents to include are:
 1. Signed and dated letter of instruction- provided by Sheriff when requesting service
 2. Have 3 copies of court paperwork: one for the person requesting service, one for the person being served, and one for the Sheriff's Department (they can usually make at least one copy).

Victim's Compensation

1. Victim Witness Advocates: Drop in Assistance and by appointment (preferred) at 1401 Lakeside Drive, Suite 802 Oakland, CA 94612
Phone:510-272-6180 to schedule an intake.
 - a. Drop box - on 8th floor adjacent to the Victim Witness Office sign (leading to the office)
 - b. Drop off is available at reception as well, blank applications are also available.
 - c. Jenn can remotely assist with filling out application online or by paper and for advocacy questions by calling **510-860-7342**

Food Distribution:

1. [Alameda County Community Food Bank](#)
2. [Oakland Unified School District: Grab and Go Meal Service](#)

Hotline & Text Support:

1. [Bay Area Women Against Rape \(BAWAR\)](#): (510) 845-7273
2. [Mental Health First Aid \(MHFA\)](#): Text 741741 to talk to a Crisis Text Line Counselor
3. [Narika](#) Toll-Free Helpline: 1-800-215-7380
4. [National Domestic Violence Hotline](#): 1-800-799-7233 or Text 'LOVEIS' to 22522
5. [National Parent Helpline](#): M-F, 12p-9a; 1-855-427-2736

6. [National Sexual Assault Hotline](#): 1-800-656-4673 or Chat with a Confidential Crisis Advocate Online by clicking [here](#).
7. [National Suicide Prevention Lifeline](#): 1-800-273-8255
8. [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) Disaster Distress Helpline: 1-800-985-5990
9. [The Strong Hearts Native Helpline](#): 1-844-762-8483
10. [The Trans LifeLine](#): 9a-3a (CT); 1-877-565-8860

Online Support Groups/Moderated Forums:

1. [1in6 Weekly Online Support Group for Men](#) (available M-F)
2. [Hope Recovery](#) (This is an out-of-state agency. Please be mindful of the time difference if registering for a group offering.)
3. [Male Survivor Healing Conversations](#) (moderated chat room and discussion board for male-identified survivors of sexual violence)
4. [Narika Online Support Group](#) (10:30-12:30pm; Offered in Hindi and English)
5. [NSVRC Online Resources for Survivors](#)
6. [On Your Mind: Peer Supported Teen Crisis Chat](#) (available 4:30-9:30pm PST, M-Th)

Physical Distancing:

1. [How to Care for Yourself while Practicing Physical Distancing](#)

Public Transportation:

1. [AC Transit Modified Schedule \(Effective March 31, 2020\)](#)
 - a. Please stay informed by checking updates on actransit.org, follow us on [Twitter](#) and [Facebook](#), and sign up for [line-specific alerts](#).
2. [East Bay Paratransit](#)

LGBTQIA+ Specific Resources:

1. [The Coronavirus: What Trans People need to Know](#)
2. [It Takes a Village, People!](#)

Safety Planning:

1. [What is a Safety Plan?](#)
2. [Staying Safe During COVID-19](#)

School District Resources:

1. [Oakland Unified School District Resource Guide](#)
2. [San Francisco Unified School District Resource Guide](#)
3. [Santa Clara County Office of Education Resources](#)

Self-Care:

1. [Behavioral Activation for Depression](#)
2. [Create Your Own Mantra worksheet](#)
3. [Flashback Halting Protocol](#)
4. [Grounding Techniques](#)
5. [Living Within your Window of Tolerance](#)

6. [Panic Stations: Unhelpful Thinking Styles](#)
7. [Progressive Muscle Relaxation](#)
8. [Reducing Self-Harm](#)
9. [The Worry Decision Tree](#)

Undocumented Communities:

1. [Bay Area COVID-19 Relief Application for Migrant Youth](#)
2. [COVID-19 National Resource Guide](#)
3. [COVID-19 Resources for Undocumented California Families](#)
4. [Relief Funds for Undocumented Workers In California](#)
5. [Inmigrante Informado](#)

****Additional Resource Guides****

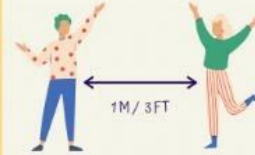
1. [Coronavirus Resource Kit](#) (features resources from disabled, queer, elderly, Asian, and indigenous people)
2. [COVID-19 Resource List Initiated by Asian Americans for Civil Rights and Equality \(AACRE\)](#) - Bay Area, CA focused
3. [COVID-19 Mutual Aid & Advocacy](#)
4. [Futures without Violence](#) (includes: Resources for Survivors, Safety Plans and Self-Care, Resources for Domestic and Sexual Violence Advocacy Organizations, Shelter Care and Homelessness, Protecting Immigrant Families, Community Care, Financial Relief for Vulnerable Communities)

STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



MAINTAIN SOCIAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Source: World Health Organization