



**Mention this ad for a special offer!**  
**Manned Hours**  
 MON-THURS  
 10am - 2pm, 4pm - 6pm  
 FRI  
 10am - 1pm

## Keycode Entry

**5am to 10pm • 7 Days**

- Cardio Equipment
- Free Weights
- Women's Circuit

Call for Membership Packages: 541-426-0313



**202 W. Main Street • Enterprise**

*Make Your Home at  
Alpine House*



- Exercise & activity programs
- Monitored health care by RNs
- Apartments with small kitchenettes
- 3 home made meals
- Church fellowship
- 24 hour security service
- Beauty salon

*Call or come by for a tour!*

**ALPINE HOUSE**

EMAIL: ALPINEHS@EONI • MARGO PEPPERS, ADMINISTRATOR

204 NORTH PARK STREET • JOSEPH • 432-7402

## Domestic & Sexual Violence

KNOW THE SIGNS

GET INVOLVED

BECOME A VOICE

### Victims Impact:

Memory Loss, Difficulty Making Decisions, Difficulty Concentrating, Confusion, Losing Track of Time, Flashbacks, Replaying the Event, Feeling Helpless or Powerless, Grief, Numbness, Fear or Safety Concerns, Guilt, Vulnerability, Nightmares, Suicidal Thoughts, Fatigue, Trouble Sleeping, Eating Problems, Nausea, Diarrhea, Sweating, Rapid Pulse, Chest Pains, Back or Neck Pain, Withdrawal from Faith Community, Alienation from Friends or Family, Changes in Sexual Activity, False or Distorted Views of Others, Crying, Sobbing, Shaking, Denial, Feelings of Guilt or Helplessness, Abrupt Mood Changes.

These Are All Normal Reactions To Trauma

**YOU'RE NOT ALONE.**

Reaching out for support is an act of strength

24hr Help/Crisis 541-426-6565

each *heart* hides its own kind of **PAIN**  
Some hide it deep in their eyes

While others hide their sadness behind a deceptively happy **SMILE**

SAFE HARBORS 401 NE 1st, Suite B Enterprise, OR 97828 | 541-426-4004 24 hr Crisis Line 541-426-6565

Be the change you wish to see in the world Volunteer Today! Changing today for a better tomorrow.