



## PROVIDENCE BEHAVIORAL HEALTH SERVICES

Administration:  
503-215-6133

Intake:  
503-215-7080

## Providence Behavioral Health Services

(PBHS) is committed to providing a therapeutic atmosphere that promotes healing and growth for all individuals in a safe environment. We affirm that healing and growth are best nurtured in the absence of intimidation, fear and violence. Therefore, our goal is to work actively with all persons involved in PBHS to promote mutual respect and to prevent behaviors that harm oneself or others.

Providence Health System has partnered with the **Hands & Words Are Not For Hurting Project**<sup>®</sup> to promote nonviolence. *We invite you to join us by pledging:*

### "I Will Not Use My Hands Or My Words For Hurting Myself Or Others"<sup>®</sup>

- ♥ Not to use violence (verbal or physical) to control others
- ♥ Not to tolerate any form of abuse from others; ask for help
- ♥ Not to hurt yourself with words or actions
- ♥ To develop healthy relationships based on respect and equality

Zimbabwe Shona Sculpture  
"The Family" by Charles Chaya  
Photo by Mike Spinelli  
From *Spirits in Stone*, by  
Anthony and Laura Ponter  
Ukama Press, Sebastopol, CA. 1992



A caring difference you can feel

