

DO YOU KNOW SOMEONE WHO IS BEING ABUSED?

- Let her know she is not alone
- Tell her the abuse is not her fault
- Read and collect information to pass on to her
- Talk with her about her choices and help her develop a safety plan
- Provide a place for your friend and her children to stay in bad times
- Help her find housing
- Show that you believe in her and her ability to deal with change
- Offer to babysit while she looks for housing, seeks support, or goes to work
- Call 911 if you see her being hurt

IT IS IMPORTANT TO REMEMBER

- Don't tell her what to do, when to leave or when not to leave
- Don't push her before she is ready
- Don't make her feel bad for staying
- Don't tell her to go back to the situation
- Don't tell her to stay for the sake of the children
- Don't be angry with her if she does decide to go back. Many women go back to abusive situations before they finally leave.
- Don't talk to her partner about it. This could put your friend in danger.

Support her choices, whatever they are. She needs a friend. These are not easy decisions. Listen, refer and support.

Are you someone who cares? ACT NOW. See available Metro Vancouver resources on the inside of this brochure.



Ending violence against women is core to YWCA Vancouver's mission. A spectrum of YWCA programs and services support women who have experienced abuse; Munroe House (a second stage transition house), violence prevention programs, legal support, resources and more.

Munroe House
tel 604 734 5722

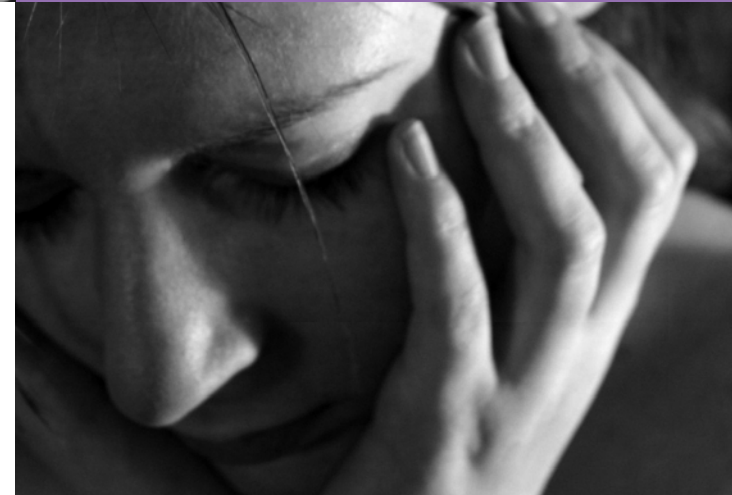


YWCA Vancouver
535 Hornby Street,
Vancouver, BC V6C 2E8
tel 604 895 5800

YWCA Vancouver is a registered charity, providing a range of integrated services for women and their families, and those seeking to improve the quality of their lives. From early learning and care to housing, health and fitness, employment services and leadership, YWCA Vancouver touches lives in communities throughout Metro Vancouver.

Stopping the Violence

A guide for women facing domestic violence



Violence is a harmful act that violates human rights and denies the dignity and equality that we all deserve.

RESOURCE LISTINGS

CRISIS LINES/EMERGENCY NUMBERS

Police/RCMP Emergency	911
VictimLINK (24hrs)	1 800 563 0808
Chimo Crisis Line (Richmond, 9:00am–12:00am)	604 279 7070
Crisis Centre (Greater Vancouver, 24 hrs)	604 872 3311
Greater Coquitlam Crisis and Information Line	604 540 2221
Ministry of Housing and Social Assistance (after-hours and emergency line)	604 660 3194
Prideline (Gay and Lesbian Helpline)	1 800 566 1170
South Fraser Region Crisis Line (24 hrs)	604 951 8855
Surrey Women's Centre Crisis Line	604 583 1295
Upper Fraser Valley Crisis Line	1 877 820 7444
Vancouver Rape Relief and Women's Shelter	604 872 8212
Women Against Violence Against Women (24 hrs)	1 877 392 7583

TRANSITION HOUSES

Ama House (women over 55)	604 542 5992
BC/Yukon Society of Transition Houses (referrals)	604 669 6943
Coquitlam Women's Transition House	604 464 2020
Cythera Transition House (Maple Ridge)	604 467 9966
Durrant Transition House (White Rock)	604 531 4430
Evergreen Transition House (Surrey)	604 584 3301
Ishtar Transition House (Langley)	604 530 9442
Jean Scott Transition House (Hope)	1 877 869 5191
Kate Booth House (Vancouver)	604 872 7774
Libra Transition House (Aldergrove)	604 857 5797
Marguerite Dixon Transition House (Burnaby)	604 298 3454
Monarch Place Transition House (New Westminster)	604 521 1888
Nova Transition House (Richmond)	604 270 4911
Peggy's Place (mental health, Vancouver)	604 430 5202
SAGE Transition House (North Shore)	604 987 3374
Shimai Transition House (drug and alcohol issues, Surrey)	604 581 9100
Vancouver Rape Relief and Women's Shelter	604 872 8212
Virginia Sam Transition House (Surrey)	604 572 5116
Xolhemet Transition House (Chilliwack)	1 888 558 0468

COUNSELLING

Abbotsford Women's Support Services	604 855 3363
Ann Davis Services (Agassiz, Chilliwack, Hope)	604 792 2760
Atira Women's Resource Society	604 331 1407
Battered Women's Support Services	604 687 1867
Burnaby Family Life Institute	604 659 2200
Catholic Family Services	604 443 3220
Chimo Crisis Services (Richmond)	604 279 7077
Cythera Counselling (Maple Ridge)	604 467 9939
Deltassist	604 594 3455
Downtown Eastside Women's Centre	604 681 8480
Family Services of the North Shore	604 988 5281
Ishtar Counselling Services (Langley)	604 534 1011
PACE Society (Prostitution Alternatives Counselling and Education)	604 872 7651

COUNSELLING, CONT'D

Tri-City Women's Resource Society	604 941 7111
Family Services of Greater Vancouver	604 731 4951
Surrey Women's Centre Society	604 583 1295
Women Against Violence Against Women	1 877 392 7583
VGH Domestic Violence Program	604 875 4924

SERVICES FOR CHILDREN WHO HAVE WITNESSED ABUSE

(most will require that the children are no longer living with the abuser)

BC/Yukon Society of Transition Houses (can give information about local CWWA programs)	604 669 6943
YWCA CWWA Program (Vancouver)	604 734 5517 ext 2227
Fraser Side CWWA Program (New Westminster)	604 522 3722 ext 118
Cythera CWWA Program (Langley)	604 467 9939 ext 230
Atira's 'The Family Project' (South Surrey/White Rock)	604 531 9143
Options CWWA Program (Surrey)	604 572 7411 or 604 584 5811
Family Services of Greater Vancouver's Children Affected by Family Violence Program (Vancouver)	604 874 2938
Vancouver and Lower Mainland Multicultural Family Support Services Society CWWA Program (Burnaby)	604 436 1025

SERVICES PROVIDING SUPERVISED ACCESS OF CHILDREN'S VISITS WITH NON-CUSTODIAL PARENT

Tin Harbour (Surrey)	604 590 8234
Network of Inner City Community Services Society (Vancouver)	604 687 2717

MULTICULTURAL

Chimo Multicultural Outreach Program	604 279 7077
Chinese Community Policing Centre	604 688 5030
India Mahila Association	604 321 7225
Inform'Elles (francophone information, referrals and support)	604 736 6974
MOSAIC Stopping the Violence Counselling	604 254 9626
OPTIONS Multilingual Help Line	604 596 4357
SUCCESS	604 408 7266
Vancouver and Lower Mainland Multicultural Family Support Services	604 436 1025

FIRST NATIONS

Aboriginal Women's Outreach Program (Atira)	604 594 7547
Helping Spirit Lodge Society (Transition House)	604 872 6649
Native Courtworker and Counselling Association of BC	604 687 0281
Residential School Survivors Society	604 925 4464
Warriors Against Violence Society	604 255 3240

GAY, LESBIAN & BISEXUAL

Battered Women's Support Services The Centre	604 687 1867 604 684 5307
Family Services of Greater Vancouver	604 731 4951

SENIORS

411 Seniors Centre (referrals)	604 684 8171
BC Centre for Elderly Advocacy and Support	1 866 437 1940
Re:act	604 984 5958
Vancouver Coastal Health Authority (referrals to local health centres)	604 736 2033

LEGAL ASSISTANCE AND ADVOCACY

Access Justice	604 878 7400
Atira Legal Advocacy Program	604 331 1407 ext 105
Battered Women's Support Services	604 687 1867
Canadian Bar Association	1 888 687 3404
Legal Services Society (Legal Aid, Duty Counsel, Law Line)	1 866 577 2525
Lawyer Referral Service	1 800 663 1919
Surrey Women's Centre Society (pro-bono clinic)	604 583 1295
Vancouver Status of Women (lawyer referrals)	604 255 6554
YWCA Vancouver Legal Educator	604 734 5517 ext 2235

VICTIM ASSISTANCE

Battered Women's Support Services	604 687 1867
Crime Victim Assistance Program	604 660 3888
Specialized Victim Assistance (Maple Ridge/Pitt Meadows)	604 467 6911 ext 227
Surrey Women's Centre Society	604 583 1295
Tri-City Women's Resource Society	604 941 7111
VictimLINK	1 800 563 0808
Victim Services (Burnaby/ New Westminster)	604 525 9144
Women Against Violence Against Women (24 hrs)	1 877 392 7583

WOMEN'S CENTRES

Downtown Eastside Women's Centre	604 681 8480
North Shore Women's Centre	604 984 6009
Philippine Women Centre of BC	604 215 1103
Port Coquitlam Area Women's Centre	604 941 6311
Richmond Women's Resource Centre	604 279 7060
South Fraser Women's Services Society	604 536 9611
Surrey Women's Centre	604 589 1868
Tri-City Women's Resource Society	604 941 7111

Many colleges and universities also have women's centres.

OTHER RESOURCES

Family Violence Resource Centre	604 873 3772 ext 312
UBC Life and Career Centre	604 822 8585
BC Women's Hospital Sexual Assault Service	604 875 2881
Vancouver Status of Women	604 255 6554
Vancouver Women's Health Collective	604 736 5262
Wenlido, Women Educating in Self-Defense Training (WEST)	604 876 6390
YWCA Crabtree Corner	604 216 1650



Violence Against Women: The Facts

Every year thousands of women in Canada are seriously injured or killed by their partners — many die.

All kinds of women are abused — young, old, women with disabilities, immigrant women, and women of all races, religions and social classes. Violence happens in small towns and big cities. It affects us all.



1 in every 2 women is the victim of at least one act of physical or sexual violence after the age of 16¹

3 out of 4 women who experience violence are assaulted by someone they know²

653,000 women reported that they experienced spousal violence by a current or previous partner between 1999 and 2004³

Only 36% of women who experience spousal violence report the incident to police⁴

On average in Canada, 73 women are killed every year by their husbands⁴

41% of men who kill their wives have a history of domestic violence known to the police¹

105,711 women and children sought safety in Canadian shelters between April 2005 and March 2006⁵

In 2004, 47% of women who experienced violence turned to a formal help agency³

Remember, no one deserves to experience violence or abuse.

Violence seriously affects children and youth

Violence creates a climate of fear and uncertainty, which undermines the well-being of children and youth. It affects children's emotional development, social behaviour, and their ability to learn at school. Children who witness violence at home are at risk of becoming victims of violence themselves, and are also more likely to become involved in abusive relationships as adults. Parents are responsible for teaching their children the values of equality and respect. The cycle of violence must stop in the home.

- Over one million children in Canada have witnessed domestic violence⁶
- 61% of children who witnessed violence saw their mother seriously injured⁶
- Children who witness violence are more likely to be overtly aggressive by bullying, threatening, or physically attacking people⁷
- Children who witness violence often display increased levels of depression, delinquency and emotional anxiety⁸

Is your relationship healthy?

Respect, honesty and trust are essential parts of a healthy relationship. Feeling hurt or upset at times is normal, but relationships should never make you feel scared, humiliated or controlled.

HEALTHY SIGNS

- Do you and your partner respect each other's feelings, make decisions together and support one another?
- Do you and your partner communicate openly and honestly, accept responsibility for your actions and admit when you are wrong?
- Do you and your partner share financial decisions and responsibilities?
- Do you and your partner talk through disagreements, make compromises and resolve conflicts in ways that make you both feel comfortable, safe and satisfied with the outcome?

WARNING SIGNS

- Does your partner check up on you or act possessively?
- Does your partner yell, put you down, call you names or make you feel bad about yourself?
- Does your partner boss you around, give orders and make all the decisions?
- Does your partner blame you for his own harmful behaviour or avoid taking responsibility for his actions?



DANGER SIGNS

- Does your partner claim to be the head of the household and control all money in the home and bank account?
- Does your partner keep you from getting a job or an education?
- Does your partner have a temper or make you afraid?
- Do you try to please your partner instead of yourself to keep from being hurt?
- Does your partner inflict unwanted touching, kissing, tickling, or make sexual threats? Does your partner push, hit, slap, kick or use weapons to harm you?

Women who experience violence do not need to feel ashamed or helpless. Violence and abuse is never the victim's fault. There are people and services to help you. Talk to a trusted friend about the abuse or contact a community organization for more information. Services in Metro Vancouver are listed on the back of this poster.

PLANNING FOR SAFETY

Leaving an abusive relationship takes a great deal of courage and strength. All women must plan for their well-being and their children's safety. Planning for safety means knowing how to access the people, places and resources that can help if you are the victim of violence.

IDEAS FOR YOUR SAFETY PLAN

- Call or visit a women's centre to learn about resources available for victims of violence
- Tell your friends and neighbours to call the police if they hear yelling, banging or frightening noises coming from your house
- Think about where you can go if you decide to leave your partner, such as a safe house for women
- Memorize emergency service phone numbers
- Keep some extra money and a set of keys in a safe place
- Leave an extra set of clothes and photocopies of your personal ID with a friend or family member
- Teach your children to use the telephone to call the police and fire department
- Create a code word with family and friends to signal that you need help