

Ways to Help You Stay Safe



It is impossible to eliminate every possible negative outcome. However, here are some simple tips that will help you stay safe:

- **Carry your cell phone** and important numbers at all times
- **Keep in touch** with someone you trust about where you are going or what you are doing
- **Stay out of isolated** or unsafe places and try to never walk alone
- **Gather important documents**, papers, passports and keep them safe
- **Keep all doors and window locked**, especially if alone
- **Avoid talking to people** who you believe are abusive
- **Do not confront your abuser**, plan where to go in an emergency and teach your children how to get help
- **Call 911** if you feel your safety is at risk

How You can Help a Friend who's been Abused

- **Listen and believe their story.** Do not judge
- **Let them know you care** and want to help, if you can
- **Let them know they are not to blame.** It is important to remind your friend that they are not responsible for someone else's actions
- **Encourage them to seek help** from family, a doctor, a counsellor, a shelter worker or call the Assaulted Women's Helpline 1-866-863-0511 or another community resource.

Providing You the Support You Need

As a front-line agency, Abrigo can help increase your safety and that of your children. We can help prevent re-victimization, address your income maintenance



needs, provide you with information on the dynamics of abuse and ensure that immediate needs are fulfilled. If required, we can assist with finding access to other appropriate government and social programs.

Together, we will identify the options or solutions available to you. You can then decide what is right for you.

For over a quarter century, Abrigo has been assisting women and their children who are victims and survivors of abuse and we will be there for you too when you need us.

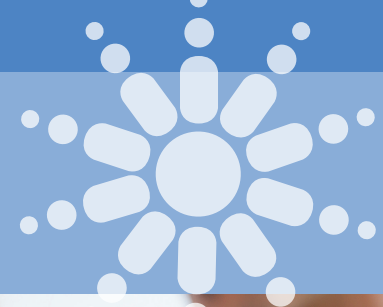


Abrigo Centre

1645 Dufferin Street, Toronto, ON M6H 3L9
Telephone: (416) 534-3434

New Client Drop-in Hours: Weekdays 1:00 p.m. to 3:00 p.m.
Charitable Number 129515284 RR0001

For more information or to make a donation to the
Abrigo Centre, visit our website: www.abrigo.ca
Twitter: [@abrigocentre](https://twitter.com/abrigocentre)
Facebook & Instagram: [/abrigocentre](https://www.facebook.com/abrigocentre)



Violence Against Women and Children Program



Abrigo can help
increase your safety and
that of your children.

Abuse is Unacceptable

Violence against women (VAW) is unacceptable. There is no excuse and the victim is never to blame for the abuser's behavior. Abuse can come in many forms and it can happen to anyone. You are not alone.

Abuse is behavior used to intimidate, isolate, dominate or control another person. Abuse happens when someone hurts or mistreats you. Abuse has many names and can describe violence against an individual in their intimate relationships such as a:

- **Married couple**
- **Common-law couple**
- **Same sex relationship**
- **Boyfriend/girlfriend**
- **Dating relationship**



Abuse and violence against women can also occur in the workplace, by a parent or child, an extended family member, community leader, medical professional, someone you trust, someone you just met or a complete stranger.

Abrigo Centre's priority crisis services are ready and available to women and their children who are experiencing domestic violence or abuse.



VAW Continues to be a Problem in Canada

According to the 2009 Family Violence in Canada Report, 83 per cent of all domestic assaults reported to police are against women.

In 2011, police data revealed over 173,600 women, aged 15 and older, were the victims of violent crime. That rate of 1,207 victims for every 100,000 women in the Canadian population is slightly higher than the rate of violent crime against men.

The actual incidence of violent acts against women and girls is estimated to be higher than official reported statistics suggest. A large percentage of this violence goes unreported.

How do you know if your relationship is unhealthy? Your partner / spouse...

- **Becomes extremely jealous** or accuses you of cheating
- **Puts you down** by name calling, cursing or making you feel bad about yourself
- **Doesn't listen** or take you seriously
- **Frequently criticizes you**, your friends or family
- **Threatens to hurt you** or commit suicide if you leave
- **Grabs, pushes, hits** or physically hurts you
- **Blames you for their own behavior** "If you hadn't made me mad, I wouldn't have..."
- **Makes all the decisions**, acts controlling or possessive
- **Controls or withholds money** from you
- **Ignores or withholds affection** as a way of punishing

Abrigo is Here to Help

If you are experiencing any form of abuse, you do not need an appointment to see an Abrigo counsellor. Our doors are open to you. Please make an initial call or visit us in person Monday through Friday from 1:00 p.m. to 3:00 p.m. After completing a short intake process, a counsellor will assist you with support and other services.

We will work with you to fulfill your immediate and long-term needs, anything from crisis intervention to extended counselling services. Individual or group counselling in English and Portuguese is available. Childcare may be provided if necessary.



Individual counseling:

Together we will:

- **Create a safety plan** for you and your children
- **Develop short-term**, task focused counselling goals and offer emotional support
- **Provide information on rights**, options and available resources
- **Offer referrals and advocacy** to link women to services i.e., legal, financial, housing
- **Cultural interpretation**

Group Counselling:

Together we will discuss:

- **Empowerment**
- **Healthy relationships**
- **Conflict resolution**
- **Managing stress**
- **Self-care and creating a support network**

