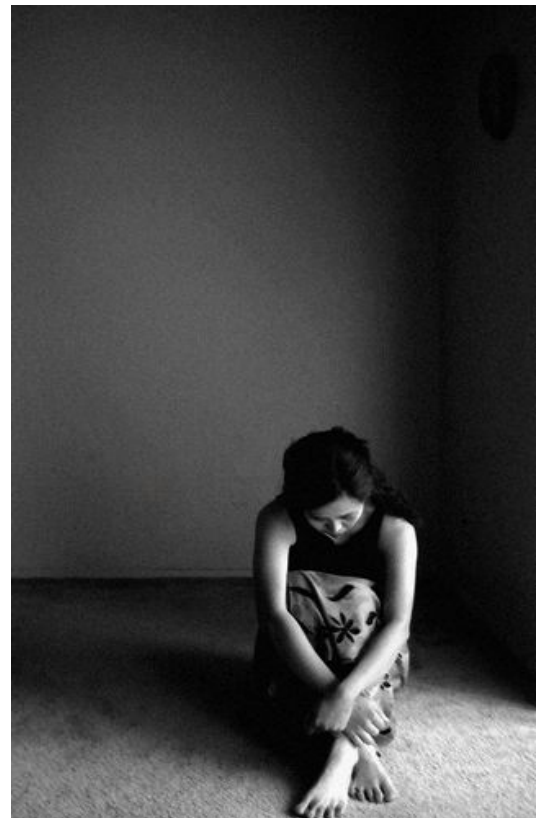


DOMESTIC ABUSE OUTREACH PROGRAM

Information Package for Women

Family Support Centre
315 Avenue M South
Saskatoon, Saskatchewan
S7K 2H6

Telephone: 933-7751



Hours: 8:00 a.m. to 5:00 p.m.
Monday to Friday
(closed noon to 1:00 p.m.)

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Did you know?

Women leave abusive relationships many times before they finally leave.



Funding for this handbook provided by Saskatoon Health Region.

Emergency Help

| | |
|---|-------------------------------|
| Emergency - Police, Fire, Ambulance, Poison Control | 911 |
| Police - questions and reports | 975-8300 |
| Mobile Crisis Services (after 5 p.m.) | 933-6200 |
| Victim Services | 975-8400 |
| | |
| Crisis Nursery (emergency care for children) | 242-2433 |
| Community Resources (formerly Social Services) | |
| • First Contact - Financial Assistance, Call Centre | 1-866-221-5200 |
| • Child and Family Services, 122 - 3rd Avenue North | 933-5961 |
| • Financial Assistance, 220 Idylwyld Drive South | 933-5960 |
| Saskatoon Family Support Centre | 933-7751 |
| Sexual Assault & Information Centre | 244-2224 |
| | |
| Hospital Services (New Health Card) | 933-6275 or 1-800-667-7551 |
| Public Health Services | 655-4620 |
| Your Doctor | _____ |
| City Hospital | 655-8000 |
| Royal University Hospital | 655-1000 |
| St. Paul's Hospital | 655-5000 |

Shelters for Women in Saskatchewan

| | |
|---|----------------|
| Saskatoon Salvation Army Family Services | 242-6833 |
| (can also provide shelter for men) | |
| (emergency help with funds - weekends and after 5:00 p.m.) | |
| Saskatoon Infinity House (emergency shelter) | 955-2332 |
| Saskatoon Interval House (emergency shelter for abused women) | 244-0185 |
| Saskatoon Y.W.C.A. | 244-0944 |
| Saskatoon Family Healing Lodge | 653-3900 |
| Battlefords Interval House | (306) 445-2742 |
| Isobel Jonson Shelter, Regina YWCA..... | (306) 525-2141 |
| Lloydminster Interval House | (780) 875-0966 |
| Melfort Safe House, NECIC | (306) 752-9455 |
| Moose Jaw Transition House | (306) 693-6511 |
| Prince Albert Interval House | (306) 764-7233 |
| Regina Native Women's Resource Centre | (306) 543-1212 |
| Regina Transition House | (306) 569-2292 |
| Saskatoon Interval House | (306) 244-0185 |
| Yorkton Shelwin House | (306) 783-7233 |
| Meadow Lake Waskoosis Safe Shelter..... | (306) 236-5570 |
| Regina Wichihik Safe House | (306) 543-0493 |
| Swift Current: South West Safe Shelter.... | (306) 778-6392 |

*Learn the signs of approaching violence -
- GET OUT BEFORE IT STARTS.*

All kinds of women

are abused:

young,

old,

disabled,

pregnant,

poor and rich,

immigrant women,

and

women born in Canada.

Violence against women

happens

in cities and

in small towns,

on farms

and in the North.

It happens to women of

all races,

religions and

social classes.



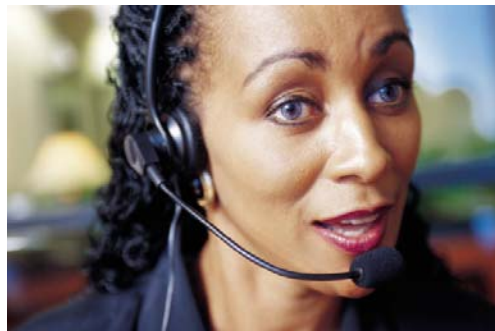
(Switchboard, March, 1993)

Domestic Abuse Outreach Program

The Domestic Abuse Outreach Program (DAOP), at the Saskatoon Family Support Centre, provides services to women who are being abused or who have been in abusive relationships. Women, who use this service, do so on a voluntary basis.

Services provided include:

- one to one support; either at Family Support Centre or where you are living (YWCA, hotel, homes of friends or relatives)
- support, guidance, information
- library of information about abuse
- referrals
- practical assistance while utilizing the Centre's programs
- help going to police or court
- educational groups
- Aboriginal Women's Sharing groups (Mondays, 1:15 p.m. - 3:00 p.m.)
- older women's self-help group
- immigrant women's groups (call for information)
- groups for children (7 - 11 years) exposed to domestic abuse
- presentations, workshops
- help getting to domestic abuse outreach programs
- childcare may be provided



The staff of the Domestic Abuse Outreach Program are always ready to answer your questions and provide you with the support you need.

Did you know?

Women of all income levels have reported abuse; women who have more money report the abuse less.

- Statistics Canada, Measuring Violence Against Women, Statistical Trends 2006.

Abuse Fact Sheet

Abuse is about power and control. Power and control occurs when an abuser uses force or threats to create fear in a partner.

People call abuse of women different things:

- wife battering
- domestic violence
- family violence
- domestic abuse
- wife abuse (spousal abuse)
- battered women



- According to Statistics Canada, *Measuring Violence Against Women, Statistical Trends 2006 (catalogue #85-570-XIE)*:
 - Between 1999 and 2004, twenty-five thousand (25,000) Saskatchewan women experienced violence by a partner (table 1)
 - 1 in 5 murders in Canada involves the killing of an intimate partner (p. 21)
 - Between 1995 and 2004, 39% of all murders against women in Canada were committed by partners. The highest rate in Canada was in Saskatchewan (p. 53)
 - Between 1975 and 2004, 62% of spousal murder victims in Saskatchewan were women (table 2) and approximately 73 women are killed by their partners each year in Canada. (p. 25)
 - In 2003-2004, the average number of women accessing shelters in Saskatchewan was 1,926 and they were accompanied by 2,060 children (p. 61). Almost 40% of the women assaulted by partners said their children witnessed the violence (p. 13)
 - Between 1999 and 2004, 21% of female stalking victims were stalked by a current or former partner (p. 28). Ex-partners are more likely (43%) to repeat partner violence or use violence or threats (p. 31).

According to Statistics Canada, *Family Violence in Canada, 2006 (catalogue #85-224-XIE)*:

- In 2004, the rate of spousal violence between same-sex partners was twice the rate of violence in heterosexual couples (p.19)
- In 2004 only 36% of female victims of spousal violence turn to police for help (p.6).

Did you know?

Between 1998 and 2004, various Police Services across Canada reported that 87% of victims who reported partner assaults were women.

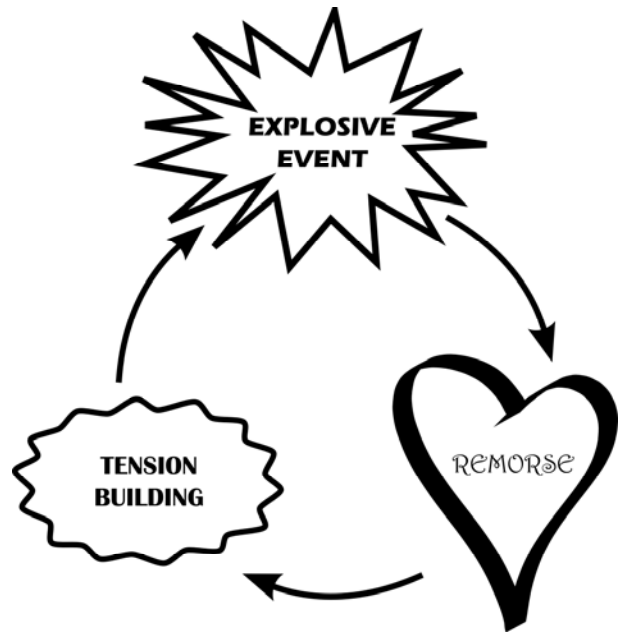
Statistics Canada, Measuring Violence Against Women, Statistical Trends 2006:

Cycle of Violence

Many women express they are confused about the pattern of violence they experience in relationships. Abusive partners follow a pattern called *The Cycle of Violence*. *The Cycle of Violence* is the abuser's cycle, not the victim's. Usually, the abuser refuses to admit that there is a problem.

When Does the Abuse Begin?

- The cycle of violence may begin at any time during a relationship. The couple may date for days, weeks or months before the cycle of violence begins.
- Some abusive partners can be abusive at the start of a relationship, or partners may seem very romantic, caring, loving, respectful and considerate.
- In the beginning of the relationship, the abuser will try to get his/her partner to share personal information with them; however, the abuser does not share personal information about themselves with their partner.
- The abusive partner's behaviours may be seen as flattering by his/her partner (i.e. "Don't go out with your friends, I just want to be alone with you." or, "You are so beautiful, I don't want other guys looking at you.")
- These subtle signs become more frequent and intense as the relationship continues.



There are three stages in the cycle of violence:

1. Tension building:

- put-downs, silent treatments, insults, blaming, threats and questioning abilities, i.e., parenting, managing, money, taking care of the home
- victim tries to please the abuser in any way she can in order to try to avoid an explosion (the "egg-shell" walk)
- victim tries to calm the abuser and tries to figure out what the abuser will do next
- abuser blames the victim for the abuse and his/her anger and in time, the victim begins to blame herself for what is occurring
- the abuser's behaviours are meant to make the victim second-guess her instinct about whether the abuse is really happening

- as time moves on, the victim may give in more and more to the abuser's demands
- abuser becomes more controlling
- tension becomes unbearable and most often leads to a violent event
- tension-building phase can last for hours, days, weeks or even months
- abuser is in control during this phase

2. The Explosive Event

The Explosive event can be:

- Emotional
- Physical
- Sexual

The event is usually triggered by things happening to the abuser (i.e., at work, with friends, with money) rather than by what the victim says or does. There is nothing that the victim can do at this time to prevent the explosive event. Also, the abuser may make it difficult or impossible for her to physically leave during the explosion. The explosive event can last for minutes, hours or even days. The abuser is in control during this phase.

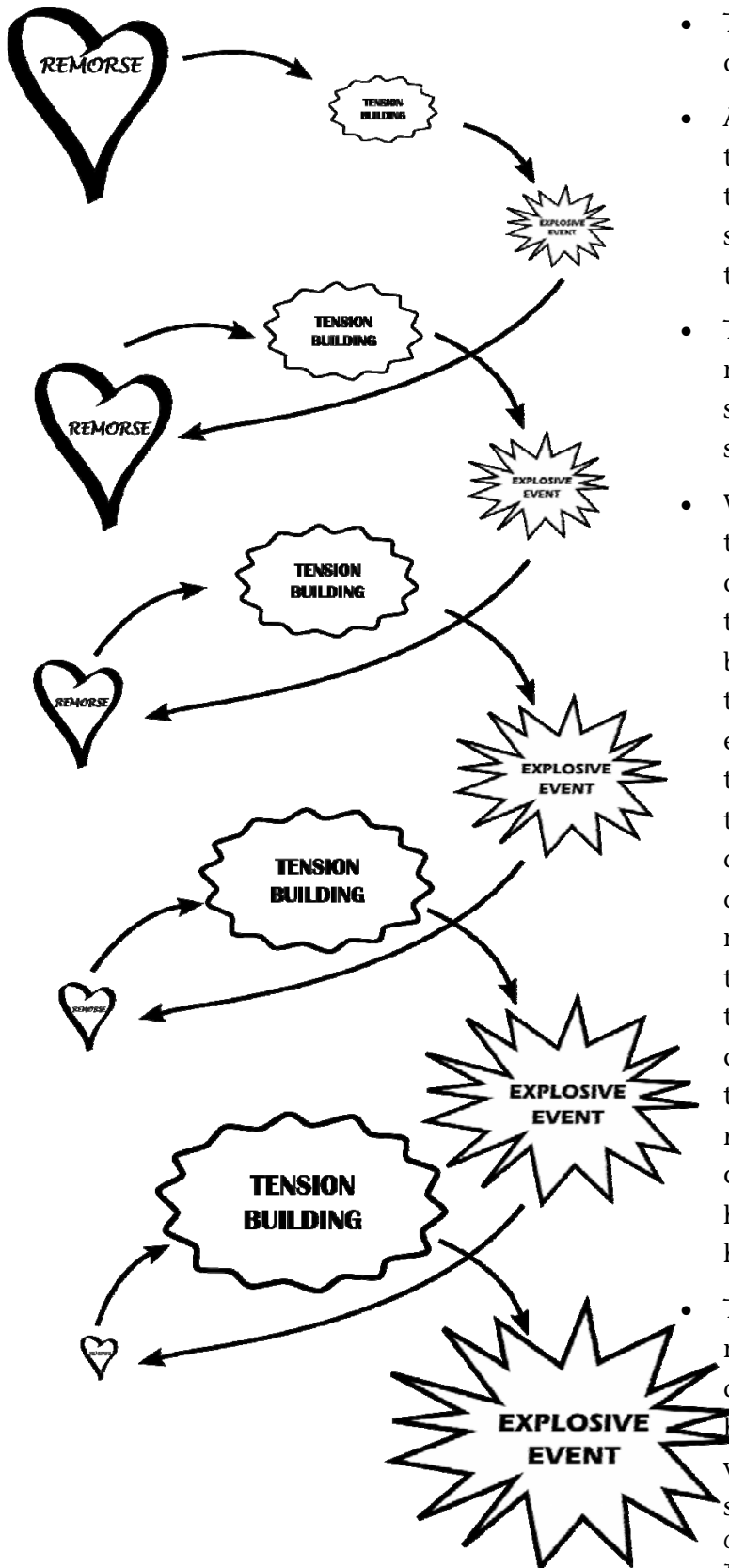
Women will sometimes begin to provoke the explosion/abuse. This is to get the explosion over with and to get to the remorse phase quicker.

3. The Remorse Phase:

During this phase, the abuser may say or show that he/she is "sorry". The abuser becomes caring and may make promises about things he/she knows or thinks the victim wants to hear: "I'll quit drinking", "I'll get counselling", "I'll never hit you again." These promises may be requests the victim has made during the tension-building phase.

- This behaviour may create false hope for the victim and she hopes the abuse will not occur again.
- The abuser acts like he/she is trying to change; she thinks she is responsible to make the relationship work.
- The victim feels that she is in control during this phase because the abuser does many things that the victim wants. However, she is not in control because the abuser's goal during this phase is to hook the victim back into the relationship and the abuser will decide when the tension-building phase will start again.

The Cycle of Violence over Time



- The Cycle of Abuse repeats itself over and over again.
- As time passes, tension builds quicker; the explosive event is more serious and the remorse phase becomes shorter or stops completely. In some situations, the tension is always present.
- The longer a victim stays in the relationship, the more dangerous the situation becomes the higher the risk of serious injury.
- When a victim leaves the relationship, the Cycle of Abuse often continues to occur. The abuser will either move into the remorse phase or the tension building phase. In the remorse phase, the abuser may be very patient, encouraging the victim to take as much time as she needs before they get back together. The abuser may also start attending a program for abusers. If this does not hook the victim back into the relationship, he/she may move into the tension-building phase. In this phase, the abuser may do things that threaten or panic the victim (i.e., blame her for the problems in the relationship, contact mutual friends and her family and try to convince them that the abuser doesn't have a problem, change the locks on the house, take off with the kids, etc.)
- The abuser may change if he/she recognizes that he/she has a problem and participate in counselling because he /she wants to change, not because the victim wants him to. The victim cannot stop the abuse. (Cited from: A Publication Of The Office For The Prevention Of Family Violence. *Breaking The Pattern: Understanding Wife Abuse*. 1988.)

Types of Abuse

Many women have asked themselves: "Am I abused?" "Is my partner abusive?"

Abuse can be physical, sexual and emotional. Has your partner done any of these things to you?



Physical Abuse: How often have you been physically abused in these or other ways? Has the physical abuse continued to stay the same or has it changed? If changed, how?

- pushed or shoved you
- held you and kept you from leaving
- slapped or bit you
- kicked or choked you
- hit or punched you
- thrown objects at you
- destroyed your personal belongings, i.e., clothes, pictures
- locked you out of the house
- left you in dangerous places
- refused you help when you were sick, injured or pregnant
- drove recklessly with you as a passenger
- forced you off the road
- sexually assaulted you
- threatened or hurt you with a weapon
- threatened or injured/killed the family pet

Did you know?

Abuse is not acceptable. No one deserves or causes abuse.

Sexual Abuse: Sexual abuse is common and happens in many ways. Has your partner done any of these things to you?

- told rude jokes or comments about women
- sees women as sex objects
- been jealous
- accused you of having sex with another man
- told you to dress in a more sexual way than you were comfortable with
- made fun of your feelings about sex
- criticized the way you have sex
- made you do sexual acts you did not really want to do
- withheld sexual attention
- called you sexual names like "whore", "frigid"

- forced you to strip, to have sex with him or others, to watch others have sex, to have sex after a beating, to have sex when you were sick or it was a danger to your health
- forced you into prostitution
- flirts or shows sexual interest in other women
- had an affair
- pornography (sexual pictures in magazines or videos) brought into your home against your will

Does your partner's behaviour about sex, make you feel less interested in sex? Do you feel more ashamed of your body, less desirable and less confident? Does sex make you feel ashamed? Are you afraid to ask for, or say what you want sexually?

Did you know?

Sexual abuse is another form of abuse that is meant to shame, frighten and control you.

Emotional Abuse:

Emotional abuse is the most common form of abuse, but the hardest to identify. It can happen in private, inside your home, or in public. Do you often wonder if you are crazy, or do you second guess what you are hearing and seeing? Do you try to guess what mood your partner is in, before you bring up a subject? Do you ask permission to spend money, take classes, work outside the home or go out with friends? Has your partner done any of these things to you?



- ignored your feelings
- insulted or made fun of women
- insulted or made fun of your beliefs, religion or way of life
- withheld appreciation or affection
- put you down, called you names, shouted at you
- insulted you, your friends or family
- threatened you, your friends or family
- embarrassed you
- refused to work (at a job or in the home)
- withheld car keys

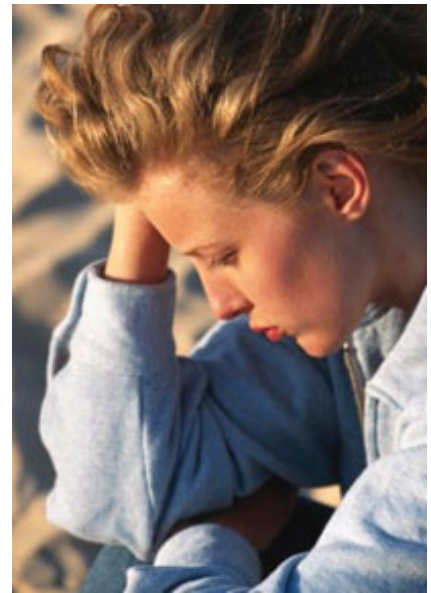
- withheld or controlled the money in the home
- threatened to leave or told you to leave
- refused to pay child support
- won't let you be away from him, or spend time with family or friends
- threatened to take the children if you leave
- abused the pets
- punished or deprived you and/or the children
- when you are away, phones you a lot
- told you about his affairs
- accused you of having affairs
- manipulated you with lies and contradictions
- told you he would kill himself if you leave

Common Experiences of Abused Women

Research shows that women who are abused by their partners share similar experiences. What changes is the length of abuse and the intensity.

Denial:

A frequent reaction to early incidents of abuse may be to deny that she has been violated physically, emotionally and/or sexually. She may downplay the incident by saying, "He's not abusive because he's never hit me." "He only shoved me." "Sometimes, I just give in to sex, but he doesn't sexually abuse me." The abused woman may feel ashamed and may not want others to know.



Self-Blame:

Guilt and confusion may occur as the abused woman recognizes that she has been violated. The abused woman may blame herself due to:

- low self-esteem. She may begin to believe she deserved or caused the abuse.
- others blaming her. Professionals, (i.e., ministers, police, doctors, lawyers) family or friends may not believe or understand the abused woman, may blame her or may refuse to get involved. If the woman receives support from her friends, her partner may stop the woman from seeing them, resulting in isolation and lack of support to leave.

Seeking Help:

Seeking help often begins with talking to family or friends. The woman may also choose to seek professional help from counsellors, police, elder/clergy/spiritual leader/minister, doctors, etc. The woman has a right to receive services from professionals who place the responsibility for stopping the violence on the abusive man.

Push/Pull Feelings:

The woman goes back and forth between the choices of staying, leaving or returning to her partner. She may ask herself many questions:

- how are the children being affected?
- how long can I go on?
- maybe counselling can stop him?
- maybe counselling can save our family?

The realization that her children are being affected may influence her to leave. The woman may feel less confused as she builds her supports and begins to feel better about herself.

Living Without Violence:

At this point, the woman is comfortable with her ability to stand on her own. Her confidence and self-esteem is strong and she trusts herself. She is able to consider relationships without fear, knowing that she will act to take care of herself if she is ever abused again.

**Did you know?**

As in physical and sexual abuse, emotional abuse is used to have you lose confidence in your abilities, to feel trapped and powerless in your relationship.

Letting Go

A woman can *let go* of her partner while she is still in the relationship or soon after separating. In experiencing *letting go*, women have identified the following:



Behaviour:

- constant crying or not being able to cry
- feeling impatient and wanting to "get on with things", i.e., legal process, finding employment, etc.
- over/under eating
- can't sleep or sleeping all the time
- use alcohol/drugs
- always talking about the relationship
- get into short-term "flings" (relationships)
- keeping busy

Emotional:

- feeling drained, numb
- tired of crying
- feeling angry
- feeling depressed
- feeling like you're going crazy; confused about whether to remain in or leave the relationship
- not sure who or what to believe
- rapid mood swings

Intellectual (Thoughts):

- self-criticism, put-downs
- forgetful, unable to concentrate
- having difficulty in making decisions
- fantasizing about the way you want your life to be

Physical:

- your heart is beating fast and you have trouble breathing
- dry mouth, have difficulty swallowing
- feeling weak, lack energy
- weight gain/loss
- stress-related illnesses, i.e., headaches, ulcers, high blood pressure
- interest in the act of sex changes, e.g., either not wanting or wanting more

Spiritual:

- feeling angry at your higher power or questioning your beliefs
- may turn to your cultural beliefs for support
- feeling trapped because your culture or religion says you should stay with your partner no matter what.



Did you know?

Letting-go is a healing process that occurs when change takes place. The process varies for each woman in time and intensity.

Children and Domestic Abuse

"Should I leave because the children are being affected by the abuse in the home?"

"Should I stay because the children need their father?"

"Should I return because the children really need two parents?"



These are common questions asked by women with children who live in abusive relationships (physical, emotional and sexual). They are concerned about how their children are being affected and what they are learning as a result of the abuse in the home. Doing the *right thing* for the children is often the main concern of women in their decision to stay, leave or return to an abusive partner, whether he is the biological father or not. Women hope their children will be able to escape the negative effects of the abuse and not repeat the cycle as they grow into adulthood.

Children living in a home where there is domestic violence are affected in a number of ways and their reactions can vary. They may experience a wide range of feelings as they try to cope with the abusive situation.

Children Exposed to Domestic Abuse Generally Feel:

Anger

- towards the abuser
- towards the victim who is accused of "causing" the abuse
- towards the victim who is seen as too weak to protect herself or them



Guilt

- that they have caused the violence, fighting, separation
- for their unhappiness and that of their parents
- that they could control the violence if they were only a "better" child

Fear

- of being abandoned
- of never knowing when the abuse may occur again
- that their parents would get back together
- it might get worse for their family

Loneliness

- afraid or not allowed to have friends over in case their parents fight
- wanting to have fun with friends, but afraid to be away from the victim in case she "needs help"

Sadness

- in having to live in an unhappy home

Rejection

- that parents don't care about them or love them any more

Helpless

- that they cannot protect the victim
- that they cannot change things at home and make everyone happier

Confused

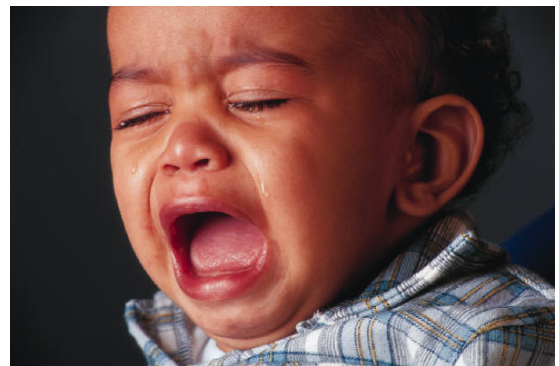
- about how their parents are going to act or react to different situations

- not knowing how long things at home will remain happy or sad
- loving the abuser, yet wanting him/her to leave so their home would be happier
- keeping secrets, yet wanting to talk to someone about what is happening at home

Scared

- that they or the victim may get hurt
- that the abuser may leave
- that they won't have any food or money
- that they'll have to leave friends, home, school

Generally, children find it easier to act out their feelings rather than talk about them. For children living in abusive homes, it is even harder for them to talk about their feelings. Feelings of anger, confusion, fear and anxiety are often experienced by all members in the household. The children may sense no one is in a position to listen or help them. Younger children express their hurt by developing physical problems. Older children cry out for help and cope by "acting out" in various ways.



Did you know?

Shelters can often help women and children to help find shelter in other cities or provinces to help them escape violent relationships.

Children's feelings may be shown through some of the following behaviours:

- physical complaints: headaches, stomach aches
- physical problems: bed wetting, excessive weight loss/gain, hair loss, developmental delays (babies)
- nervousness: hair-pulling, nail-biting, thumb-sucking, whiny / clingy, emotional outbursts (crying/laughing)
- temper tantrums: severe and often
- nightmares: restless sleep, general tiredness
- aggressiveness: hitting, biting, beating younger siblings and other children
- withdrawal: extremely quiet, keeping to themselves, lack of

response to other children/interests/activities

- depression: suicide
- drug and alcohol use or abuse
- stealing
- school work: not going to school; failing grades, can't concentrate or not doing well in various aspects of school and activities
- sexual activity
- running away from home or always wanting to stay at home

Children learn about violence in many ways: their family, watching television, friends and neighbours--but it is family violence that may have the greatest impact on them. Why? Because the parents they love cannot always provide them with the safety, security and nurturing they need.

Children exposed to domestic abuse have special needs, some of these include:

- place they can feel safe
- healthy role models
- encouragement to talk about their feelings
- someone who will listen to and believe them
- firm (not abusive) and supportive parenting
- non-violent ways of showing their anger and settling disagreements
- to be able to label and show their different emotions in a healthy manner
- to feel okay about loving both parents
- to feel okay about being a girl or a boy
- to understand they are not responsible for the violence shown to them or their mother
- to learn that violence in relationships is not acceptable



Did you know?

Family problems can change the way children behave.
It's okay to ask... "What can I do to help my child through this?" "What should I tell them?"

As a parent, you can help your child by telling them:

- they are loved and wanted
- they are not alone and other children have to cope with similar experiences
- there are safe places for women to go with their children if parents separate
- it's okay to feel angry towards parents and still love them
- they are not responsible and it is not their fault that parents fight,
- they are not responsible and it is not their fault when a parent gets hurt
- they are not responsible and it is not their fault when parents are going to live apart.
- it's okay to tell and talk about their feelings and what is happening. They do not have to keep secrets that could be hurtful to people
- it's normal to feel angry/sad/frustrated when things are unhappy at home and everyone feels "mixed up" when they don't know how people are going to act
- it's not okay to hit or hurt people with words--that will not make you a happy/strong person
- no one deserves to be hurt and no one has the right to hurt someone

Did you know?

By taking care of yourself, you will also be taking care of your children and meeting their needs.

How the Abuser may use the children to control the victim after separation:

- persuading the children that you are to blame for the separation
- having the children transmit messages to you
- pumping them for information about your current living situation, your finances or you new dating partners
- returning them dirty, unfed or emotionally distraught from visits
- frequently buying them presents or taking them on expensive outings or buy their affection and loyalty
- turning the children against you through verbal conditioning and manipulation
- undermining your parting by making his home a place with no rules, structure or safety precautions
- having special toys or pets at his house that they cannot take home, so they have to go to his house to enjoy them
- making the children feel sorry for him about the separation, such as telling them he cries when they aren't there, so they will feel obligated to spend more time with him

- taking them for visits and returning them late, or not returning them at all for days or weeks
- not calling them or spending time with them at all, especially when he is angry at you about something
- not paying child support, underpaying or paying late
- causing you and the children to come homeless by not contributing financially, by getting you evicted or by forcing the sale of your home
- threatening various kinds of harm to you if you allow the children to get to know your new partner
- destroying their relationships with therapists (by scaring them out of talking to the therapist, by threatening the therapist or through manipulation).
- dragging you into court repeatedly regarding visitation or financial matters
- seeking custody of the children through the court or threatening to do so
- kidnapping the children or threatening to do so
- physically or sexually abusing the children during visitation, especially when he is angry at you
- filing unwarranted child abuse reports
- promising to see the children and then cancelling at the last minute, in an effort to control your schedule and free time.

Support Group for Children Who Have Witnessed Domestic Violence
Location: Family Support Centre - 315 Avenue M South

This group is for children, aged 7 - 11 years. It provides children who have witnessed domestic violence with a safe place to talk about their experiences, and to learn and practice new skills. Topics include building self-esteem, dealing with anger in healthy ways, problem solving, labeling and expressing feelings, and how to stay safe.

Parent Component: Women are expected to attend the parents' group which runs at the same time as the children's group. Moms receive information about the effects of domestic violence on children, and healthy ways to meet their own needs and the needs of children.

Transportation is available as well as on-site childcare for younger children not attending this group.



Family Support Centre
 315 Avenue M South 933-7751

Staying Safe

1. For Your Protection:

- Write down important phone numbers and keep them where they can be easily found and taken with you.
- Prepare neighbours, in case you have to send your children to them for help.
- Ask a neighbour to call the police when she/he hears violence erupt.
- Get the phone number of the shelter in your area and keep it in your purse.
- Keep enough money for taxi fare, so you can leave quickly.
- Speak to a lawyer.



2. For Your Children:

- Explain your situation to them in an age appropriate manner.
- Prepare them as to what to do when violence erupts: i.e., to go to a neighbour, to call the police.

Learn the signs of approaching violence -- GET OUT BEFORE IT STARTS.

3. Prepare Yourself:

- Rent **your own** safety deposit box in a bank far from your house **OR** find another secure place for your papers (especially not in your home).

4. If and when you leave (when it is not an emergency):

a) Put in a safe place:

- birth certificates--yours and your children's
- marriage contract
- passports or immigration papers
- insurance policies--yours and your children's
- jewellery, receipts of items bought by you or received by contract or will
- school report cards
- diplomas
- negatives of family pictures

b) Keep in your purse, or somewhere safe:

- credit cards and cash on hand
- driver's license
- health and immunization books
- social insurance cards
- Medicare cards, hospital cards
- bank books
- membership cards in your name
- keys to the house and the car
- keys to the safety deposit boxes--yours and your family's

c) Pack:

- clothing for you and the children that can be easily carried
- medications and prescriptions
- favourite toy for each child

5. Leaving:

- Contact the nearest shelter for help.
- Meet with a lawyer or legal aid. (Bring all your papers with you - originals, not photocopies. If you must leave the originals, ask the lawyer for photocopies.)
- If you must stop working, file for employment insurance. Go to the E.I. office in your area. Bring your Record of Employment (ROE) and social insurance card with you.
- File for welfare, if needed. Fill out forms at your district office. Bring a letter from your lawyer about your situation. Bring photocopies of birth certificates, social insurance cards, your own or joint bank account books.
- Phone the school office and tell them about your children's absence. Get your child's report cards. Tell the school NOT to give out your old or new address.
- Talk with a lawyer about custody of your children.
- Be careful who you tell



Did you know?

Women stay in abusive relationships for a variety of reasons: isolation, self-blame, family and societal pressures, lack of financial support, fear of being labelled and lack of services. Many women do not want to end the relationship; all women want the abuse to stop.

Important Notes from the Victims of Domestic Violence Act

The Victims of Domestic Violence Act outlines legal protections for victims of domestic violence and their children. Some of these protections are:

- The police can arrest the abuser if the assault or incident involves:
 - an assault
 - verbal or physical injury
 - threats of violence
 - use of a weapon
 - or the abuser is in a violation of a no-contact order
- Police, rather than the victims, are responsible to lay charges against the abuser.
- The victim cannot drop charges.
- When dealing with the police, victims should ask for:
 - the officer's name or badge number
 - case number
 - contact number



Victims of domestic violence can ask for an **Emergency Intervention Order** within 48 hours of physical abuse or threats. The order will say the abuser must leave the home and not contact the victim.

- It is not necessary for victims to lay charges - Emergency Intervention Order can be granted without charges laid.
- The three agencies who can apply on the victim's behalf for an Emergency Intervention Order are police officers, mobile crisis workers, and victim services coordinator. These three groups are expected to apply if the victim requests it, and will call a Justice of the Peace to make an application.
- The Justice of the Peace will give an Emergency Intervention Order if there is immediate risk of harm to the children or the victim.
- Emergency Intervention Order comes into effect as soon as the abuser is notified.
- The Emergency Intervention Order is then forwarded to the court. A Queen's Bench Judge will either confirm the order, or call for a rehearing.
- Emergency Intervention Order is usually granted for one month, providing the victim time to apply for other longer term protective order such as Restraining Orders or Peace Bonds.

- Victims Assistance Orders can be applied for through a lawyer. They provide the same protection as an Emergency Intervention Order, plus some compensation for things including the victim's medical bills due to the violence she misses work, or to replace things broken or taken by the abuser.

Did you know?

Emergency Intervention Orders can be used to protect children who are hurt or threatened by an abuser even if their non-abusive parent is not harmed or directly threatened.

Restraining Order:

There are two options for placing a restraining order. You can go through:

- lawyer
- police station

You will have to give a written statement, and be willing to lay a charge. You will have to tell the police why you want or need a restraining order. Be prepared to go to court. If the abuser does not appear in court, there will be a warrant for his arrest.

If a judge issues you a restraining order, it will restrain the abuser from contacting you or your children.

Peace Bonds:

- To apply for a Peace Bond, you must have a reason to believe that someone is a threat to you, your partner, your children, or your property.
- You can apply for a Peace Bond through the court, and the abuser is notified of your application for a Peace Bond.
- The victim presents in court why the abuser is a threat and the abuser may testify as well.
- If the judge agrees that the victim is in danger the order is granted.

Did you know?

Many women, who are abused in their relationships, reach out for assistance several times, but receive inadequate or inappropriate responses from health, justice, religions, and social systems. Such responses may place women at a higher risk and give women a sense of helplessness or hopelessness in reaching out again for help.

Keep trying. There is help out there!

NO ONE

NO ONE deserves

To be physically abused

To be kicked, slapped, punched

To be restrained, threatened and held

NO ONE deserves

To live in fear and be reduced.

NO ONE deserves

To be emotionally abused

To be insulted, put down, criticized

To be ignored, laughed at and
manipulated

NO ONE deserves

To live in shame and be reduced.

NO ONE deserves

To be sexually abused

To be sexually ridiculed, humiliated and shamed

To be sexually exploited, forced and used

NO ONE deserves

To live in degradation and be reduced.

NO ONE.



Family Support Centre
315 Avenue M South 933-7751

- Betsy Henderson

| Being in a HEALTHY RELATIONSHIP means ... | If you are in an UNHEALTHY RELATIONSHIP ... |
|--|--|
| Loving and taking care of yourself, before and while in a relationship. | You care for and focus on another person only and neglect yourself or you focus only on yourself and neglect the other person. |
| Respecting individuality, embracing differences, and allowing each person to "be themselves." | You feel pressure to change to meet the other person's standards, you are afraid to disagree and your ideas or criticized. Or, you pressure the other person to meet your standards and criticize his/her ideas. |
| Doing things with friends and family and having activities independent of each other. | One of you has to justify what you do, where you go, and who you see. |
| Discussing things, allowing for differences of opinion, and compromising equally. | One of you makes all the decisions and controls everything without listening to the other's input. |
| Expressing and listening to each other's feelings, needs, and desires. | One of you feels unheard and is unable to communicate what you want. |
| Trusting and being honest with yourself and each other. | You lie to each other and find yourself making excuses for the other person. |
| Respecting each other's need for privacy. | You don't have any personal space and have to share everything with the other person. |
| Sharing sexual histories and sexual health status with a partner. | Your partner keeps his/her sexual history a secret or hides a sexually transmitted infection from you or you do not disclose your history to your partner. |
| Practicing safer sex methods. | You feel scared of asking your partner to use protection or s/he has refused your requests for safer sex. Or, you refuse to use safer sex methods after your partner has requested or you make your partner feel scared. |
| Respecting sexual boundaries and being able to say no to sex. | Your partner has forced you to have sex or you have had sex when you don't really want to. Or, you have forced or coerced your partner to have sex. |
| Resolving conflicts in a rational peaceful, and mutually agreed upon way. | One of you yells and hits, shoves or throws things at the other in an argument. |
| There is room for positive growth and you learn more about each other as you develop and mature. | You feel stifled, trapped, and stagnant. You are unable to escape the pressures of the relationship. |

- This information has been used with consent from: www.advocatesforyouth.org/youth/health/relationships/healthy.htm

List of Services

*As of March 15, 2007- please be aware that phone numbers may change

| | | |
|--|----------------------------|-------------------------------|
| Legal Aid Commission | Saskatoon City | 933-7820 |
| | Saskatoon Rural | 933-7855 |
| Family Law Division | | 933-5174 |
| Human Rights Commission | | 933-5952 or 1-800-667-9249 |
| Equal Justice for All | | 653-6260 |
| Rentalsman (Help with Landlords) | | 933-5680 |
| Ombudsman's Office | | 933-5500 or 1-800-667-9787 |
| Maintenance Enforcement Office (Regina) | | 787-8961 |
| Hearing and Speech Assistance – Sasktel telewriter service (TTY) | | 711 |
| | from a cellular phone dial | #711 |
| Immigrant Women | | 978-6611 |
| Open Door Society | | 653-4464 |
| Women's Interservice Partnership Project | | 244-0127 |
| Prosecutor's Office | | 933-5149 |
| Victim's Services (Prosecutor's Office) | | 933-5173 |
| Victim's Services (Saskatoon City Police) | | 975-8401 |
| Aboriginal Resource Officers | | 975-8118 |
| Tamara's House | | 683-8667 |

Counselling (services in the community):

| | |
|--|-------------------------|
| Family Service Saskatoon | 244-0127 |
| Saskatoon Mental Health Centre | 655-8877 |
| Catholic Family Services | 244-7773 |
| Calder Alcohol Rehabilitation Centre (24 Hour Service) | 655-4500 |
| Métis Addiction Council Sask. Incorporated (24 hour service) | 652-8951 |
| Indian & Métis Friendship Centre (Family Support Workers) | 244-0174 or 244-4218 |
| Addiction Services | 655-4100 |

| | |
|--|----------------|
| Anxiety & Mood Disorders Clinic, Royal University Hospital | 966-8232 |
| Farm Stress Line | 1-800-667-4442 |
| Problem Gambling Line | 1-800-306-6789 |
| Family Healing Circle Lodge | 653-3900 |
| Saskatoon Tribal Council | 978-7400 |

Children:

| | |
|---|-------------------------------|
| Parent Education/Support Groups | 933-7751 |
| Mental Health Services - Child & Youth | 655-7800 |
| Big Brothers Association | 244-8197 |
| Big Sisters Association of Saskatoon | 244-1844 |
| Day Care Homes and Centres | 933-6071 or 1-800-667-7155 |
| Kids Help Phone | 1-800-668-6868 |
| Community Child Care Consultants | 652-0744 |
| Children's Advocate | 1-800-322-7221 |
| Family Law Division Separation/Divorce Services | 1-888-218-2822 |

Groups:

| | |
|--|----------|
| Family Support Centre (on-going groups) | 933-7751 |
| Family Service Saskatoon (on-going groups) | 244-0127 |
| Wingspan (variety of issues; women age 18 and up) | 244-0127 |
| Mental Health Services (drop-in support groups) | 655-8877 |
| Family Healing Circle Lodge (on-going sharing circles) | 653-3900 |
| Saskatoon Tribal Council (on-going support circles) | 978-7400 |

Employment:

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|---|----------|
| Employment Insurance Inquiries | 975-4510 |
| Regional Employment Development Program | 665-6762 |
| CanSask Career Employment | 933-6281 |

Subsidized Housing:

| | |
|---|----------|
| Saskatoon Housing Authority | 668-2700 |
| SaskNative Rentals Housing | 653-0384 |
| Adelle House | 668-2761 |
| CUMFI (Central Urban Métis) Federation (1993) Inc./ Infinity House | 955-2332 |

Recreation:

| | |
|---|----------|
| Saskatoon Public Library (Frances Morrison - Main Branch) | 975-7558 |
| Y.W.C.A. | 244-0944 |
| Mendel Art Gallery | 975-7610 |
| Leisure Services Department | 975-3340 |
| White Buffalo Youth Lodge | 653-7676 |

Utilities/Transportation:

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|--|----------|
| City of Saskatoon (Electrical/Water Connects & Inquiries) | 975-2400 |
| SaskEnergy | 975-8505 |
| SaskTel (Phone Connections/Transfers) | 310-7253 |
| Saskatoon Transit Department (Bus Service--Times and Routes) | 975-3100 |
| Bus Depot - S.T.C. Lines (Schedules, Tickets & Customer Service) | 933-8000 |

Other:

| | |
|---|----------------|
| Child Tax Benefit | 1-800-387-1193 |
| Birth, Death & Marriage Certificates (Regina) | 787-3092 |
| P.A.T.H.S. Provincial Association of Transition Houses of Saskatchewan) | 978-6654 |
| Saskatoon Council on Aging | 652-2255 |
| S.T.O.P.S. (Saskatchewan Towards Offering Partnership Solutions to End Violence) | 787-3835 |
| Saskatchewan Justice Family Violence Program (Regina) | 787-7186 |
| Elizabeth Fry Society | 934-4606 |
| DORCAS Society (Clothing/Furniture) | 242-7283 |