



OUTREACH SERVICES

FLEXIBLE SUPPORT WHERE, AND WHEN, YOU NEED IT.

You don't need to stay at the Shelter to take advantage of our free services.

Individual support: Counselling staff are available 24 hours a day to respond to your needs.

Safety planning: Whether you have left, or remain in, a relationship, our staff can help you create a safety plan.

Information and referrals: If you need information about, or referrals to, other community services and resources, we can help.

Advocacy and accompaniment: We'll support you in dealing with government, legal and community services. This may include accompaniment to appointments.

Support groups: Weekly, drop-in groups provide a safe, confidential environment for sharing, gathering information and connecting with other women. Free childcare is often available.



If you need **help**, or know someone who does, call **250 763 1040**.

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Abuse is not limited to physical violence. It includes any behaviour used to exercise power or control over another.

Abusers may:

- Put down, insult, and belittle.
- Threaten and intimidate.
- Rage and yell.
- Attempt to isolate from family and friends.
- Display extreme and irrational jealousy.
- Make accusations.
- Take, or control access to, finances.
- Limit access to medical care.
- Control activity.

If you or your children are in immediate danger, leave immediately or call **911**.

If you feel you should be ready to leave in a hurry, consider having the following items, or copies of them, ready to go or stored in a safe location away from home:

- Driver's license and other identification
- Birth certificates
- Social Insurance Number
- Address book and phone numbers
- Medical care card, medications and medical records
- Credit cards, cheque book and cash
- Lease, rental agreement or house deed
- Bank book and statements
- House and vehicle keys
- Marriage license and/or divorce papers
- Restraining order or no contact order
- Custody orders

For more information email
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