

Out of the Shadows



A Manual for Survivors

Published August 2010
2nd Edition

Provided by:
Peterborough/Northumberland
Victim Services, SupportLink and
Victim Quick Response Program

This manual was made possible through a grant from the
Ministry of Community Safety & Corrections.
Peterborough/Northumberland Victim Services
is funded through
the Ministry of the Attorney General -
Ontario Victim Services Secretariat (OVSS).

DEDICATION



*This manual is dedicated to
those who have found the
courage to change their world.*

*Its goal is to support those who
have chosen to live a
violence-free lifestyle.*

ACKNOWLEDGEMENT

Peterborough/Northumberland Victim Services and SupportLink would like to thank its many community partners and stakeholders for their participation and contributions to the development of this manual.

Disclaimer

While every attempt was made to provide accurate, comprehensive information, we cannot be responsible for any errors or omissions. This manual is not a replacement for professional advice or counselling. Please contact the service providers listed to ensure the information is current and meets your needs.

TABLE OF CONTENTS

Victim Rights	Page 5
Emergency Numbers	Page 7
My Important Numbers	Page 7
Introduction to Safety Planning	Page 9
Abuse Checklist	Page 10
Power and Control Wheel	Page 13
Profile Characteristics of an Abuser	Page 14
Why Victims Don't Leave	Page 15
You Are Not Responsible	Page 17
Cycle of Violence	Page 18
Do Abusers Kill?	Page 19
Safety Planning	Page 20
Making the Move	Page 29
Criminal Justice System	
A Call to the Police	Page 31
The Offender	Page 32
Crown Attorney's Office	Page 33
VWAP	Page 35
Probation/Parole	Page 38
Court System	Page 41
Family Law	Page 42
Shelters and Housing	Page 48
Second Stage Housing and Resources	Page 53
Food & Clothing, Etc.	Page 56
Finances	Page 58
Counselling Services	Page 68
Pets	Page 82
Moving Onward	Page 85
Glossary of Terms	Page 89
Calendar	Page 91

What is Domestic Abuse?

Domestic abuse, also known as domestic violence or abuse occurs when an individual in an intimate relationship or partnership tries to dominate and control the other person.

Domestic abuse is used for one purpose and one purpose only: to gain and maintain total control over you.

Abusers do not “play fair.” The abuser can use fear, guilt, shame and intimidation to wear you down and keep you under their control. Abusers may threaten or harm you, your friends, family, pets or home.

Domestic abuse does not discriminate. Abuse knows no barriers. Victims are any age, ethnic background, religion or sexual orientation. Cultures, financial status, ability and education have no bearing on abuse. Victims are both prominent citizens and quiet members of communities.

Domestic abuse takes many forms – physical, emotional, sexual, psychological and economic. It can erode your self-esteem and self-confidence.



WARNING: *Because you are not being hit does not mean you are not being abused.*

Victim Rights

I have the right not to be abused.

I have the right to be angry because I was injured in the past.

I have the right to change my life.

I have the right to be free from the fear of abuse.

I have the right to request and receive assistance from police and other social service agencies.

I have the right to share my feelings.

I have the right to be with others.

I have the right to be treated as an adult.

I have the right to leave an abusive environment.

I have the right to privacy.

I have the right to express my thoughts.

I have the right to seek and develop my talents.

I have the right to legally prosecute my abuser.

I have the right to be less than perfect and make mistakes.

*Patricia G. Ball and Elizabeth Wyman,
"Battered Wives and Powerless Loss: What Can Counsellors Do?"



**Peterborough/Northumberland
Victim Services and SupportLink**



Peterborough/Northumberland Victim Services and SupportLink

Take good care of yourself; being subject to abuse is exhausting and emotionally trying.

The process of surviving requires much courage and incredible energy.

Peterborough/Northumberland Victim Services and SupportLink



Emergency Numbers

- Police, Fire, Ambulance:911
- Anishinabek Police (Curve Lake):(705) 647-8892
- Brighton OPP:(613) 475-1313
- Campbellford OPP:.....(705) 653-3300
- Cobourg OPP:(905) 372-5421
- Cobourg Police Services:(905) 372-2243
- Hiawatha Police:(705) 295-4423
- Peterborough/Lakefield
Community Police Services:(705) 876-1122
- Peterborough OPP:(705) 742-0401
- Port Hope Police Service:.....(905) 885-8123
- Femmes-Aide: La ligne d'écoute du Nord 1-800-336-2433



Dial 211: Speak with a 211 Information Specialist.
Free, 24/7 & multilingual.

- Alternate:..... 1-866-743-7818
- TTY Services 1-888-435-6086

My Important Numbers

Name	Number



Committing to Safety

I am leaving my abuser:

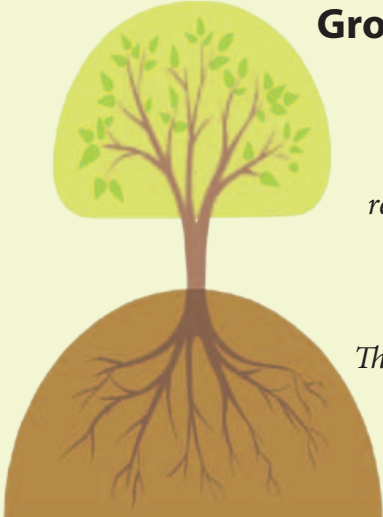
Check all statements that apply to your situation.

- To protect myself
- To protect my children
- To protect my pets
- To live in safety
- To allow my children to live in safety
- Our relationship is hurtful and unhealthy
- I am not just testing the waters of safety
- I am moving on
- I am starting a new life
- I am seeking safety, joy and success

NOTE: If you're not sure about the meaning of some of the terms used, have a look at the **Glossary of Terms** section pages 85-86.

Signed _____

Dated _____



Growth happens from within

It takes time

Whether you are leaving your relationship or staying, this can be a very stressful time in your life.

Remember the choice to leave or stay is your decision.

This manual was written to direct you to support services in your area when and if you choose to leave your relationship.



Introduction to Safety Planning

It is important to create an emergency escape plan.

You are the best one to assess your own situation and it is important to ALWAYS trust your own instincts, judgment and experience.

Some strategies might help enhance your physical safety or feelings of safety in addition to what you are already doing. **REMEMBER – no strategy is a guarantee to your safety**, but may make you feel or be safer.

If a strategy feels like it will increase your risk **DO NOT DO IT** – no matter what anyone else might say.

It is important that you keep your safety planning information in a safe place.

Here are some of the things for you to consider:

- Create a list of important phone numbers (e.g. police, shelter) for yourself and/or your children, and always have change for a phone call 24 hours/7 days a week (you do not need coins for the pay phone to dial 1-800 #'s or 911)
- You may consider reviewing the abuse checklist and related information (pages 10-19) before starting the Safety Plan guidelines (page 20).

Name	Number
24 Hour Crisis Line	

I'm preparing a Safety Plan. What should I expect?

- How to get away if there is an emergency
- How to be safe at a new place
- How to keep your children safe
- How to protect what is yours
- How to stay safe in public and at work
- How to keep in touch with people who will help you
- You may qualify for extra support from a community service provider as listed in this manual.



Abuse Checklist

Check the statements that apply to your relationship

This is not a complete list!

Isolation: I am separated from others

- My abuser monitors my movements, use of Internet or telephone.
- My abuser becomes jealous without cause.
- My abuser makes me account for my time.
- My abuser made it difficult for me to get or stay employed.
- My use of a vehicle is unreasonably restricted.
- My abuser controls or monitors contact with family or friends.
- My access to medical care is controlled.
- My abuser withholds affection to punish me.
- My abuser tries to turn others against me.
- My abuser doesn't allow me join clubs or groups.

Privilege: I am treated as less than equal

- My abuser treats me like a servant or child.
- My abuser doesn't allow my input into decisions.
- My abuser says; "You are nothing," or "You can't make it on your own."
- My abuser makes me do things I'm not comfortable with.
- My abuser downplays or ignores my accomplishments.
- My abuser erodes my self confidence.

Economic Abuse: I don't have a say in finances

- My abuser controls all the money and makes me account for every cent.
- My abuser blames me for our financial problems.
- My abuser makes me ask for basic needs.
- My abuser does not allow my input on financial decisions.
- My abuser must give permission before money is spent.
- My abuser over spends or gambles.

Sexual Abuse: Sex is not a mutually agreed act

- My abuser uses sex or withholds sex as punishment.
- My abuser pressures or forces me to have sex or do unwanted sexual acts.
- My abuser flirts with others or has affairs to humiliate me.
- My abuser treats me like a sex object.
- My abuser inflicts pain during sex.
- My abuser misuses contraception.
- My abuser compares me negatively to other sexual encounters.

Psychological Abuse: Mental stress

- My abuser threatens to turn people against me.
- My abuser threatens to leave the relationship.
- My abuser threatens to take away the children.
- My abuser threatens to harm me and/or others if I leave.
- My abuser threatens to commit me to an institution.
- My abuser threatens to withdraw sponsorship.
- My abuser fakes/exaggerates illness to gain attention/ control or hurt themself.
- My abuser drives in a way to frighten me.

Anger and Intimidation

- My abuser has sudden mood changes.
- My abuser gives me the silent treatment or gets “that look.”
- My abuser shouts, yells or pounds on the table when angry.
- My abuser hits, throws or kicks things.
- My abuser stomps out of the house/room.
- My abuser makes or threatens to make false complaints to the authorities and others about me.

Physical Abuse

- My abuser throws things at me.
- My abuser pushes, grabs or shoves me.
- My abuser pulls my hair, twists my limbs.
- My abuser pins me to wall, the floor or furnishings.
- My abuser chokes/strangles me.
- My abuser kicks, hits, punches, pinches or pokes me.
- My abuser strikes or threatens to injure me with an object or weapon.
- My abuser uses weapons to harm me.
- My abuser tries to run me down with a vehicle.
- My abuser has physically and/or sexually abused the children.
- My abuser tortures or has killed a pet.
- My abuser deprives me of sleep or food.
- My abuser adds laxatives or purgatives to my food.
- My abuser denies me access to the bathroom.

Emotional Abuse

- My abuser belittles me or puts down my appearance.
- My abuser implies I am “stupid.”
- My abuser calls me names and swears at me.
- My abuser says I am crazy and irrational.
- My abuser falsely accuses me of having an affair.
- My abuser ridicules me in front of family and friends.
- My abuser shows no concern for the children’s needs.
- My abuser gets angry when the children cry or need something.
- My abuser goes through my personal things.
- The children’s friends are frightened so they no longer visit.
- My abuser destroys my things.

***Take a look at the boxes that
you have checked.***

Does it seem like a lot?

Power and Control Wheel

“An Unhealthy Relationship”



The characteristics of an abusive relationship are displayed in the Power and Control Wheel.

Are these characteristics familiar to you?

Equality Wheel

“A Healthy Relationship”



The characteristics of a strong, healthy, respectful relationship are displayed in the Equality Wheel.

Are these characteristics familiar to you?



Possible Profile Traits of an Abuser

Denial: Abusers sometimes act as if nothing happened in order to excuse their behavior after an incident. If they do admit to their actions, they blame the victim. They justify their actions by claiming that they were provoked.

Abusers tend to feel inadequate and depressed. Abusers generally come off to the outsider as arrogant and overly self-confident. This is a defence mechanism they use to hide their dislike for themselves.

Jealousy and possessiveness: An abuser feels jealous and overly possessive of their victim. They often demand to know their victim's whereabouts at all times, get insanely jealous at the slightest hint of someone else getting any of their victim's attention and become very hostile at the thought of losing their "property."

Domination and emotional attachment: An abuser expects complete attention and support from their partner. Abusers expect and demand complete control and submission from their victim.

Inability to understand or recognize their problem: The abuser is often the last person to admit that they have a problem. Abusers commonly do not respond well to counselling because they are unable to understand or accept responsibility for their anger or confusion.

Alcohol and drug abuse: Abusers tend to use drugs and/or alcohol as an "escape." However, the effects of the drugs and alcohol make the attacks much more intense. An abuser might use alcohol and drugs as their alibi. "I did not know what I was doing" or "I can't remember" are common excuses.

Manipulation: Abusers know how and when to make their partner feel guilty. This guilt makes the victim more likely to stay and deal with the abuse. The victim does not want to feel "responsible" for any harm their abuser might inflict on them. Threats of suicide are frequently used as a method of manipulation. Sometimes an abuser will go as far as self-harm in order to keep their victim from leaving.

Generational Abuse: Some, but not all abusers, were victims in their primary families.

Hidden Past: Victims are often unaware their abuser has a history of violence and might have even been arrested in the past.

Obsessed with weapons: Some abusers become infatuated with weapons. They may collect specific types, talk endlessly about them and seek opportunities to use the power of their weapons.

Stalking: This is an undercover method of maintaining control. An abuser might stalk or follow their partner from a distance. They are trying to frighten their victim and prevent them from taking the initiative to leave. Stalking invokes fear, without the abuser touching their victim.



Why Don't I Leave?

- I hope that my partner will stop being abusive.
- I feel I have no place to go.
- I am fearful of reprisals from my abuser.
- I have children/pets that make it harder to find housing.
- I have concerns about my finances/unemployment.
- I am afraid of being alone.
- I (or others close to me) see divorce as shameful.
- I fear the police will not help me.
- I fear calling the police will make things worse.
- I feel no one will come to my aid.
- I feel responsible for the abuse If only I had not....
- I fear the threats of taking the children will come true.
- I fear my abuser's retaliation on the children.
- I fear religious, family and social pressures about leaving.
- I am unsure of community and other resources.
- I feel all children should be raised by two parents.
- I feel I have no control over my own life.
- I view the violent outbursts as isolated incidents.
- I fear for the safety of those who would help me.
- I blame myself for the abuse.
- I have additional dynamics to my relationship.
- I feel it is safer to stay rather than face the unknown.
- I feel that there is a lack of understanding/support by professionals.



Things to consider if you decide to stay

- Know your support people. These people make you feel safe, support you and don't criticize.
- Find a support group/counsellor.
- Consult a legal expert about your rights.
- Become involved in community activities so you are not isolated and you can gain self-confidence.
- Open a bank account in your own name.
- Make a safety plan - plan an emergency exit for yourself and your child/ren (page 9).
- List all incidents with details including date, times and witnesses. Take photos of injuries or damages and keep them in a safe place.
- Go to the doctor/hospital and ask them to document your injuries and how you got them.
- Ask neighbours to call the police if they hear fighting.
- Involve yourself and your partner with family and friends who do not use violence in their arguments.
- Take a part-time job outside the home.
- Upgrade your education or skills with part-time or correspondence courses.



Notes



YOU ARE NOT RESPONSIBLE FOR THE ABUSE

- Abusers are responsible for their own behaviour.
- The abuser's tactics are designed to control you.
- Any abuse that limits another person's rights is abuse.

Remember: Abuse escalates and can be lethal by homicide, stress-related death or suicide.

IT WILL HELP YOU TO:

- Keep a detailed record of the assault and witnesses;
- See a doctor and write down the name and date;
- Photograph any bruises and injuries you have;
- Tell the Police if you have safety concerns.



WARNING: Please remember when you are experiencing emotional or psychological abuse you can be in as much danger of being a victim of homicide as victims of physical abuse.

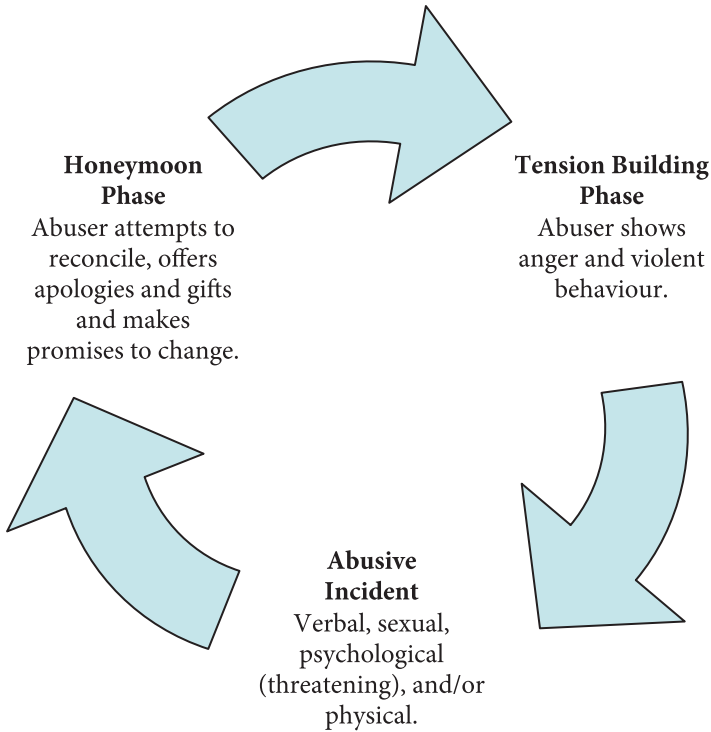


Facts

- Abusers can be male or female.
- Abusers are not always the product of an abusive childhood.
- You cannot spot an abuser “from a mile away.” In fact, many former victims can tell you that they had no suspicions about their abuser until it was too late.
- An abuser is not restricted to inflicting only physical pain. Most times, the psychological damage far exceeds the physical damage.
- People who witnessed violence in their home as children are three times more likely to abuse their own spouse than children of non-violent parents, with the sons of the most violent parents being 1,000 times more likely to become wife beaters.
- Children raised in an abusive environment are more likely to tolerate abuse. Children raised in abusive environments learn that domestic violence is a means of resolution in general. Children of violent households are equally more likely to become abusers and/or allow themselves to become abused. Children suffer the same effects as their mothers.

The Cycle of Violence

There is a pattern in an abusive relationship which repeats itself.



Most victims don't want the relationship to end; they want the abuse to stop. Promises of change may give hope and the reassurance needed for the victim to remain (or return to) the relationship.



DO ABUSERS KILL?

Life Threatening Signs: Check all that apply

- My abuser has access to weapons: guns, hunting/kitchen knives, household tools, crossbows, bats, plastic bags, rope and poisons!
- My abuser threatens me with weapons.
- My abuser threatens to torture, mutilate or kill my pet.
- My abuser confines me/my children against our will.
- My abuser threatens to kill me, family, friends and/or pets.
- My abuser day dreams or talks about death and dying. Write down the details of your abuser's fantasies with dates and times. Use another page if necessary.
- My abuser follows me.
- My abuser might know that I plan to leave.
- I recently left my relationship with my abuser.

The more checks you make in this section, the greater your risk!



WARNING: *The most dangerous time for a victim is when the victim is attempting to leave the relationship or has just left the relationship.*

Safety Planning

You are the best one to assess your own situation and it is important to ALWAYS trust your instincts, judgment and experience. These are guidelines only.

- Make and practice a plan to get out of the home or other place(s) where violence might occur.
- Know what doors, windows, elevators, stairwells are available for use.
- Know the quickest route out of your home.
- Determine which rooms are dangerous and move out of them.
- Keep a phone near you at all times.
- Back your car into the driveway and make sure there is always gas in it.
- Develop a visual code or verbal code to let others know to call police.
- Keep clothes, money, medications or other things you may need in an emergency at a friend or family member's home.
- If an assault is occurring, curl up in a ball and cover your head, neck, and ears.
- Take a self-defense course.
- Review the Internet/Communications Safety practices
- **Create a list of safe places** you and/or children can go (e.g. family, friend, shelter, and/or hospital emergency)
- Find safe places to store documents and valuables such as train and bus station lockers, U-Store it lockers, bank deposit boxes.
- Write down descriptions of incidents; include dates, times, witnesses.
- Tell your neighbours to call 911 immediately if they hear a disturbance. Ask neighbours if your children may run to their home for help or safety.
- Hide house keys, car keys, clothing, money, important documents (or copies), favourite toys, etc. at a friend or family member's home. Keep your identification in a safe easily accessible place and make copies.
- Open a bank account in your own name (at a bank different from your partner's) and arrange that calls and bank statements go to a trustworthy friend or family member.
- Save and set aside as much money as you can (e.g. from grocery budget).
- Have \$10 to \$15 available for cab fare or an emergency.
- Be aware of weapons in the home (including kitchen knives, heavy objects).

- Tell people you trust about the abuse.
- Teach your children their own safety plan (i.e. safe place to go, how to use the phone to call for help, emergency exits).
- Develop a visual code to let others know to call police
- Create a code word with your children and family so they know when to call for help.

Safety in the Home

- Make sure your phone is connected before moving into a new place.
- Make sure your street address is clearly visible and well lit for emergency calls
- If you live in an apartment building, do not put your name on the residence listing in the lobby.
- Keep a record of unusual phone calls.
- Leave a radio playing or a light on while you are gone.
- Prepare an evacuation plan.
- Be very careful about what you throw out in the garbage.
- Put bells on the doors to hear people enter exit.
- When away have a trusted neighbour pick up mail and newspapers.
- Be very cautious about who you give a new address or phone number to.
- Review the child safety plan (page 11) with your child/ren and have your child keep a copy with them at all times.
- Keep your restraining order near you at all times.
- Give the school, day care, and police a copy of court documents, including restraining order, custody/access orders and a photo of your partner. It's also a good idea to give these to individual group leaders involved in your family's life.
- Tell people your partner doesn't live with you. Ask them to call police if your partner is seen near your home or children. Show them a recent photo of your partner.
- Have an unlisted telephone number. Block your number when calling out (dial *67 before the number).

Safety in the Home cont'd.

- Tell someone at work about your situation so they can help you screen calls.
- Avoid places your partner is likely to go (e.g. stores, banks, video rental, bars).
- Consider a cellular phone and keep a cordless phone in the house.

Email

- Change your email address if you are being harassed.
- Be selective about who gets your email address.
- Print off and keep harassing emails from your abuser. These can be given to the police to support breach of probation or stalking charges.
- Block email addresses as needed.

Internet

- Learn about the privacy settings of the social networks you use (Facebook, etc.)
- Passwords: don't use words found in the dictionary, instead use a combination of numbers and upper/lower case letters.
- Be aware of what you have posted about yourself and your children i.e. pictures, information.
- Be careful of any information you post on line **including social sites.** These may be accessible to your abuser.
- If you do any Internet research or emailing about your plans, clear all history and empty the computer garbage can. If you don't know how to do this ask your provider or shelter staff.

Cell Phones

- Cyberstalking: someone can track your location in real time with Google latitude through your phone's GPS.
- Geotagging: enabled by default in many devices - turn it off or disable your GPS. Geotagged photos uploaded to websites can appear on Google Maps, so a search of your name might bring up the location of your home.

Safety Outside the Home

- Inform your boss, security persons, friends, teachers, and/or co-workers about your situation.
- Request all visitors and/or phone calls to you be screened.
- Park your car in a secure, well lit area.
- Ask someone to walk you to your car.
- If you use public transit, sit by the driver.
- Carry a cell phone with you at all times and if you use it for 911, tell the operator your **location** first and then if you have time you can explain why you are calling.
- You can dial 911 from any cell phone, even if it is not activated for regular cellular use, as long as it is charged within service range.
- Beware of areas in which you do not get cell service.
- Change the places or alter your routines (time of day) when you shop, bank etc.
- If you feel you are being followed or do not feel safe, go to the nearest service station, police station or 24-hour gas station or drive-thru window.

Car Safety

- Never run low on fuel.
- Back into driveways where possible.
- Make sure your horn works.
- Always lock your doors.
- Lock all valuables in your trunk.
- If possible leave the spit seat folded over.
- Plan your route before leaving.
- In case of a breakdown – drive slowly to a safe area on the shoulder. The tire will be ruined but your safety is paramount.
- Put your 4 way hazard lights on.
- Open your window 1-2 inches only.
- Tie a cloth to the antenna or left door handle to signal distress.
- Know your location at all times!

- Car Kit: Flashlight, blanket, snack, first aid kit, rope, booster cables, sand, rope...
- If you feel in danger or being followed press the horn repeatedly, drive to the nearest safe place (police station, gas station).
- Write down the license plate number (use a pen, lipstick, eyebrow pencil).
- **TRUST YOUR INSTINCTS!!!**

Child Safety Plan

- Tell your children their only job is to stay safe, they do not have to protect you.
- Practice and role-play safety plans with your children including what to do and where to go if something violent or scary happens.
- Instruct your children never to answer the door or the phone.
- Inform your children's school, doctors, and child care providers of your situation and give them a copy of any and all court orders.
- Inform these same people about who is allowed to pick up your children or who is to have contact with them.
- Ensure that your children are accompanied to and from school and any other places they go to.
- Talk to a lawyer about the possibility of getting supervised access or having access denied.
- Make sure your children know how to use the phone and can dial 911.
- Keep emergency numbers by all phones.
- Monitor your child's use of the Internet.
- Teach your children how to answer the phone and what to say if it's your abuser. Practise these lessons.



Child Safety Plan



WARNING

FIRST PROTECT YOURSELF

DO NOT TRY TO STOP THE FIGHTING!

TAKE A PHONE AND GO TO YOUR SAFE PLACE

MY SAFE PLACE IS _____

CALL 911 – an operator will answer

“POLICE, FIRE, AMBULANCE?”

Then you say “POLICE!”

COME TO: The address here is _____.

The phone number here is _____.

I need help.

My name is _____.

I am _____ years old.



**REMEMBER DON'T HANG UP OR LEAVE
YOUR SAFE PLACE UNTIL THE POLICE ARRIVE!**



Exit Plans

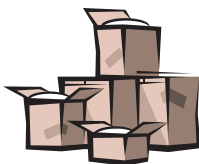
Before You Leave

- Be prepared to dial 911 whenever and wherever you are.
- If you make any calls, remember your abuser can press “redial” or *69 to determine who has called you or whom you have called. Immediately after your call, dial a “safe” number like a friend, family, weather network or store.
- If you do any Internet research or emailing about your plans, clear all history and empty the computer garbage can. If you don’t know how to do this ask your provider or shelter staff.
- Speak to your service provider about safety options. Consider a cell phone, call blocking, an unlisted number, trace features, call home plans for your children, caller identification or using an answering machine to screen your calls.
- If you have an unlisted number, tell your children not to give the number to anyone to anyone and only reveal the number to people you trust.
- Keep your cell phone accessible (not at the bottom of your purse or in the back seat of the car).
- If your area has 911 and it is not safe to speak to the dispatcher just leave the phone off the hook. This does not work with cell phones.
- Sleep with your cell phone charging next to your bed. Land lines are easily disabled by cutting the lines or taking a phone in a different room off the hook.
- If you use a wireless phone know the extent of its reception.

Documents and Other Important Items

- Social insurance card
- Social insurance number for partner
- Driver’s license/ car registration
- Health card
- Birth certificate
- Immigration/citizenship papers/passport
- First Nation’s status card/documentation

- Medical/vaccination records
- School records
- Ontario's senior's card
- Employment/pension documentation
- Prescriptions, medication, medical supplies
- Money, banking information
- Credit/debit cards
- Keys (house, car, work, safety deposit, storage etc.)
- Copies of court orders (restraining orders, peace bonds, custody and access agreements, divorce papers)
- Work permits
- Lease/rental agreements, mortgage agreements, tax bills
- Valuable jewelry, pictures, sentimental objects
- Address book/ day planner/journals
- Pictures/videos of contents of home
- Any evidence of abuse (pictures etc.)
- Clothing for approximately two weeks

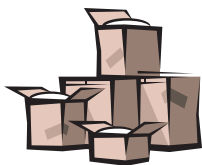


Making the Move

Refer to your Safety Plan page.

Here are some things to consider when planning your move:

- **This is the most dangerous time in your relationship. Be cautious! Think twice before you share your plans with anyone or write them down. Avoid contact with your abuser (do not meet for coffee, etc.)**
- Remember your plans **must** change suddenly if things escalate. Have a back-up plan. Leave nothing laying around for your abuser to find (notes, this book, computer sites etc.).
- Copy all important documents (immigration, financial documents, health cards, etc.). Store them away from home.
- Keep your (and children's) health cards, social insurance cards, birth certificates, etc. handy to take with you. Take copies if you cannot safely take the originals.
- Call shelters or counsellors for help when making your plans.



Making the Move

Continued

- Do not tell your children of your plans. Children sometimes feel afraid not to tell or feel obligated to tell.
- Plan for a safe place for you and your children. Your partner will likely look for you with family and friends. Plan a safe shelter for your pets.
- Plan what and how you will pack to make the change as fast as possible.
- If you work, plan new routes to and from your workplace. Plan how to get safely in and out of work.
- If you are not working, call Social Services and discuss financial assistance and how to put it into place when you leave.
- Speak with a family lawyer. Some of the paper work can be done ahead of time.
- Move and store anything that won't be missed by your abuser. Consider an extra tooth brush, medication, jewelry, essentials and clothing. You can store these items in a locker at your local bus station, train station or gym.
- Make sure your escape route or vehicle can't be blocked. Never run low on fuel.
- Try to pack at least your documents, jewelry, a favourite toy for each child, and a couple of change of clothes.
- If you have to leave suddenly and don't get everything you need, you can ask the police to arrange a "Keep the Peace." This allows you a few minutes, on another day, to pack.
- If things escalate, get out with your children and call 911.



WARNING: For your children's and your own personal safety, do not tell your abuser about your plans to leave or where you plan to go. **This is the time of greatest risk!**



A Call to the Police

When you or someone who cares about you, calls the police

Domestic Violence in a policing context is defined as: “Domestic violence is any use of physical or sexual force, actual or threatened, in an intimate relationship, including emotional/psychological abuse or harassing behavior” (Policing Standards Manual 2000).

Criminal Code offences include, but are not limited to homicide, assault, sexual assault, threatening death or bodily harm, forcible confinement, harassment/stalking, abduction, breaches of court orders and property-related offences.

It is a common misconception that the person who called the police can “drop” a charge, since they are the one who “laid” the charge. It is actually the police who decide to charge someone (unless an individual lays a private complaint with a Justice). Once the police have laid a charge, the complainant does not have the ability to drop the charges. This ability lies solely with the Crown Attorney.

As a result of that telephone call, the police will come to your home to investigate the “allegation” of domestic abuse.

The police officers will separate you and your partner and make sure everyone is safe. They will check to see if anyone needs immediate medical treatment. If someone does they will call an ambulance.

The officers will speak with you and your partner separately, asking questions about what happened. They will make observations of any injuries, or damage, if any, to your property.

They will speak to anyone who may have witnessed the incident, asking them questions about what they saw or heard.

*If, after completing their investigation, **the police officers are satisfied** that a criminal offence has occurred, **the officers are mandated to arrest the person**, who committed the offence and take that person into **custody**.*

The officers will ask you to provide a videotaped statement at their office about what happened. They will also ask the other witnesses to provide a statement. If children were present the officers will ask for a statement from the children too.

You may not feel comfortable about your children giving a statement, but children need to be able to talk about what happened. The police officer can reassure the child who does not understand what is happening that they are safe now and that it is not their fault.

The officers are required by law to contact the Children's Aid Society and advise them about what has happened. The Children's Aid Society will contact you to ensure you and the children are all right. They are there to protect the best interest of the children, while working with the strength of the family.

The officers may take photographs of your injuries or any damage to your property. They will ask you to help them complete a "Domestic Abuse Report."

The officers will provide you with contact numbers for Community Agencies that can assist you. With your consent they will call Peterborough/Northumberland Victim Services (see page 29) for you, so that someone can support you as soon as possible.

REMEMBER, YOU ARE NOT ALONE!



NOTE: You have rights under the law. Physical and sexual abuses are criminal acts. Your abuser could be charged.



The Offender

Once the police officers are satisfied that a criminal offence occurred, the officers will "arrest" the offender. The offender will be taken to the police station and held in custody for a "Bail Hearing" or depending on the matter, the offender may be released from custody with a "Promise to Appear" and an "Officer in Charge Undertaking" (i.e. the offender is released by the police – usually the same day).

Bail Hearing:

A bail hearing must be held at the earliest opportunity, or within 24 hours. The bail hearing is in a court room before a Justice of the Peace.

A police officer will file a paper called "Information" stating what charges were laid. The police officers also provide the "Crown Attorney" with all the "Evidence" that they gathered, to support the charges.

There will be a Justice of the Peace, a Crown Attorney (see page 30), a "Duty Counsel" or a "Defense Attorney" and the offender in the courtroom for the bail hearing.

The Crown Attorney will tell the Justice of the Peace what the offender is charged with and then reads the facts of the case from the police officers. This may include the offender's "Criminal Record"; reports about previous times

the offender has been charged with domestic abuse and if the offender has other charges still before the court.

The Surety

The “Surety” is a person who says they will be responsible for the person who is charged. They will answer questions “Under Oath” or by “Affirmation” to the Justice of the Peace, and lawyers. The Surety will be asked to supervise the offender if they are released on a “Bail Recognizance” with “Conditions,” and to promise money or assets as a security.

If the Justice of the Peace decides that the Surety is suitable and the offender agrees to abide by the conditions, the offender may be released from custody on a Bail Recognizance. If the offender does not obey the conditions of release, and the surety does not report the “Breaches” of the conditions, the money or assets used as security may be forfeited to the court.

If the Justice of the Peace decides that the offender should remain in custody, the Justice of the Peace will issue a “Detention Order” and the offender will remain in custody until the entire matter has been dealt with in court.

Promise to Appear and an Officer in Charge Undertaking:

Rarely, but sometimes, an offender may be released by the police, at the police station. The offender is released with a “Promise to Appear” and an “Officer in Charge Undertaking.” The promise to appear tells the offender what date he must attend court for his “First Appearance” and the officer in charge undertaking tells the offender what conditions he is being released on and must abide by.



Crown Attorney's Office

Peterborough Office: 270 George St. North, 2nd Floor
705-750-5360

Cobourg: 860 William St.
905-372-3751

If, after a police investigation, an officer believes there are reasonable and probable grounds to lay a criminal charge the subject of the complaint will be charged. A “Brief” of material related to the complaint, the investigation and the evidence gathered are forwarded to the Office of the “Crown Attorney.”

The Crown Counsel or Crown Attorney reviews the Crown brief to determine if there is a “Reasonable Prospect of Conviction.” This means the evidence gathered is compared with the essential elements of the offence. A prosecution will not proceed unless there is a reasonable prospect of conviction.

If the prosecution decides the evidence should be taken to a court hearing, a letter will be sent to the complainant victim/witness with contact information. The Crown Attorney will want to know if the complainant can provide a “Victim Impact Statement.”

The Crown Attorney will have discussions with Defense Counsel (offender’s lawyer) retained by the defendant. Sometimes matters can be resolved during these meetings; other times a “Judicial Pre-Trial” is held to hear the opinion of a judge. In most cases involving offences of violence or threatened violence against a person, the possible resolution is reviewed with the complainant to obtain their opinion and to determine if modifications are required.

However, sometimes the prior level of communication with Crown Counsel or VWAP (see below) is sufficient to know the complainant’s desires.

In most cases involving offences of violence or threats of violence the possible outcomes are reviewed with you to obtain your opinion, and see if charges are needed. However, this is not always the case. Sometimes this information has already been given to the Crown Attorney by Victim Witness Assistance, or previous input you have already given to the Crown.

No matter how the resolution is determined and communicated, it is the right of every complainant to write a Victim Impact Statement and to either have it filed with the court or to read it into the court record. The Victim Impact statement must be disclosed to the offender and his/her lawyer. The details of the resolution remain the discretion of Crown counsel.

Crown Counsel represents the public interest on behalf of Her Majesty in the courts. Sometimes the interests of the complainant are the same. There can be conflict decisions taken against the wishes of the complainant. The Crown Counsel does not represent the complainant. However, the complainant is always entitled to participate in the process as outlined.

The Victim Support Line 1-888-579-2888: province-wide, multilingual, toll-free information line providing a range of services to victims of crimes. The VSL offers:

- Information and referral to support services in your community.
- Pre-recorded information about the criminal justice system.
- Access to information about provincially sentenced offenders.
- You can also register for automated notification when an offender’s status changes.

Victim Witness Assistance Program (VWAP)

Contact: (705) 755-5150

www.attorneygeneral.jus.gov.on.ca/english/about/vw/vsl.asp

The Victim Witness Assistance Program (VWAP), like the Crown Attorney's office, is part of the Ontario Ministry of the Attorney General and responds to the needs of victim/witnesses after criminal charges have been laid. VWAP does not exclude any victim/witness groups, although it does give priority to those who have been victims of domestic violence, child abuse, physical and sexual abuse, sexual assault, criminal harassment, elder abuse and homicide.

The services provided to the victim/witness vary from person to person and are geared to the needs of the individual. Some of the services provided are:

- Case specific information (bail conditions, court dates etc.);
- Information on the criminal justice process;
- Courtroom orientation;
- Court accompaniment;
- Referrals to community agencies for counselling and/or other support services;
- Act as liaison on behalf of victim/witness with police and Crown;
- Assistance with Victim Impact Statements and with the Criminal Compensation Board.



BOOST

Contact: 1-877-322-8977

www.CourtPrep.ca

www.corysCourthouse.ca

Boost provides services to the children and youth who are involved in the criminal justice system as victims or witnesses, and their families, in the areas of Brighton, Cobourg, Port Hope, Peterborough and Lindsay. If transportation is an issue the Child Witness Advocate can visit the child's school or other suitable location.

After a referral is made, a Child Witness Advocate will contact the family of the child/youth to set up a court preparation session. They help guide the child/youth through the entire criminal justice process, help with court accompaniment, support, Victim Impact Statements, navigating the Criminal Injuries Compensation Board process and general help understanding the system.

When needed, they make referrals to other agencies and services, including counselling.



Peterborough/Northumberland Victim Services, SupportLink Program

Contact Toll Free: 1-888-822-7729

Peterborough: (705) 748-0324

Campbellford: (705) 653-0123

Cobourg: (905) 372-2255

support@vcars.on.ca

www.vcars.on.ca

Peterborough/Northumberland Victim Services (PNVS) is a confidential, non-judgmental community-based service, which will assist you by providing immediate emotional and/or practical support. PNVS offers support to victims of crime, tragedy and/or disaster, 24 hours a day, 7 days a week.

On your consent, the Police or other emergency personnel will contact their agency. They will mobilize accredited Crisis Responders to assist with your immediate emotional and/or practical needs and offer referrals to SupportLink and to longer term community services.

SupportLink is geared toward individuals who are at high risk of personal danger as a result of domestic violence, sexual assault and/or criminal harassment.

There are **three** significant components to the program:

1. A personal safety plan developed by/for the client with the assistance of a program coordinator;
2. For those who meet the **criteria**, a cell phone that is pre-programmed to dial 911;
3. On-going, follow-up support for the client including alterations to their safety plan.

The Police, other emergency personnel, or the Crisis Responder on scene may also refer you to SupportLink and/or VQRP. The Victim Quick Response Program (VQRP) is designed to assist victims of violence with some financial assistance.

There are limitations and qualifying criteria for both SupportLink and VQRP. Please call for details as soon as possible after the incident.



Children's Aid Society

Contact: Northumberland (905) 372-1821
Peterborough (705) 743-9751

Children's Aid screens all referrals for the potential of domestic violence. When domestic violence is identified, Children's Aid obtains information about the family to assess the impact of the abuse on the child/(ren).

They become involved when:

- There is reason to believe the child will intervene or is intervening in a violent situation;
- The child is likely to be harmed during the violence;
- The abusive partner is not allowing the adult caregiver and child access to basic needs;
- The abusive partner has killed, committed "substantial harm" or is making believable threats to kill or harm anyone in the family including extended family members and pets;
- The child is displaying symptoms of emotional harm.

They believe that the safety and well-being of children can be enhanced by enhancing the safety of their non-abusive parent.

They work collaboratively with the non-abusive parent and other supportive people in order to ensure the safety and well-being of the child(ren) and of the non-abusive parent. They assist victims of domestic violence in a supportive manner.



Peterborough Lakefield Community Police Service Victim Services Unit

Contact: (705) 876-1122 ext. 268

www.peterboroughpolice.com

Access: Daily Monday – Friday 8:00 a.m. to 4:00 p.m.

They provide long term information and referrals to meet the needs of victims of crime including:

- Information on the justice system;
- Emotional support;
- Referral to community agencies;
- Family court information and support;
- Information on injuries compensation.

National Office for Victims

Contact: 1-866-525-0554

www.publicsafety.gc.ca

When an offender is sentenced to 2 or more years, they are serving federal time. The National Office for Victims is a central resource for victims of offenders under federal responsibility. It provides: general information for victims and the public; referrals to the Correctional Service of Canada and the National Parole Board for specific enquiries; and as a victim's perspective in national policy development. The office responds to complaints about the services provided to victims by the Correctional Services of Canada and the National Parole Board. The National Office for Victims is designed to complement other victim services at the Department of Justice.

Victims can obtain financial assistance to travel to National Parole Board hearings of the offender who harmed them.

Probation and Parole Services

Contact: Campbellford (705) 653-2339

Peterborough (705) 745-1929

Northumberland County 1-866-944-9914

Probation & Parole Services works with both victims and offenders when offenders receive a Community Supervision order.

Orders can be either Probation or Conditional Sentence Orders (House Arrest).

Conditions typically mandated by the courts are:

- Report to Probation & Parole Officer (PPO);
- Not to change address or employment without first notifying the Probation and Parole Office;
- Abstain from alcohol and non-medically prescribed drugs;
- Perform community service hours;
- Pay restitution to the victim as order by the court;
- Attendance for assessment and counselling (i.e. substance abuse, anger management, etc.) as directed by PPO.

With **House Arrest** the offender might have the following conditions: only leave their residence for specific purposes such as employment, medical/dental appointments, counselling, or to meet with PPO; a curfew, maximum 3 hours out of the home once a week to attend to personal needs (shopping, banking, etc.); an **electronic bracelet** so their location can be monitored.

Community Supervision Orders typically have a “Non-Association” condition when victims are involved.

Contact with the victim (direct or indirect) is not allowed.

The offender is to remain a set distance away from the victim, members of their immediate family, their house and place of employment/education. This is to empower the victim so they have a choice if they wish to have contact or not with the offender. In other cases there is to be no contact directly or indirectly between the victim and the offender even if the victim requests contact.

When a victim is allowed to file a “**Written Revocable Consent**” to the supervising officer (this is to allow the offender some contact with them) a meeting is set up for the victim at the office of the PPO. The victim should provide a letter outlining why they need to see the offender and if there are any conditions such as not wanting to live together. Restrictions may be placed on the contact e.g. it may be for the purpose of arranging child access or only telephone contact. PPO usually tries to contact the victim (by phone or letter) to ensure they understand what the non-association condition means. They can not release personal information about the offender.

They are to ensure the victim is:

- Not feeling pressured or coerced by the offender to have contact;
- Not afraid for their safety;
- Supported in the community;
- Aware of various community agencies that may be able help with Safety Planning.

They also make sure information on the offender’s status is made available to the police.



Ontario Parole Board – Victim Services

Central East Region: (705) 324-4184

Ontario Victim Support Line: 1-888-579-2888

www.opb.gov.on.ca/english/vitim/victim.html

The Ontario Parole Board welcomes input from, and the participation of victims of crime.

Victims may call the Ontario Victim Support Line if the offence is provincial (sentence is less than 2 years) to get support and information. By calling the support line victims can listen to a recorded message that will help them to:

- Get information on victim supports and services available in the community;
- Speak to someone about a specific adult provincial offender;
- Find out about releases and re-incarcerations of a specific offender including release and parole, escapes, parole suspensions and recaptures;
- Register with the Victim Notification System to receive automated voice messages by phone any time there is a change in the status of the offender.



Correctional Service of Canada – Victim Services

Contact: 1-866-875-2225

www.csc-scc.gc.ca/victims-victimes/index-eng.shtml

A **victim** is defined as someone to whom harm was done or who suffered physical or emotional damage as the result of an offence. As the victim of a **federally-sentenced** offender, you have legal entitlements.

You must contact Correctional Service of Canada and register to receive information if the offender is incarcerated federally. They don't automatically inform victims about an offender's case. The request must clearly identify the offender.

A registered victim shall receive the following information:

- The offender's name;
- The offence of which the offender was convicted and the court that convicted the offender;
- When the sentence began and the length of the sentence;
- The eligibility and review dates of the offender for unescorted temporary absences, day parole and full parole.

Office of the Federal Ombudsman for Victims of Crime

Contact: 1-866-481-8429

Email: victimfirst@ombudsman.gc.ca

www.victimfirst.gc.ca

The Office of the Federal Ombudsman for Victims of Crime is an independent federal government office to help victims of crime and their families. They respond to your calls, emails and letters as victims of crime and work to ensure the federal government meets its responsibilities to you, the victim.

They can:

- Answer questions about the rights of a victim;
- Inform victims about the federal programs and services that exist to help them address complaints about federal government departments, agencies, laws or policies;
- Refer victims to programs and services in their city or province that may be able to assist them;
- Identify issues that have a negative impact on victims and make recommendations to the federal government on how it can enhance its policies and laws to meet their needs;



Family Law

(Custody/Access/Restraining Orders/ Spousal/
Child Support/Divorce)

Finding a Lawyer

Use a lawyer that specializes in family law.

Lawyers who accept family law legal aid certificates are provided by the Legal Aid office.

If you are in financial need you may qualify for a free two-hour legal visit. Forms are available at the Legal Aid office (see page 31) and shelters in your area.

If you do not qualify for the two-hour legal visit ask the lawyer's secretary if you can have a free consultation session. Neither of these sessions is designed to work on your issues. They can help you make an informed decision about the next steps you wish to undertake.

It is important to take a list of questions so you don't forget anything.

Superior Court of Justice

Family Division - Unified Family Court

Peterborough (705) 876-3815

Cobourg (905) 372-3751

The Unified Family Court hears all family law matters, including divorce, division of property, child and spousal support, custody and access, adoption, child protection applications and restraining orders.

If you and your spouse cannot agree on how to resolve your family law issues, you can go to court and ask a judge to decide for you. If you are married, you will need to apply to a court to obtain a divorce order in order to end your marriage.

Family Law Information Centres (FLIC)

Peterborough: Superior Court of Justice

470 Water St., Peterborough

Contact: (705) 876-6915

Cobourg: Superior Court of Justice

860 William St., Cobourg

Contact: (905) 372-3751 ext. 128

Email: info@familycourtmediation.com

www.familycourtmediation.com

FLIC is staffed by qualified family mediators who have the expertise to provide information relating to separation, divorce, other community services and the court process.

Each FLIC office has a variety of publications and guides available about court procedures and legal forms. Staff and Advice Lawyers are available at designated hours. These individuals can help translate the legal vocabulary into simple terms and guide you through the court system. They suggest you consider a visit the Family Law Information Centre if you decide to separate.

FLIC's operate on a "first come, first served" basis so be prepared to wait.



Four Counties Family Court Mediation Service

Contact: (705) 760-9603

1-888-605-1393

www.familycourtmediation.com

Mediation is a voluntary method of resolving disagreements that arise out of separation or divorce. It is a cooperative alternative to, or a complement to, the court process and has the potential benefits of saving time, money, reducing conflict and helping to preserve relationships.

Mediators are professionals who are trained to act as neutral third party facilitators. Their role is not to give legal advice or to take sides or make judgements, but rather to help parties explore the issues and find solutions to help them reach an agreement.

Mediation is never advised when there was abuse in a relationship.

Peterborough Community Legal Centre

150 King St.

Contact: (705) 749 9355

The Peterborough Community Legal Centre provides free, confidential legal help for low income residents of Peterborough County.

Northumberland Community Legal Centre

1005 Elgin Street West

(The Fleming Building) Suite #200, Cobourg

Contact: 1-800-850-7882

Legal Aid

Contact: Peterborough Legal Aid office

364 Water St. (705) 743-5430 Monday to Friday 8:30 to 4:30

www.legalaid.on.ca

The main way of applying for a legal aid certificate is by phoning 1-800-668-8258 between 8 a.m. & 5 p.m. It is best to use a landline because of the wait times to talk to a service representative can be long. Clients can also apply in person at the Peterborough Legal office or the Cobourg Courthouse.

Legal Aid promotes access to justice for low-income people.

If clients are a victim of domestic violence, shelters can provide a legal aid certificate that entitles them to 2 hours of consultation.

Legal Aid can also provide a certificate to retain a private lawyer. This certificate, subject to limitations, is the lawyer's guarantee of payment from the Legal Aid Office. It entitles a client to receive advice and representation from the lawyer of their choice or a Legal Aid staff lawyer.

At Family Court, Duty Counsels can give immediate legal assistance to low-income people who appear in court without a lawyer and can provide assistance until clients retain a lawyer. Legal assistance is also available through the Family Law Information Centres (see page 38). They provide services for poverty law issues related to landlord/tenant disputes, disability support, family benefit payments and more.

You may be eligible for Legal Aid if:

You have little or no money left over after you pay for basic necessities like food and housing; and, your legal problem is covered by Legal Aid. Even if you have a job and own a house you may be eligible.

There is a simple financial test online:

http://www.legalaid.on.ca/en/getting/sample_test.asp

Legal Aid may provide coverage in matters like:

- Leaving an abusive situation;
- Getting custody of your children;
- Dealing with the Children's Aid Society;
- Obtaining access to your children;
- Helping you if your partner denies you access to your children;
- Setting up of child or spousal support payments;
- Stopping your partner from selling or destroying your property



Shelters and Housing

Shelters operate 24 hours a day, 7 days a week. This chapter lists some of the shelters in your area. Shelters also have outreach services available while you are making your decisions or planning your move.

If you're leaving in an emergency situation, call 911 and the police will assist you in contacting a safe place for you and your children. Transportation can also be provided.

Victims of abuse receive priority status with Ontario Housing, but you may need temporary housing while you wait for a unit to become available.

Shelters are there to help and support you through the tough decisions in your life. They are an interim resource and a place away from home where you can feel safe to make your informed decisions based on information given.

Call your local shelter and discuss your options. They can support you, as you make **your** choices.



Anishnaabe Kwewag Gamig Inc.

Contact: (905) 352-3709

Toll Free: 1-800-388-5171

www.akgshelter.com

Access: 24 hrs/7days a week

Anishnaabe Kwewag Gamig Inc. provides a safe, short-term residence for women and their children who are seeking safety from partners, families or selves.

The shelter provides stays up to 120 days for both Aboriginal and Non-Aboriginal women and their children (16 yrs. and under) who have experienced family violence.

The services include advocacy, referrals, court accompaniment, confidential crisis intervention, emergency transportation and children's program, facilitated by a child/youth counsellor. They provide a blend of Aboriginal traditional healing techniques and conventional forms of counselling.

Anishnaabe Kweewag Gamig Inc. recognizes that abuse in all forms exists in their world today. They as men, women, and children experience abuse in their families, and Nations. Change begins when they accept this truth and walk a healing path together for the seven generations past and the seven generations yet to come.

Anishnaabe Kweewag Gaming Inc. is committed to ensuring the provision of a safe and healthy place for women and children who are seeking freedom from abuse.



Rural Outreach Centre

Access: 24/7 days a week

Crisis Line 1-866-844-7622

Email roc@nexicom.net

www.ruraloutreachcommittee.ca

The ROC's (Rural Outreach Committee) goal is to meet the needs of victims of violence and their families, as well as assisting those who are victims of disaster (e.g. flooding, fire) and those who are financially, emotionally and spiritually stressed.

The ROC offers short-term emergency shelter for women and **when possible for men**. They also supply food and food coupons, clothing, toiletries and household supplies, compassionate counselling, referral services, as well as free transportation to medical, legal and social service appointments. ROC volunteers accompany victims of violence at lawyer and court visits.

The ROC recognizes that it can take years for people to recover from acts of violence and abuse. Their doors and services remain open to clients long after the initial contact. Some clients contact them later just to share their successes and struggles.



The YWCA of Peterborough, Victoria and Haliburton, Crisis and Support Services for Women (705) 743-3526

TTY (705) 743-4015

24-Hour Crisis and Support Line: 1-800-461-7656

They connect with women who have been or are experiencing abusive situations with a crisis and support counsellor. Their number will not appear on your telephone bill or on your call display. They will not know where you are calling from unless you tell them.

Crossroads Shelter: (705) 743-4135

They provide an emergency shelter service for women and their families who are leaving an abusive situation. **Call if:** you want to talk to a counsellor anytime of the day or night; you want immediate support and assistance to deal with a dangerous situation; or you feel that you and your children are ready to leave and wish to go to a safe place. Crossroads Shelter counsellors are available 24 hours a day. Crossroads Shelter is TTY and wheelchair accessible and is located in Peterborough.

Haliburton Emergency Rural Safespace (HERS): They offer emergency accommodations in Haliburton County for women and their children who are leaving an abusive situation. Length of stay is flexible. HERS is a private, safe and comfortable place where women and their children can stay while deciding on their next steps. Call to speak to a counsellor at (705) 286-6442 or 1-800-461-7656 if you feel you and your children are ready to leave and wish to go to a safe place in Haliburton County.



Northumberland Services for Women

Contact: (905) 372-6381

Crisis Line: (905) 372-0746

1-800-263-3757

www.nsfw.ca

Northumberland Services for Women has a 10-bedroom, 17-bed house, which includes a wheel-chair accessible barrier-free suite. A crisis line, answered 24 hours a day, provides immediate response to women, as well as information for the community.

Women's Shelter Program

The Women's Shelter Program provides a variety of services including: a safe and secure temporary place to live; supportive, short-term, individual counselling available 24 hours a day; immediate response to women and their children who are in need of crisis and supportive short-term counselling; educational information about women abuse; referrals to outside community agencies; development of safety plans; meeting facilitating; 2-hour free legal advice certificates; accompaniment and advocacy for women to hospitals, lawyers, police and court; emergency transportation to bring women and their children from their places of residence to the shelter in order to access their services; and emergency relocation services.

Children's Shelter Program

The Child and Youth Worker provide support to children entering a new environment at the shelter and to their mothers. The worker helps women recognize the effects that violence in the home has on their children. The worker provides resident children with organized play activities to encourage imagination and creativity, and trips and activities during the summer. The worker also provides individual counselling for children to help them deal with the effects of abuse. The program includes: support for moms regarding parenting issues; individual counselling regarding child/youth issues related to the effects of witnessing/experiencing abuse; occasional parent relief/childcare; referrals to other community agencies, support and advocacy for moms and children when working with other agencies.



Transition House

Contact: (905) 377-0378

Access: 24/7

**Building Strong
Foundations**

Transition House provides emergency shelter for the homeless and those at risk of losing housing including single parents, two-parent families, single women/men and cohabitating couples for up to three months.

Residents participate in programs provided and at the same time they are supported through an action plan that supports their housing, income support, money management and other goals.

Alpha House

Contact: (905) 372-4774

www.alphahousenorthd.org

At Alpha House they provide accommodation and support services for young mothers and their babies.

They also have a clothing swap shop for moms and dads to get clothing for up to size 2. Their programs include a well baby clinic and a parent play group.



Contact: (705) 748-3851

www.general@yes-shelter.org

They respond to the need for emergency and transitional shelter for youth ages 16 to 24 years, women and their families, and men and their families.



Contact: (705) 748-4766

www.brockmission.ca

Brock Mission provides short-term emergency accommodation for men. (For the womens shelter see Cameron House, next page.) They also provide meals, snacks, personal items and clothing.

Cameron House

Contact: (705) 748-4766 Ext. 2

www.brockmission.ca

Cameron House provides emergency lodging for women over the age of 24. Length of stay is negotiable. Food, snacks, personal hygiene products and laundry are provided.



Northumberland Services for Women

Business (905) 372-6381

Crisis Line (905) 372-0746

Toll Free 1-800-263-3757

www.nsfw.ca

Available Services

The Resource Centre (RC) (905) 372-1545

The Resource Centre is open Monday to Friday. At the RC they provide the following support services to women and children visiting the Resource Centre: lending library; information and referral service; confidential meeting space; two-hour free legal advice; forms; and milk for Mom's coupons.

Transitional and Housing Support Program (905)372-6173 or (905) 376-0076

This program offers transitional support to clients such as connecting them with necessary community supports.

Cornerstone (905) 372-6173 ext 243 or (905) 376-0076

Cornerstone is a second stage housing program. They have 14 individual apartments: bachelors; one bedroom; and two bedrooms. Women live there for one year or longer depending on individual needs. Service plans are developed between the transitional and housing support counsellor and each individual woman.



Housing Access

Contact: Peterborough (705) 742-4499
526 McDonnell St.

Contact: Northumberland (905) 372-3329 or
1-800-354-7050

860 William St., Lower Level
Cobourg, Ontario

Housing Access Peterborough and Northumberland County Housing Services provide a common application and wait list process for all rent-gear-to-income housing providers in Peterborough and Northumberland Counties that are provincially funded.

Applicants are placed on chronological wait lists. **Those identified as “Co-habitated Abuse” receive special priority. These applicants are arranged at the top of the wait lists.**

Additional information and applications may be obtained by contacting the Housing Access office.

Otonabee Native Homes Inc.

Contact: (705) 742-5608



Food, Clothing, Etc.



Peterborough County-City Health Unit

Contact: (705) 743-1000

Information on collective kitchens, food boxes and other programs in your area.

The Help Centre

Contact: 1-888-698-3382 or (905) 372-2646

The Help Centre provides programs in Income Security and Housing Security. The Northumberland Community Legal Centre provides clients with legal advice and representation in common areas of the law related to income, employment and housing.



Finances

As soon as you are in a safe place you will need to start organizing your finances. Whether you have assets like bank accounts or a house, or bills, how you manage your finances will impact your future. It is important to become familiar with your financial obligations.

If you are unaccustomed to handling your own money, do not hesitate to ask for assistance. If debt is a problem you can find help by contacting Credit Canada and, for all others, contact the Personal Financial Manager at your financial institution.

If you already manage your own finances it is important to contact your bank or financial institution's personal financial planner and update your financial records. Advise them of your relationship status change. The banking representative will help you look at your options.



Take control of your finances

When taking control of your financial options consider the following:

- If you and your partner have a joint account you may want to discuss with the bank about transferring some money into an account in your name in another financial institution where you can safely attend.
- Open new accounts in your name only.
- Establish a line of credit (apply for a credit card or loan).
- Call your creditors regarding accounts in your name and develop a plan to pay bills owing. Tell them you may be late making payments for a short period. Request all calls for collection be held for a couple months. Have automatic payments come out of your new account.
- If you leave your home, call all services including phone, internet, heating etc. and remove your name from the bill.
- If you stay in the home, remove the abuser's name from bills so they can not change the level of service.



Victim Quick Response Program (VQRP)

Contact: 1-888-822-7729
Campbellford: (705) 653-0123
Peterborough: (705) 748-0324
Cobourg: (905) 372-2255
website: www.vcars.on.ca
Email: alice.suplink@bellnet.ca

Victims of violent crime, who are in need of financial aid, may qualify for help from Victim Quick Response. They serve victims of homicide, serious physical assault, sexual assault, domestic violence, and hate crimes.

Victims may be eligible for costs to be covered when no other alternative is available. Please note: **Request for funds is usually to be made no later than 14 days after the crime is reported.**

Victims may be eligible for assistance for: Crime scene clean up, emergency home repairs (to secure premises for immediate safety), transportation costs, and emergency child care/dependent care/care for the elderly, emergency accommodation, meals and funeral costs.

Please call for eligibility criteria.

Criminal Injuries Compensation Board (CICB)

Contact: (416) 326-2900
1-800-372-7463

www.cicb.gov.on.ca

The Criminal Injuries Compensation Board reviews applications when someone was injured as a result of a violent crime committed in Ontario. Application forms are available on-line or by phone. **Claims should be filed within two years of the incident.** Occasionally, this is extended.

You may be eligible for compensation if:

- You were injured as a result of a violent crime committed in Ontario like assault, sexual assault, criminal harassment;
- You are responsible for the care of a victim and suffered a loss of income or expenses due to the victim's injury or death;
- You are a dependant of a deceased victim (murder);
- You were injured while trying to prevent a crime or while helping a police officer make an arrest.
- **Expenses and losses arising from an injury or death that can be recovered include:**
 - ◆ Medical, dental or therapy costs;
 - ◆ Funeral and burial expenses;

- ◆ Income loss – if the claimant is unable to work due to their injuries and lost income;
- ◆ Loss of support - if the claimant was dependent on a victim of homicide for their livelihood - or if the claimant is raising the children of a homicide victim;
- ◆ Travel costs for medical treatment.

The CICB provides awards for pain and suffering due to a violent crime. Awards are made at the discretion of the CICB.



Lost or Stolen Cards

Birth Certificate	1-800-461-2156
Health Card	1-888-376-5197
Driver's Licence	1-800-387-3445
Canadian Passport	1-800-567-6868
Outdoor Card	1-800-387-7011
Senior's Card	1-800-277-9914
Firearm Licence	1-800-731-4000
Bell Calling Card	1-800-561-8888
Visa	1-800-336-8472
Mastercard	1-800-826-2181
American Express	1-800-528-4800
Royal Bank Card	1-800-769-2512
Scotia Card	1-800-472-6842
CIBC Card	1-800-465-2422
TD Card	1-866-222-3456
BMO Card	1-800-263-2263
Sears	1-800-267-3277
Canadian Tire	1-800-461-2800

Contact: 1-800-267-2272

www.creditcanada.com

Credit Canada is a not-for-profit charity assisting with money management and financial goal setting.

Usually, you should have no more than one general credit card in only your own name and maintain it in good standing.

If you don't have a credit rating this may not be the best time to get one. It takes time to establish a credit rating. Don't be in a hurry.

However, if you must establish a credit rating make sure you have a job first. Try to get a retail or department store credit card and manage it responsibly for one year. Other options are if you have an established relationship at a bank discuss with the manager obtaining a small loan or borrow from your RRSP and pay it back within one year.



Debt Management

What to do if you and your abuser have joint debts:

Contact a lawyer or financial advisor to ensure these are divided fairly. Taking immediately control of past debts can ensure your abuser does not continue to abuse you by increasing your bills. If you don't do anything you could end up paying the entire amount owed.

It is important for you to contact all your creditors like the phone company, heating supplier, landlord and mortgage company, and inform them of your status (see page 44).

If you left home, you need to contact any utilities that are in your name so your name can be removed as account holder.

If you are staying in the home, call the utilities to ensure your ex does not shut off or increase the level of services.

It is important to make arrangements to manage the monies you owe. Keep all receipts because you will need them when you divide the family assets.

Note: *Check the yellow pages or Internet for a list of Credit Counselling Services in your area.*

Insurance: Things to consider

Make sure your mailing address is changed so you receive information, including renewal notices, from your insurance company. Remember that if you have jointly held auto, home, boat, farm equipment, recreational vehicles or other types of insurance policies with a partner, mailings may be in that person's name, in which case they will not be redirected to you. **Contact your insurance company and ask them to make a note on their file to ensure that no changes are made to your policies without your approval.**

If you own or co-own your home or vehicle, do not cancel insurance coverage even if you are not using them for a period of time. They are your assets, and if they are damaged or stolen while they are not covered by insurance, you will not be compensated for it.

It is a requirement of most home insurance policies that the home not be left unattended for more than a few days. If you are out of your home for more than a few days, ask someone you trust to check on it periodically, or request a police escort so that you may safely check it.

If you have life insurance, either through your employer or on your own, you may need to consider changing your beneficiary. (A beneficiary is the person named in your policy who would receive payment.)



Credit Counselling Services

Contact: (705) 742-1351

www.ccrcc-ptbo.com

Credit Counselling Services counsellors provide assistance in a professional, relaxed, and fully confidential manner. Some of the services provided are:

Budgeting Advice and Assistance

They provide information on money management, debt reduction options, and collection agency practices.

Preventative Education

They promote the wise use of credit and money management skills on an individual, family and community basis. Workshops are available by request.

Debt Repayment Programs

They may be able to get your payments lowered based on your ability to pay, and have your interest charges substantially reduced. This program is an alternative to bankruptcy and helps reduce stress by stopping collection calls and worries of legal action.

Credit Counselling Services can give you the information you need to make a plan and get back on track so please give them a call to find out more about their services.



Record of Debts

Date	Creditor	Amount





Federal Government Programs

Contact: **Employment Insurance (EI)**

Service in English: 1-800-206-7218

Service in French: 1-800-808-6352

TTY: 1-800-529-3742

Canada Pension Plan / Old Age Security

Service in English: 1-800-277-9914

Service in French: 1-800-277-9915

TTY: 1-800-529-3742

Other Services 1-800-622-6232

TTY 1-800-926-9105

www.servicecanada.gc.ca

Human Resources Skills Development Canada (HRSDC) is committed to safeguarding the personal information of all their clients and they are aware of the needs of victims to be able to change their address safely.

Clients must contact each HRSDC program separately in order to make a change of address. Clients may change their address using a variety of methods including telephone, in-person at a Service Canada Centre, Internet and mail.

Contact HRSDC / Service Canada programs and services at 800 O-Canada and information officers will assist in identifying the different programs and services that may need to be notified and provide all appropriate contact information for the programs in order to resolve the enquiry.

Clients receiving Employment Insurance (EI) are able to complete an address change by visiting their nearest Service Canada Centre. These locations can be found on their website at **servicecanada.gc.ca** using the link, Find a Service Canada Centre Near You, or by dialing **1-800-206-7218**.

However, clients that require an address change for all other services offered by Service Canada are required to call **1-800 OCANADA or 1-800-622-6232**.

On-line: If clients have a My Service Canada Account with a Personal Access Code, they can use Service Canada's online service to update their change of address.

For more information on how to change their address, clients can visit the website and access a list of contact information by clicking on *Life Events* and then *Moving*. This site will also give them information on other federal

departments and provincial/territorial departments, along with their programs and services.

You can also make requests for a change of address by mail to the nearest Service Canada Processing Centre. The list of addresses for the Processing Centres is provided on the Service Canada website or by calling **1-800 OCANADA or 1-800-622-6232**.



Ontario Works

Contact: Peterborough (705) 748-8830
178 Charlotte Street, Peterborough, ON
Cobourg (905) 372-6846
555 Court House Road

<http://www.mcsc.gov.on.ca/mcss/english/pillars/social/ow>

If you are in temporary financial need, **Ontario Works** provides you with money and helps you find a job.

To be **eligible** to receive help from Ontario Works you must:

- Live in Ontario;
- Need money right away to help pay for food and housing costs;
- Be willing to take part in activities that will help you find a job.

If you qualify, Ontario Works can provide you with:

- Financial assistance to help you cover the cost of your basic needs, (food) and housing;
- Employment assistance to help you prepare for and find a job, health benefits for yourself and your family, including medication and dental coverage;
- And more.

Ontario Disability Support Program (ODSP)

360 George Street North, 2nd Floor

Contact: (705) 742-9292

Toll Free: 1-800-663-8560

The Ontario Disability Support Program helps people with disabilities who are in financial need pay for living expenses, like food and housing. You may be eligible for: **Income Support** and/or **Employment Support**.

Please note that there is not an ODSP office in Northumberland County, however you can request to have our ODSP appointment in Northumberland County if transportation is an issue.

Everyone's situation is different.

This is a general guidance only.

Please contact Ontario Works or

Ontario Disability Support Program for more details.



Counselling

Need someone to talk to? Whether you are in a medical crisis, overwhelmed with life, just need to talk for a minute or have a specific question, there are professionals available to listen.

The following pages cover agencies in your area that can support you through your time of need. Some of the services are free while others might be covered if you have private insurance. Take the time to contact the agency of your choice and inquire about the services offered and costs involved.

Counsellors include specialists in cultural issues, employment, male issues, female issues, parenting, children who have witnessed abusive situations and more.

Don't forget there are counsellors in some of the shelters listed in the previous section.

**Remember only you can take the next step.
The choice is yours.**



YWCA
PETERBOROUGH
VICTORIA
& HALIBURTON

A TURNING POINT
FOR WOMEN

The YWCA of Peterborough, Victoria and Haliburton, Crisis and Support Services for Women (705) 743-3526

TTY (705) 743-4015

24-Hour Crisis and Support Line: 1-800-461-7656

Crisis and Support Counselling Services: They listen to and support women and their children who are living in or wondering about leaving an abusive situation. **Call if:**

you are unsure if your relationship is healthy; you are wondering what to do or what can be done; you are looking for counselling to understand the effects of abuse on you and your children; you would like staff support to go to legal and court appointments; or you would like counsellors to provide more information and referrals to other community and social services.

Counsellors are available by appointment during office hours. Office locations are wheelchair accessible.

Women's Counselling and Well Being Program: Many women have experienced abuse in their childhood and in adult relationships, and want to understand the effects and learn about healthy relationships. **Call if:** you are looking for individual counselling or group counselling with other women. They also offer educational workshops to women on violence against women, or issues related to victims of violence and community networking. Counsellors are available by appointment during office hours.

This Program is jointly sponsored by the YWCA and the Women's Health Care Centre, (1-800-419-3111 or (705) 743-4132 during the day or (705) 876-5022) Peterborough Regional Health Centre.



Northumberland Services for Women

Business (905) 372-6381

Crisis Line (905) 372-0746

Toll Free 1-800-263-3757

www.nsfw.ca

Community Counselling Program (905) 372-1545

The program offers a variety of services for women and children who have experienced family violence.

Women's Individual Counselling

Individual counselling services are available for women who are survivors of any form of abuse in intimate relationships.

Group counselling is available for women in the community, including past shelter residents, who have experienced abuse in intimate relationships.

Three phases of group are offered at a variety of times and locations.

Children's Counselling Program

Contact Kym @ (905) 372-6173 ext 233

Their Child and Youth Counsellor offers individual counselling for children living in the community who are experiencing difficulty as a result of witnessing family violence.

Child Witness Program

Northumberland Services for Women offers a 12-week Child Witness Program for mothers and their children (aged 5 to 16) who have been witness to, or have experienced, domestic abuse. This program covers a different topic each week. The goals are to provide early intervention for children who have witnessed abuse, provide a safe place for children/youth to discuss the violence they have experienced and to support children/youth so that they understand that domestic abuse is not their fault or their responsibility.



**NORTHUMBERLAND
COMMUNITY**
COUNSELLING CENTRE

12 Elgin Street East, Unit D, Cobourg, Ontario

Contact: (905) 372-6318 or (905) 372-6425 or 1-866-748-5720

Email: info@northumberlandccc.com

www.northumberlandccc.com

Northumberland Community Counselling Centre is an associate member of Family Service Ontario and they offer support services for all victims of abuse regardless of age or gender. They can provide or facilitate counselling, information/education, support and/or advocacy programs and services to all residents of Northumberland County.

They provide free professional individual and group counselling services to women, youth and children who have witnessed, experienced or are currently experiencing family violence.

They provide professional individual and group counselling services to male individuals who have experienced past abuse and/or are currently experiencing abuse. Fees are based on a sliding scale.

They also offer the following group counselling programs:

Children Living Without Violence – A free 8-week group, offered to children (ages 12 and under) that have witnessed their mother being abused by a partner or spouse. Child Witness counselling focuses on providing support to children as they heal from the effects of witnessing domestic violence.

Teens Living Without Violence – A free 8-week group, offered to youth (ages 13 to 18) that have witnessed their mother being abused by a partner or spouse.

Both of the above groups include a mothers' group to provide support to moms as they assist their children to heal from the effects of violence.

Women Survivors of Childhood Sexual Abuse – Two groups are offered; a Level 1 introductory 6-week group providing education and support to understand the impact of sexual abuse and a Level 2 group running 14-weeks that facilitates a woman's journey to wellness.

Managing Change Effectively - An 8-week program for men that covers topics such as effective communication in change situations, coping with stress, family, work and social changes, building conflict resolution and anger management skills. Fees are based on sliding scale.

Moving Beyond Anger - An 8-week program for women that covers topics such as self awareness and expressions of emotions, self care and assertiveness, conflict resolution and anger management. Fees are based on a sliding scale.

Support to current and previous partners is offered when a person is referred by the Court or Probation to attend the **Partner Assault Response Program (PAR)** as a result of a charge of domestic violence. **Free.**

A comprehensive list of their programs and services can be found on their website or contact them at the phone numbers listed above.



Contact: (705) 742-4258

www.ccrcc-ptbo.com

Community Counselling & Resource Centre provides a range of services that are useful for victims of domestic violence. The counselling program provides longer-term individual counselling for women whose lives have been affected by abuse. Group counselling is also offered for adults, as well as for children whose lives have been impacted by violence.

- The *Choices and Changes* group helps women to examine their patterns in intimate relationships.
- The *Peaceful Families* program provides groups to help children heal from the effects of domestic violence and to support their mothers.
- They provide counselling for women who are survivors of childhood sexual abuse and sexual assault.
- Their *Women's Personal Growth Groups* are also popular, providing groups on self-esteem, stress management, anger management, and assertiveness.
- *Managing Change Effectively: An 8-Week Group for Men* coping with separation and other challenging life transitions.
- They also run a credit counselling service to assist with debt problems, and a housing resource centre for those needing to get or keep housing.

Please contact them to find out more about the different services they provide in the community.

Contact: 305 Stewart St. Peterborough

Contact: (705) 743-8331

www.jhsptbo.com

The **John Howard Society** of Peterborough offers a range of services for adults, youth and families providing support, building skills and preparing participants for the challenges they may face within the community.

Youth Services include: Pre-charge Diversion, Court Support, Restorative Justice Circles and family supports.

Adult Services Include: *Healing from Within* (male sex abuse survivors), pardon applications, institutional services and family supports.

They also deliver the **Partner Assault Response (PAR) Program**, a component of Ontario's Domestic Violence Court program for men and women that have been charged with domestic assault.

Partner Assault Response (PAR) Programs

Contact: 1-888-579-2888

www.attorneygeneral.jus.gov.on.ca/english/about/vw/dvc.asp

Partner Assault Response (PAR) programs, a component of Ontario's Domestic Violence Court program, are specialized counselling and educational services offered by community-based agencies to people who have assaulted their partners.

The **John Howard Society of Peterborough** offers the program within Peterborough City/County and **Northumberland Community Counselling Centre** offers the program for Northumberland area residents. The philosophy of the PAR program is to provide offenders the tools they need to make and keep healthy relationships. Offenders can be ordered to attend the PAR program by the court and/or as a condition of probation. PAR programs aim to enhance victim safety and hold offenders responsible for their behaviour.

The 16-week long program gives people who have been violent or abusive toward a spouse/partner the chance to realize that abuse is a choice and to take responsibility for their actions. The goal of the group sessions is to provide participants non-abusive ways of resolving conflict.

While a client is in the PAR program, staff contacts the victim to ensure that they have a safety plan, and will assist by referring them to community resources and discuss the content of the program.



Contact: 180 Argyle Ave., Ste., 321
Ottawa, ON K2P 1B7
Contact: (613) 230-6179
www.themensproject.ca

The Men's Project provide individual/ couples counselling, and specialized healing programs for men who experienced sexual or physical abuse as children. Their services are specifically designed for men and are open to all men and their families.

Groups include emotional intelligence, anger management and fathering.



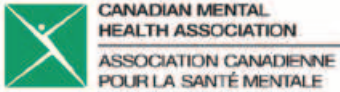
Contact: www.malesurvivor.org

Male Survivor is an **on-line** group committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy and activism.

Nogojiwanong Friendship Centre

304-306 George St., Peterborough
Contact: (705) 775-0387

First Nation service agency that focuses on social support, outreach to youth, health and physical development, educational services, justice interventions, and anti-violence. Provides services that are reflective, responsive and accountable to children, family, and the Aboriginal community's strengths and needs. Sensitive to social, linguistic and cultural diversity of families and communities; supportive based on the child and family's assessed needs and preferences. Services are offered as individual, group, and/or participant based activities.



Contact: (705) 748-6711

www.cmha.ca

Four County Crisis Community Mental Health maintains a few “safe” beds for short-term stays. These allow individuals to rest in a supportive environment to help them through a crisis. Individuals are expected to participate in meal preparation and laundry.

Individuals who need longer support can access up to 10 weeks of individual support to work on specific goals and activities related to the crisis.

Community Mental Health Crisis Response Program (Four County Crisis)

Contact: 1-866-995-9933

Access to the Four County Crisis Program services is centralized throughout the four counties and offers a toll free number 24 hours a day, 7 days a week.



Contact: 1-800-820-7384 or (705) 749-6809

Offers court support, counseling, pre-release programs, anger management and sexual assault treatment for women who are also facing criminal sanctions.



Peterborough: 130 Hunter St. W. Unit 200

Contact: 1-800-461-1909 or (705) 876-1292

Cobourg: 975 Elgin St. W.

Contact: (905) 377-9111

Offers a full range of out-patient treatment services for those experiencing problems with alcohol, drug use, and problems gambling.



The Ontario Network
for the Prevention of Elder Abuse

Contact: (705) 745-4100 or (416) 916-6748

www.onpea.org

Access: Monday to Friday 9 am - 5pm

ONPEA is dedicated to raising awareness about the abuse and neglect of older adults. ONPEA's mission is to create an Ontario that is free from abuse for all seniors, through education, training, collaboration, service coordination and advocacy.

ONPEA provides information, education and training on the prevention of elder abuse in the community and to individuals working with older adults.

ONPEA regional consultants work with local organizations to facilitate the coordination of services and programs to respond to elder abuse as well as with police and victim services. Training for front line staff in community organizations, agencies, hospitals and long-term care is also provided free of charge.

Seniors, families, or friends who have a concern about the well-being or safety of an older adult can access the Toll Free; **Senior Safety Line** at 1-866-299-1011 any time 24 hours/day, seven days a week, available in over 150 languages. The Safety Line will provide information, counselling and referrals to community resources/ services that may be able to assist in resolving situations of elder abuse.



Contact: (705) 742 7778

Support and referrals on issues related to older adults experiencing abuse.

northumberland **elder abuse**
response network



Contact: 1-888-822-7729

Special network to assist victims of elder abuse.

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

Contact: 1-800-668-6868

Kids' website: www.kidshelpphone.ca

Website: <http://org.kidshelpphone.ca/>

Available by phone and web, in English and in French, any time of the day or night, Kids Help Phone's counsellors offer compassionate, non-judgmental support to kids in need, no matter the question, no matter the problem.

Kids Help Phone is the go-to resource for kids in Canada aged 5 to 20 when they need help or trustworthy information on issues that are difficult to discuss with anyone else. The organization promises complete anonymity and confidentiality.

The professional counsellors at Kids Help Phone can also tap into their Community Referral Database, Canada's largest catalog of local services, to connect kids to resources and social services in their own community.

Kids Help Phone's kids' website has several sections including: "Ask Us Online" where kids post questions to counsellors and get a reply; "Info Booth" where kids find reliable information on all sorts of topics; and "Your Space" where kids can express themselves and play games.



Peterborough and Northumberland Offices

Central Intake Number 1-888-454-6275

www.kinark.on.ca

Kinark provides mental health services for children from birth to 18 years of age living in Peterborough and Northumberland Counties.

Services include individual and family counselling, intensive in-home services, day treatment, residential care, clinical consultation, supervised access, parent education and respite services.

Treatment of mental health symptoms including hyperactivity, anxiousness, fearfulness, depression, sadness, low self esteem, aggression, and behaviour problems at home, school, or community.

Children and teens that have experienced trauma including physical abuse, sexual assault, or have been victims of crime or have witnessed a crime may be treated for mental health issues arising from the experience.



Kawartha Sexual Assault

Contact: (705) 748-5901

Crisis Line: (705) 741-0260

Toll Free Crisis Line: 1-866-298-7778

411 Water St, Suite 102, Peterborough

www.kawarthasexualassaultcentre.com

The **Kawartha Sexual Assault Centre** is a not-for-profit, charitable organization established to provide sexual assault services and public education for the community.

Services include: 24-hour crisis line, individual and group counselling, outreach services, advocacy, accompaniment, public education and volunteer opportunities.

All services are immediate, free and confidential. Services are available throughout the City of Peterborough, City of Kawartha Lakes, and the counties of Haliburton, Northumberland and Peterborough.



NEW
CANADIANS
CENTRE
PETERBOROUGH

Contact: Peterborough (705) 743-0882

Cobourg (905) 377-8100

www.nccpeterborough.ca

The **New Canadians Centre** in Peterborough provides immediate assistance and orientation to immigrants and refugees when they arrive in the area. This includes community orientation, counselling, immigration support, employment services, translation and interpretation, and computer classes.

The centre provides free language assessments and referrals to English as a Second Language programs. The centre also provides a diversity of programming including English conversation circles, children's activities, group trips, and a host program that matches newcomers with volunteers to build friendships and provide support.

Clients can call for an appointment or simply drop by. The centre wants to hear how clients are doing. The centre can talk with you about what you are going through, and provide help with advocacy, information and referrals. Some things clients talk about are school, work, family, depression, financial issues, violence or getting involved in the community.



Nijkiwendidaa Anishnaabekweg Services Circle

Contact: (705) 741-0900 or 1-800-663-2696

www.nijki.com

Nijkiwendidaa is operated by Anishnaabekweg (Indigenous Women) providing counselling and healing services for Anishnaabekweg and their families.

The services that Nijkiwendidaa provide enable Anishnaabekweg and their families who have been abused, are being abused or are at risk of being abused to heal, build healthy relationships and a healthy community.

NASC utilizes **Traditional Indigenous Healing** methods and contemporary Western counselling and healing practices. Foremost, NASC provides a cultural-based approach and other appropriate methods to meet the needs of clients.

Please them to find out more about their services.



Lovesick Lake Native Women's Association

Contact: Buckhorn (705) 657-9456

Lakefield (705) 652-7029

At the **Lovesick Lake Native Women's Association** they are dedicated to the social economic and well-being of the native and non-native community. They have a career and economic employment preparation programs, a learning centre and health services.



PARN - Your Aids Resource Network

Contact: (705) 749-9110

Access: Daily Monday to Friday 8:30 a.m.-4:30 p.m.

The **Peterborough AIDS Resource Network** (PARN) provides support, health promotion and advocacy for people living with and affected by HIV. PARN provides education for people at risk for HIV, and works to increase community awareness of AIDS-related issues.

PARN, specifically, works to serve the needs of people HIV-infected and the HIV-affected in a manner that promotes independence and dignity. PARN does this through support, health promotion and practical assistance.

PARN also advocates on behalf of people HIV-infected, HIV-affected and at risk for HIV through specific services, and broader public policy and support; and increases community awareness with a view to preventing the transmission of HIV through prevention education programming and provision of resources.



Women's Health Care Centre
Peterborough Regional Health Centre

Women's Health Care Centre Sexual Assault/Domestic Violence Program

Contact: Daytime (705) 743-4132
1-800-419-3111
Peterborough Regional Health Centre
After Hours Sexual Assault/Domestic Violence Program
Emergency Dept. (705) 876-5022

Sexual Assault/Domestic Violence Program at the Women's Health Care Centre has a team of specially trained nurses on call 24/7 who are available to the hospitals serving Northumberland, City of Kawartha Lakes, Haliburton and Peterborough. They can help if you have been injured during a domestic violence assault. They provide medical care, document injuries and will photograph injuries if you wish. They will also help you set up a safety plan and assess your risk of being hurt again. You do not need to involve the police. You can choose what services work best for you. All services are confidential and free.

If anyone, including your partner or ex, forces you to perform a sexual act against your wishes this is sexual assault. Their nurses can help you. They can provide medical care, medicine to prevent sexually transmitted infections, HIV and pregnancy, collect evidence for the police (if you wish), document injuries and help you develop a safety plan.

The program also offers follow-up nursing services within 48 hours to further assess injuries and help with safety planning and referrals to other services.

They also have two social workers who offer counselling to women who have experienced domestic violence and/or have been sexually assaulted.

If there are concerns that a child under the age of 16 has been sexually assaulted their program has a specially trained Nurse Practitioner who examines children. In these circumstances it is required by law that the Children's Aid Society is notified to keep the child safe.

All services are confidential and free. You decide what options work best for you.





Pets

The following was condensed from the Canadian Veterinary Medical Society. For more information see:

<http://canadianveterinarians.net/animal-abuse.aspx>

or call your local veterinarian.

Animal abuse, child abuse and domestic violence

Many agencies are working together in recognition of the link between animal abuse and violence toward people. Researchers documented that violence toward animals can be a component and a symptom of child, spousal and elder abuse. Studies show:

- Over half of families with domestic violence, abused or neglected their pets;
- In many of the families with physical abuse of the children, there was also animal abuse;
- Women pet owners seeking refuge in women's shelters report that their abuser had threatened or had harmed their pet. Of these women with children and pets, over half believed the children were aware of the abuse, and impacted by it;
- Women delay leaving abusive situations because of fears for a pet's safety.

Check with shelters for arrangements with local animal shelters or veterinary hospitals to provide temporary housing for pets.

- Violence towards pets is one way abusers exert power and control over other victims, including children, spouse or elders.
- Threatening or hurting the pet may be used as a warning- "next time it could be you."
- Threats may be used as leverage. Fear for the pet keeps family members (spouse, child or elder) from disclosing the abuse and exposing the abuser.
- Forcing victims to witness cruelty to their pet is emotional abuse.
- Children who hurt animals may be acting out of their own experience, i.e. what they observe, or what they undergo themselves, at home.

SafePet **SafePet Program**

Contact: **Shelter staff must call.**

The program is dedicated to help women leave abusive partners by providing temporary housing and care for their pets.

Veterinarians

Contact: A local veterinarian listed in the Yellow Pages of the phone book.

Some veterinarians will provide temporary shelter for pets while the family is also in shelter. Others maintain lists of volunteers who provide foster homes for the pets as needed.



Contact: 1-888-668-7722

www.ontariospca.ca/4-familyvio.shtml

Nearly 10 years ago the **Ontario SPCA's** Provincial Anti-Violence Coalition conducted a women's shelter survey to explore the connection between the abuse of pets and human domestic violence.

Sixty-one per cent of respondents had pets harmed and/or killed by an abusive partner. As well, 48 per cent confirmed that they had delayed leaving an abusive situation for fear of leaving helpless pets behind.

As a result, the society launched the Family Violence Assistance Program. Working with participating shelters the Ontario SPCA provides safe emergency shelter on an interim basis to the companion animals for families entering shelters.

Humane Society

Contact: Peterborough (705) 745-4722

www.peterboroughhumanesociety.com

Northumberland (905) 885-4131

www.northumberlandhumanesocietyl.com

Working in cooperation with many agencies and departments they continue to promote responsible pet ownership concepts through community outreach.



Moving Onward

As you continue on your life's journey there will be many new relationships. Some maybe romantic or sexual, but most will be casual, business or short term.

Controlling and domineering people are part of every day life. Some are commissioned sales people doing their job; others are relatives with a lifetime of bad habits, while some are bosses or long term friends. Each situation is different, but all are opportunities for you to practise taking back control of your life in a positive and mutually-affirming manner.

It is important to recognize the abuse you experienced will affect how you feel and respond to these people. Learning to discern who is abusive and who is safe takes practice. Give yourself time to heal. Give yourself time to learn new habits. Give yourself praise for trying again and again.

These next few pages will allow you to journey through the lives of survivors of domestic abuse. They will share their true stories and experiences.



True Stories

17 Years Ago:

Today I realized I have to leave. I have tried to understand and change my partner but the harder I try the worse it gets. My children are getting older and asking questions and I don't have all the answers.

I am scared and I feel so alone but I have no choice but to put my children before me. I have come to learn that if I don't leave my relationship with my partner my children will think it is ok to allow their future partners to verbally and physically abuse them or worse, they could become the abuser. I placed a call to a shelter. I took my three children and they left behind my yesterday dreams.

February 2010

Today I am happily married with six children. I remember returning to school and later finding a great job that provided a living for me and my children. I took charge and set my own route on the path of life. I am able to look back with understanding of the woman I was while celebrating the woman I am today.

Recovery takes time and lots of healthy choices. Remember, I did it and so can you. Believe in yourself and know that all is possible. ~ Anonymous



True Stories

Fifteen years later

John can now look back and laugh. It's 15 years since he left an emotionally and financially abusive marriage. "I had no choice I had to leave. She wanted me dead. If I could do it again I would have prepared financially, retrieved some money from the family accounts, got a lawyer immediately and not have stayed as long."

Today John is engaged. He says he and his spouse both earn income and they discuss all major expenses. They each have "pocket" money each week and the other has no say in how this money is spent.

His relationship with his children from the first marriage is still rocky. "Look

at your prospective in-laws before you marry. If I had really looked at my mother-in-law I would have known what was going to happen.”

“If I could do it again? I would never have married her in the first place. I would never have stayed as long.” ~ **Anonymous**

True Stories

Eight years later

It's 8 years since Angelina left Mark. She now has her education, profession, a job, a home and friends, and as she says: “I have joy!” “I was crazy to believe he meant it when he would say he was sorry each time.” “I didn't see myself as abused. They had money. I had my own vehicle. I didn't understand I was a victim until I was cleaning my own blood off the walls.” “There is a lot of emotional and psychological abuse before a human will accept physical abuse.”

Angelina's voice rises and falls, breaks and she sighs. She expresses anger, frustration, and sadness. Her pain is real.

The abuse didn't stop. “He still calls. He used the family court system to abuse me. He had money. I didn't. He dragged it out. I had to represent myself because I couldn't afford the lawyer.”

“A thousand times I considered going back. He used the kids to control and abuse me. They would leave me notes. ‘If you want us in your life you have to take daddy back.’ I don't have contact with them at all now. I took them with me when I left but they returned to their abuser...” “I stayed too long.”

*“The best thing I did was write down everything as it happened. I re-read it, remembering I am not crazy. It really did happen. I was able to give accurate notes to his parole officer. It took a long time before I realized that it is my right to live without abuse; all those years seem so bizarre when I look back. The worst thing I did was stay too long. My kids are forever changed because of their concept of a ‘normal’ family.” ~ **Anonymous***



Characteristics of Healthy Relationships

The following is condensed from www.bpdfamily.com

- **Respect** involves listening and trying to understand and value each other's opinions.
- **Trust and support** is respecting each other's feelings, opinions, friends, activities and interests. It is valuing one's partner as an individual. It is supporting each other's goals.
- **Honesty and accountability** is communicating openly and truthfully, admitting mistakes and accepting responsibility for self.
- **Shared responsibility** is making family and relationship decisions together, mutually agreeing on the distribution of work while acting as non-violent and positive role models for rest of the family.
- **Economic partnership** is making financial decisions together so both parties benefit from the finances.
- **Negotiation and fairness** is both parties being willing to compromise, accept change and seek mutually satisfying solutions to conflict.
- **Non-threatening** behaviour is allowing both parties to feel comfortable and safe in expressing themselves and engaging in activities.



Warning Signs of Boundary Issues

Watch for these problems in yourself and your partner. Avoid committing to a romantic or sexual relationship until there is healing from these symptoms.

- Telling all;
- Talking at an intimate level at the first meeting;
- Falling in love with a new acquaintance;
- Falling in love with anyone who reaches out;
- Being overwhelmed by a person-preoccupied;
- Acting on the first sexual impulse;
- Being sexual for partner not self;
- Going against values or rights to please others;
- Not noticing when boundaries are invaded;
- Not noticing when someone displays inappropriate behaviour;
- Accepting gifts, touch or sex that is not wanted;
- Touching without permission;
- Allowing someone to take without your permission;
- Letting others define you;
- Letting others describe your reality;
- Believing others can anticipate your needs;
- Expecting others to fulfill all needs;
- Falling apart so someone else will extend care.

Glossary of Terms

Criminal Justice System Definitions

Accelerated Parole is only available to some first time offenders and it is only used when the board is convinced the offender will not commit a violent offence.

Appeals are to help make sure the courts do not make mistakes. Either the crown prosecutor or the defense attorney can request an appeal.

Bail Hearing occurs when a judge decides if an accused person will be released before the case is heard in court. Victims are entitled to a copy of the bail order and to know if any conditions are placed on the accused.

Concurrent Sentences are sentences that run at the same time.

Conditional Releases allow an inmate to work or volunteer under supervision in the community for a specific time. This is one of the first steps in the gradual reintegration of an offender back into society.

Consecutive Sentences are two or more sentences that are served one after another.

Criminal Harassment is when anyone makes you reasonably afraid for your safety by watching, following, threatening, or other means.

Crown Prosecutors are lawyers who deal with wrongs against society not individuals. They are not the victim's lawyer. They are acting on behalf of all the public.

Day Parole requires the offender to return to the institution every evening unless there are separate specifications. Victims have the legal right to obtain these specifications.

Defence Lawyers represent the accused and ensures their rights are not violated. Their system of justice is based on the belief that it is better for a guilty individual to go free than for an innocent person to be convicted.

Federal Penitentiaries are for sentences that are **2 years or more** in length.

Full Parole means the offender is not longer required to return to the institution but they are under specific conditions. Victims have the legal right to obtain these specifications.

Input Statement also called victim impact statement.

Long-Term Offender classification is similar to dangerous offender. These offenders have a special sentencing hearing and can be sentenced to incarceration for up to 10 years after their first sentence is complete.

Parole is either “day” or “full.” It is a conditional release that allows offenders to serve part of their sentence in the community. It is a privilege not a right and is determined by the parole board after a review is done of the information available. The biggest factor in determining parole is the safety of society this includes the safety of victims and witnesses.

Peace Bonds are free but you will need a lawyer to make the request to the court. It is a legal agreement between two people “to keep the peace.” If the agreement is broken, criminal charges can be laid.

Preliminary Inquiry is a hearing where a judge will determine if there is enough evidence to justify a case going to trial. Witnesses and victims may be called to testify.

Provincial Prisons are for sentences that are **less than 2 years** long.

Public Bans are used when a victim or witness is under 18 years of age or there is a special need for protection. There are several ways a judge can protect witnesses such as the witness testifies behind a screen, or outside the court room using a closed circuit TV. If the accused has chosen not to use a lawyer but to represent themselves an application can be made for young victims and witnesses to be cross examined by a court appointed counsel instead of the accused.

Statute of Limitations does not apply to most crimes in Canada. You can report an offense that happened in the past to the police at any time.

Statutory Release occurs for some offenders after they have served two-thirds of their sentence.

Summary Conviction has no preliminary hearing and the penalties are less severe than with criminal charges.

Surety is a person who gives or promises security for another person. The security acts as a promise that conditions imposed in a proceeding or obligations will be fulfilled, or else the surety risks losing the security provided.

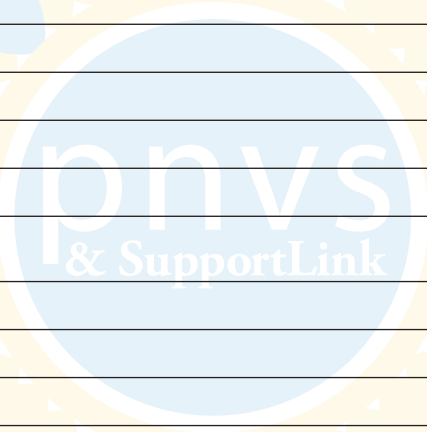
Temporary Absences can be occasional or a series of releases to help inmates return to society. They can be granted for medical, family contact, compassion or many other reasons. Offenders may be escorted or unescorted depending on their release date.

Trials involve witnesses and victims giving evidence even if they already testified at the preliminary hearing. A “not guilty” verdict in a trial does not mean innocent. It means the accused is free to go as there was not enough evidence to prove beyond a reasonable doubt whether they were guilty or not.

Witness/Victim’s role in a criminal court is to tell the truth and give their evidence as completely and accurately as is possible. The victim and witness have no other responsibility. The experience helps teach individuals to speak out against unacceptable behaviour and encourage healing. Witnesses should always be proud they stood up and told their story accomplishing their role in their court system.

March NOTES

April NOTES



November NOTES

December NOTES





Today, I choose my tomorrow

By accepting the help you need, you are taking back your energy and power. You are moving to the place in your life where life is safe, healthy, and strong.

You are beginning to trust that life can and will be better. It takes time to heal a broken spirit.

Only you can decide to live in “the here and now,” to look back for learning and to wait for tomorrow.

You cannot look back with regrets of yesterday because yesterday is gone and tomorrow is yet to make a mark on their lives. You do not have any control over either yesterday or tomorrow.

Therefore, Today is all you have, so let's focus on it and make it a day worth remembering.

Today is your day and only you can choose how to make your memories for tomorrow.

