

HAVE YOU BEEN ASSAULTED?

DO YOU FEEL THREATENED?



IN AN EMERGENCY CALL 911
OTTAWA 24-HOUR INFORMATION AND HELP: 745-4818 TTY 741-3556
ONTARIO ASSAULTED WOMEN'S HELPLINE: Toll Free 1 866 863-0511 Toll Free TTY 1 866 863-7868

KEEP THIS PAMPHLET IN A SAFE PLACE

DIFFERENT FORMS OF ABUSE:

- Physical - Financial - Harrassement / - Ritual & Cult
- Sexual - Social Stalking - Spiritual /
- Verbal/Emotional - Internet - Environmental Religious

ASSAULT IS A CRIME, GET HELP - YOU ARE NOT ALONE

SAFETY IF YOU STAY:

- Call 911 if you or your children are in danger
- Tell someone you trust to call the police if they think you are in danger
- Call a Program Against Abuse, a counselling agency or a crisis line
- Keep the telephone number of a shelter handy and make a plan in case you have to leave

SAFETY IF YOU LEAVE:

Where can you go that is safe?

- To a friend or relative's house
- To a shelter, safe home, motel or hotel
- To another town or city
- If you need help finding a safe place, call a counsellor

WHAT TO BRING (IF POSSIBLE):

- Clothes for a few days for you and the children
- Children's toys or blankets
- Medication or special food
- Money, keys, important documents (e.g. bank books, passport, driver's license, birth certificates, immigration papers, proof of living together)

PLANNING TO LEAVE:

- Go over your safety plan with a friend or counsellor to plan the safest way to leave
- Get legal advice about getting a peace bond or restraining order to keep your abuser away from you
- Call Social Services for information on financial assistance

- Put some money away in a safe place
- Get legal advice regarding the custody of your children
- Take your children with you or leave them with someone safe
- Leave an extra set of keys, copies of important documents and extra clothes with someone you trust

PLAN FOR YOUR SAFETY

- Leaving can be dangerous
- Ensure safety with a court order
- Keep your court order with you at all times; Leave extra copies at work, with a friend, in your car, etc.
- Call the police every time your abuser breaks the court order
- Tell family, friends and neighbours that you have a court order

IF YOU NEED MONEY

To apply for financial assistance, call Central Intake at Employment and Financial Assistance (613) 560-6000

You will be assigned to a worker at one of the district offices. If you are already on assistance, you can call your worker directly for practical help.

WHAT HAPPENS WHEN YOU CALL THE POLICE?

Police will respond to the call for service in cases of heterosexual, same-sex and transgender partner abuse.

An investigation will be conducted.

If reasonable grounds exist, the police lay charges. If the abuser is at the scene, the abuser will be arrested and charged. If the abuser is not present, attempts will be made to locate and arrest him/her. If the abuser cannot be found, a warrant for his/her arrest will be obtained.

The victim will be advised by the investigator of the abuser's arrest. In either case, when arrested, the abuser will be advised that it is the police laying the charges and not the victim.

If you have any questions, or require further assistance regarding the investigation of your case, you can contact the investigator assigned to your case. The Police Service's Victim Crisis Unit (VCU) may also be of assistance. The VCU is staffed by counsellors who provide crisis counselling, assessment and referral to persons who are victims of crime, tragic circumstances or critical incidents.

If you have any questions regarding the court system, contact the Victim/Witness Assistance Program (see the community resource list at the end of this pamphlet).

FAMILY LAW ACT

A restraining order is an order of the court which requires the abuser to stop stalking, annoying or harassing you and/or your children. Once an order is obtained, the abuser can no longer live with you. This must be registered with the police.

SAFETY ONCE YOU ARE ON YOUR OWN

- Get legal advice about custody, immigration and housing issues
- Tell your neighbours and landlord that your abuser no longer lives with you
- Tell them to call the police if they see your abuser near your home
- Ask your landlord if you can change the locks on your doors and windows
- Practice a safety plan with your children and tell the school or daycare who has permission to pick up your children (give them a copy of your Family Court papers if you have them)
- Get an unlisted telephone number (there may be no charge if you tell them you are at risk)
- If you are thinking of returning to your abuser, talk to someone about your safety
- Think about joining a women's support group or doing one-on-one counselling

A PEACE BOND

A peace bond is a court order that requires the abuser to keep the peace and obey any other specific conditions. It's not necessary to prove that a criminal offence has already been committed. If you have been threatened, or fear for your safety or the safety of your children, you can explain to the justice of the peace and ask for a peace bond. Where applicable, the investigator will supply a letter of support for the peace bond application.

Police:

Life-threatening emergency or crime in progress 911
Other emergencies (613) 230-6211 TTY (613) 232-1123
Partner Assault Unit (613) 236-1222, ext. 5407
Victim Crisis Unit (613) 236-1222, ext. 5822 TTY (613) 760-8009
Community Police Centres and all other inquiries (613) 236-1222

Programs Against Abuse

During business hours, you can call:

Carlington Community & Health Services (613) 722-4000 TTY (613) 761-7633
Catholic Family Service Ottawa (613) 233-8478 TTY (613) 233-1866
Eastern Ottawa Resource Centre (613) 741-6025 TTY (613) 741-3556
Family Services à la famille Ottawa (613) 725-3601 TTY (613) 725-3605
Immigrant Women Services Ottawa (613) 729-3145
Jewish Family Services. (613) 722-2225
Lanark County Interval House 1-800-267-7946
Minwaashin Lodge (Aboriginal women) (613) 741-5590
Nepean, Rideau & Osgoode Community Resource Centre. (613) 596-5626
Pinecrest-Queensway Health & Community Services (613) 820-4922
Somerset West Community Health Centre (613) 238-8210
Western Ottawa Community Resource Centre (613) 591-3686 TTY (613) 591-0484

Community Resource/Health Centres:

Centretown (613) 233-4443 TTY (613) 233-0651
Orléans-Cumberland (613) 830-4357
Lowertown (613) 789-3930
Overbrook-Forbes (613) 745-0073
Sandy Hill (613) 789-6309
South East Ottawa (613) 737-5115 TTY (613) 739-8197
Vanier. (613) 744-2892
Wabano Centre for Aboriginal Health. (613) 748-0657

Hospitals:

If in need of immediate health care, contact the Sexual Assault and Partner Abuse Care Program
Ottawa Hospital (24 hours). (613) 761-4366 TTY (613) 761-4140

Shelters (24 hours a day):

Chrysalis House (613) 591-5901 TTY (613) 591-8912
Interval House (613) 234-5181 TTY (613) 234-5393
La Présence (613) 241-8297
Lanark County Interval House 1 800 267-7946
Maison d'Amitié. (613) 747-0020 TTY (613) 747-9116
Nelson House (613) 225-3129 TTY (613) 225-4653
Oshki Kizis Lodge (for Aboriginal women). (613) 789-1141
Harmony House (Daytime only). (613) 233-3386
Evelyn Horne Emergency and Transitional Housing Program for Young Women (613) 789-8220

For practical assistance, ask to speak with a Transitional Support Worker at a shelter.

Court Services

Crown Attorney's Office (613) 239-1200
Victim/Witness Assistance Program. (613) 239-1229
Probation and Parole (613) 239-1119
Liaison Committee (Lesbian, Gay, Bi, Transgender) (613) 236-1222, ext. 5867
Elizabeth Fry Society (613) 239-1117

Legal Services

Family Law Information Centre (613) 239-1274
Legal Aid (613) 238-7931
University of Ottawa Legal Clinic (613) 562-5600
Lawyer Referral Service 1 800 268-8326

Other Services

New Directions (help for abusive partners)
Partner Assault Response Program (613) 233-8478
Free 24-hour Language Interpretation Services
Call Immigrant Women Services Ottawa (613) 729-1393
Victim Assistance Services of Ottawa-Carleton
-Supportlink
-Victim Quick Response Program (613) 238-2762

For Men

Men who have used behaviour that has hurt, scared, or controlled their wives or girlfriends.

Change is possible. Make the call to New Directions (613) 233-8478

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Call (613) 725-3601, ext. 105 to obtain more copies.
www.octevaw-cocvff.ca