

In case you need to hear this:
What happened was real.
It's not your fault.
Your feelings are valid.
You are entitled to heal in whatever
way you need and in your own time.
You are not alone, even if it feels that way.
You are necessary in this world.
I see you

-Nanea Hoffman

DPSVAWCC
3A Beechwood Drive
Parry Sound, Ontario
P2A 1V2

Woman is the centre of the wheel of life. She is the heartbeat of the people. She is not just in the home, but she is Community, she is the Nation - Art Solomon



*Ahnii, Tansi, Sago, Greetings!
A reminder of your beautiful
self in Creation:*

Nibwaakaawin – Wisdom

To cherish knowledge is to know wisdom

Zaagi'diwin – Love

To know love is to know peace

Minnaadendamowin – Respect

To honor all of creation is to have respect

Aakode'ewin – Bravery

Bravery is to face the foe with integrity

Gwayakwaadiziwin – Honesty

Honesty in facing a situation is to be brave

Dabaadendiziwin – Humility

Humility is to know yourself as a sacred part of Creation

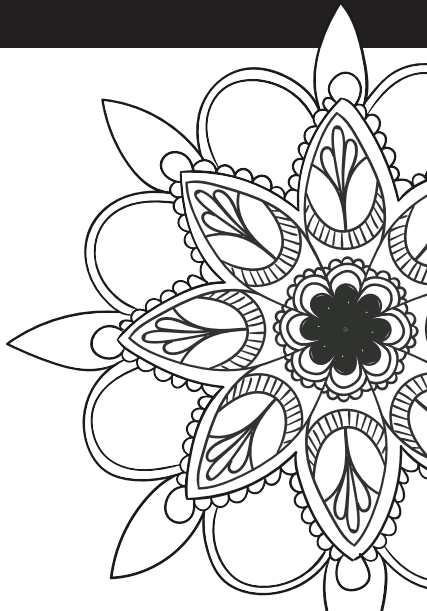
Debwewin – Truth

Truth is to know all of these things

Safety Tips

You must think about your safety.
Here are some tips to help you keep safe.

Talk to others about your safety.
If things do not feel right, be extra careful.
Do what you feel will keep you and your children safe.



Safety at Home

Keep a phone and important phone numbers close by.

Think of safe places in your home.

You can set up a safe room.

Have a way out, a phone and a lock on the door.





Think of safe ways to get out of your home.
Plan a safe place to go if you need to leave your home.

Important Numbers

Police: _____

Friends: _____

Shelter: Esprit Place, 24 hour Crisis/Support Line
1-800-461-1707 | 705-746-4800

24/7 Helpline: Women's Sexual Assault Helpline
1-800-461-2929



Getting Ready to Leave

Think about papers and things you will need.

Hide them in a safe place if you can.

Do not tell the person who hurts you.

Talk to someone you trust.

Open your own bank account.

Try to keep some money in a safe place

Ask Police to be there when you leave.

Have a safe place to stay, like a shelter.

Consider sharing your situation with your
medical practitioner.

Items to Take With You

- Personal Identification - for you and any children with you: native persons status card, birth certificate, driver's license, health card, passport, social insurance card
- Address Book
- Immigration Papers
- Custody Orders for Children
- Keys - house, car, office, mailbox, garage
- Money - cheque book, debit card, credit card, bank book
- Bank Papers - mortgage, loans or line of credit
- Insurance Papers - life, home, auto
- Job / Pension Papers
- Income Tax Papers
- Car Ownership Papers
- Medicine
- Lease / Rental Agreements, Property Deeds
- Things that mean a lot to you - pictures, jewelry
- Children's Toys and Blankets
- Small items that won't be missed can be taken to trusted family, friends or neighbour.



If You are Living Alone

Change the house and garage door locks.

Lock your windows.

Lock your doors even when you are home.

Check who is at your door before you open it.

Install a peep hole.

Keep a phone near you.

Make sure you can see out all windows.

Leave a light on.

Have good outside lights.

Make sure people can see your house number

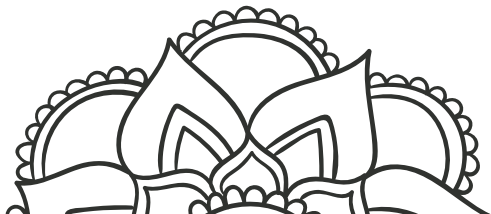
Tell neighbours what is going on.

Have them call police if they see the person

near your home.

Tell Police if the person will not leave you alone.

Write down each time the person bothers you.



If You are Not at Home

Try to stay where there are people around you.

Go out with friends.

Keep court papers with you.

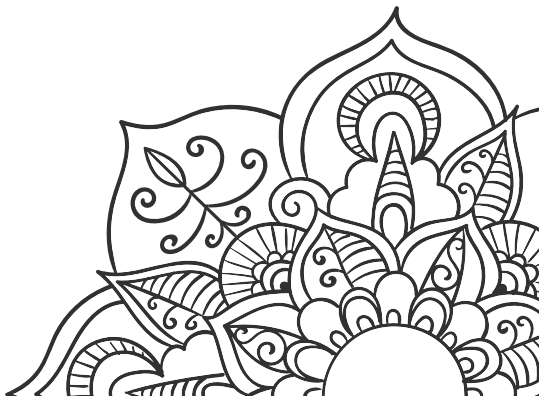
Watch for places to go if you need help.

Always keep your cell phone charged and with you.

If you call 9-1-1 from your cell phone,
tell Police where you are.

Tell people you spend time with what is going on.

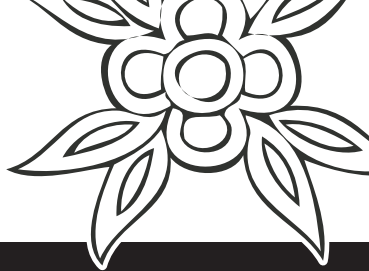
Let someone know where you are going and when
you will come back.



Safety Plan with your Children

Teach your children to
keep away from where the danger is.
Teach them safe places inside and outside the house.
Teach them to tell you
if someone is at the door and not to open it.
Show them how to call 9-1-1.
Let the school or daycare
know who can pick up your children.
Talk to your children about safe people they can talk to.





Look After Yourself

Watch a good movie.

Take time for you.

Go for a walk with a friend.

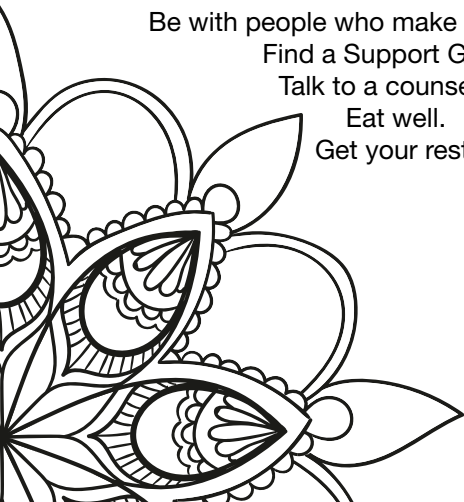
Be with people who make you feel good.

Find a Support Group.

Talk to a counsellor.

Eat well.

Get your rest.



Staying Safe Online

Learn how to delete your browsing history:

www.wikihow.com/clear-your-browser's-cache

Learn how to delete your browser cookies:

www.wikihow.com/clear-your-browser's-cookies

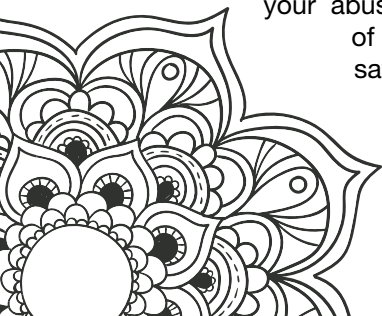
If you live with your abuser, will use a computer at _____ instead of at home.

Change passwords for online bank accounts, emails, etc., that your abuser knows or can easily figure out.

Delete social media accounts (including Facebook, Twitter, Instagram, etc.).

Make new accounts if you want to stay on social media.

Limit what is shared on social media and make your account settings as private as possible so that your abuser can't keep track of what you are doing or saying, or where you are.





Staying Safe When Using my Phone

Turn off or disable the GPS function
on my cell phone and tablet.

Call your phone company to have your phone
number unlisted and to change your phone
plan if your abuser has access to your records.

Block your abuser's phone number.

Do not accept calls from private
or blocked numbers.

Set an anonymous voicemail message or have
someone else set one for you.



If you have been assaulted

The Regional Sexual and Domestic Assault Treatment Centre for Simcoe County and Muskoka is located at Soldiers' Memorial Hospital. The Treatment Centre provides emergency medical care and treatment options to victims of sexual and domestic assault. Police involvement is not required to access the service.

Sexual Assault

The Regional Sexual Assault Treatment Centre is a safe and private place at Soldiers' Memorial Hospital. The Treatment Centre provides confidential sexual assault care and treatment options in a caring, supportive environment. Treatment is provided within 72 hours of a sexual assault for adults and teens, and within 24 hours of an assault for children. Specially trained nurses and doctors, sensitive to the needs of sexual assault survivors, work at the Centre. Care and treatment is available 24 hours a day, 365 days a year.

Sexual Assault Centre

170 Colborne Street West, Orillia, ON L3V 2Z3
T: (705) 327-9155 or Toll-free: 1 (877) 377-7438

Domestic Violence

The Regional Domestic Assault Program has specialized nurses, sensitive to your needs, who are available 24 hours a day, 7 days a week. They offer prompt, confidential, and individualized care and treatment. They also offer the following emergency services and choices, 24 hours a day, for survivors of recent domestic assault:

- Treatment of injuries in the emergency department (x-rays, stitches, cast, ice pack)
- A safe, quiet and private place
- Mapping, documentation and photography of your injuries
- Risk assessment
- Safety planning
- Referral to a shelter/a safe place
- Referral to counselling and other community services
- A follow-up phone call and visit within 3 days

At OSMH your choices are respected. You may not have the time right now to go to the domestic assault treatment centre. You might need child-care or have work obligations. Please remember that you can come to the treatment centre within three to four days of an assault by your current or past partner.

Domestic Violence Centre

170 Colborne Street West, Orillia, ON L3V 2Z3

T: (705) 327-9155 or Toll-free: 1 (877) 377-7438

Organizations I Can Contact for Help

Esprit Place

1-800-461-1707 | 705-746-4800

The Assaulted Women's Helpline

1-866-863-0511 (English) www.awhl.org

Fem'aide

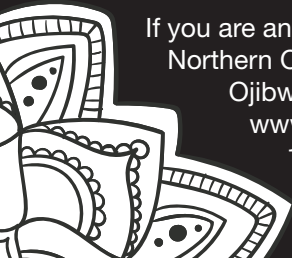
1-877-336-2433 (Français) www.femaide.ca

Ontario's Victim Support Line

If you are a victim of crime and would like to speak to an information and referral counsellor 1-888-579-2888 (English, French, and other languages through an interpreter) www.ovc.gov.on.ca

Talk 4 Healing

If you are an Indigenous woman living in Northern Ontario and speak English, Ojibway, Oji-Cree, or Cree www.talk4healing.com
1-855-554-4325





For more information please use
the following online resources:

<https://www.sheltersafe.ca/>
<https://www.stepstojustice.ca>
<https://lukesplace.ca/>



