

## PLAN FOR YOUR SAFETY WHEN LEAVING AN ABUSIVE RELATIONSHIP:

If you are currently in the relationship, there are *safety measures* you can follow during a crisis situation:

- call 911 and yell loudly to alert neighbours
  - arrange for a friend or neighbour to call the police if they hear a disturbance coming from your home
  - have a code word to use with children, family or neighbours
- If you have already left the relationship, you will need to remain aware of your safety. Please keep the following suggestions in mind. Remember, the abuser knows you well, and will know your routine, and your likely path to support. Change your routine where ever, and when ever possible.

### AT HOME

- Change or add new locks and secure all windows
- Use more visible entrances
- Leave lights on or install sensor lights
- Park your car under lights
- Avoid being alone in your back yard
- Inform the school of who has permission to pick up kids
- Teach kids a safety plan for when you are not with them
- Carry a cell phone AT ALL TIMES, even in your home
- Have an escape plan (lockable room with an exit)
- Prepare an emergency kit (phone numbers, etc.)
- Have a code word for children (teach them to call for help)
- Bring pets with you if at all possible or leave them at a friends

### AT WORK

- Screen your telephone calls
- Provide co-workers with a picture or description of the abuser
- Get co-workers to walk you to & from your car, etc.
- Plan for an emergency escape
- Have a code word for coworkers

### IN PUBLIC

- Try not to walk alone
- Draw attention by yelling clearly "CALL POLICE"
- On public transit, sit close to the driver, have friends walk you to and from the bus stop, and wait with you if possible

### IN A CAR

- Have your cell phone ready
- Check your gas and tires before every outing; look under the car for puddles, check tires for nails
- If you are followed, drive to the police NOT to your home

### SAFETY WITH A RESTRAINING ORDER

- Keep it with you at all times
  - Give a copy to family, friends, or co-workers
  - Call police if your abuser violates the order
  - Ask family & co-workers to call police if he violates the order
- Determine other ways to stay safe if police do not respond immediately. Go to a Domestic Violence Shelter such as HIATUS HOUSE, or stay with a friend the abuser DOES NOT KNOW.

## RESOURCES FOR VICTIMS OF VIOLENCE

### POLICE SERVICES:

Windsor Police - <b>Emergency</b>	911 or 519-258-6111
Essex County OPP - <b>Emergency</b>	911 or 519-723-2491
Amherstburg Police Services	519-736-8559 <i>non-emergency numbers</i>
Essex OPP	519-736-8559
Lakeshore OPP	519-728-1810
LaSalle Police	519-969-5210
Leamington OPP	519-326-2544
Tecumseh OPP	519-735-2424
Windsor Police Services	519-255-6700



### SERVICES FOR VICTIMS:

Children's Aid Society (child protection)	519-256-4521
Family Violence Unit (Windsor Police)	519-255-6700 x 4318
Hiatus House	519-252-7781
<i>...(Shelter, Counselling, Family Court Support)</i>	
Supervised Exchange, Access & Visitation/Children	519-252-6365
Victim Services of Windsor & Essex County	519-723-2711
<i>.....(victims of tragedy or crime)</i>	
Victim Witness Assistance Program (court support)	519-253-2897
Violence Against Women - Interpreters (MCC)	519-255-1127

### OTHER SERVICES FOR VICTIMS

Criminal Injuries Compensation Board	1-800-372-7463
Elder Abuse Committee (assault & neglect)	519-966-5010
Office of the Independent Police Review Director	1-877-411-4773
<i>....(complaints against local police and OPP officers)</i>	
Sexual Assault Treatment SATC (Children & Adults)	519-255-2234
Sexual Assault Crisis Centre (counselling)	519-253-9667
Sexual Assault Unit (Windsor Police)	519-255-6700 x 4306
Victim Support Line	1-888-579-2888
Ministry of the Attorney General/Victims & Vulnerable Persons	
Division, West Region Office	519-453-8973

### LEGAL SERVICES:

Bilingual Legal Clinic	519-253-3526
Community Legal Aid (University of Windsor)	519-253-7150
Legal Assistance of Windsor	519-256-7831
Ontario Legal Aid (financial aid to hire a lawyer)	519-255-7822
Mediation Services (University of Windsor)	519-253-3000 x-2954

### FINANCIAL SERVICES:

Social Services - City	519-255-5200
Social Services - County	519-322-3500
Credit Counselling	519-258-2030
ODSP Office	519-255-7822
Ontario Works (OW)	519-255-1011

### HOUSING and/or SHELTER:

Hiatus House	519-252-7781
Housing Information Services (help with housing)	519-254-4824
Salvation Army (emergency shelter)	519-253-7473
South Essex Community Council (housing asst.)	519-326-8629
Welcome Centre (emergency shelter for women)	519-971-7595
Windsor Homes Coalition (available housing)	519-258-4501
Windsor Housing Authority (low income housing)	519-254-1681

### EMERGENCY FOOD:

Amherstburg Food Bank	519-734-4156
Essex Area Food Bank	519-566-6679 or 776-7344
Leamington Salvation Army	519-326-0319
South Essex Community Council	519-326-8629
Unemployed Help Centre	519-944-4900

*The Unemployed Help Centre can also refer you to food banks closer to your home. In addition, they may be able to assist you in the Job Market.*

### HUMAN RIGHTS & ANTI-RACISM:

AIDS Committee of Windsor (clients with HIV-AIDS)	519-973-0222
Human Rights Commission	1-800-387-9080
Legal Assistance of Windsor (Human Trafficking)	519-256-7831
Urban Alliance on Race Relations & Black Coalition	519-252-2561

### HOSPITALS & PHYSICAL HEALTH:

Hotel Dieu-Grace Hospital	519-973-4444
Windsor Regional - Metropolitan Hospital	519-254-1661
Leamington	1-800-265-8003 or 322-2501
City Centre Health Care	519-971-0116
Sandwich Community Health Centre	519-258-6002
Street Health	519-252-3777
Teen Health Centre	519-253-8481
Urgent Care Centre - 11811 Tecumseh Rd. E.	519-979-3355
Urgent Care Centre - 1740 Huron Church Rd.	519-255-9185
Windsor-Essex County Health Unit	519-258-2146
Essex Medical Association	519-256-4611

*...(for a referral to doctors accepting new patients)*

### COUNSELLING & MENTAL HEALTH:

Children's Crisis Service (0 - 18 yrs.)	519-252-2720
CMHA - Bereavement Services	519-255-7440
Community Mental Health Clinic	519-257-5125
Community Crisis Centre (24 hrs. a day)	519-973-4435
Distress Centre (Telephone Crisis Support)	519-256-5000
Kid's Help Line	1-800-668-6868
OK2BME Windsor-Essex (LGBTIQ Support)	519-254-3426
Parent Help Line (Regional Children's Centre)	519-257-5437
Teen Health Centre	519-253-8481

### IMMIGRANT SETTLEMENT & ADAPTATION:

English Testing Centre GECD School Board	519-253-2724
Multi-Cultural Council & Vaw Interpreters	519-255-1127
South Essex Community Council - Refugee Office	519-326-8629
Windsor Women Working With Immigrant Women	519-973-5588
Windsor Refugee Office	519-256-0506
Women's Enterprise Skills Training (WEST)	519-256-6621
YMCA New Canadians Program	519-256-7330
Immigration Canada	1-888-242-2100

### OTHER HELPFUL INFORMATION:

Unemployed Help Centre (Skills training)	519-944-9184
Information Windsor	519-973-4636
BR: Bob Richie Cab - Belle River	519-728-4334
Sun Parlour Cab Company - Leamington	519-326-9063
Veteran's Cab Company - Windsor	519-256-2621
City of Windsor: City Service Information	311
Windsor Area Information/Internet:	www.windsor411.ca

# REMEMBER, ABUSE IS NOT YOUR FAULT!

It is not easy to talk about abuse, and even harder to leave an abusive relationship.

However, leaving is the best way to end the abuse, because the abuse almost always becomes worse. More women are killed by their boyfriends or husbands than by strangers.

Some women stay out of a sense of marital duty. Please remember, if he is abusing you, it is **HE** who broke the marital vows, **NOT YOU!**

Some women stay for the children. Unfortunately, children who witness abuse, fear for their safety, have trouble in school, blame themselves, and learn that yelling, threats, pushing, punching, name calling and blaming others, are the way to solve problems.

Some women stay because they are afraid of being alone. In fact, it is lonelier to stay in a unhappy relationship, then to be on your own where you can take steps to meet, and spend time with other interesting people.

Some women worry about financial responsibilities, housing and food. Job clubs, retraining, and financial assistance **ARE** available.

If you are concerned for your safety, there are **SHELTERS** to help keep you safe while you take steps to begin your new life, free from abuse.

True love is a partnership based on shared responsibilities, tradition and celebration. **YOU** deserve a better life, and someone who will love and **RESPECT** you!

## WHEN LEAVING... PUT YOUR SAFETY FIRST. IF YOU HAVE TIME, THE FOLLOWING ITEMS WITH BE HELPFUL:

- Money, checkbook, bankbook, debit card, personal phone book
- Health card, Driver's License, Social Insurance card
- Passport, VISA, Immigration status documents...
- Birth certificates, including your children's birth certificates
- Order of protection, custody orders, divorce papers
- Clothing, jewelry, photos, keys, money
- Lease, rental agreement, or house deed
- Have receipts for anything you paid for

(If you can't get the originals, photocopies may help.)

### MEMBER AGENCY OF:

The Ontario Network of Victim Service Providers - ONVSP

The Canadian Association for Victims of Crime - CAVC

The National Organization of Victim Assistance - NOVA

The Association of Traumatic Stress Specialists - ATSS

### PRODUCED BY:

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# SURVIVAL GUIDE



TM/MD

## SERVICES FOR VICTIMS OF DOMESTIC VIOLENCE

**Victim Services Windsor Essex County:**  
(519) 723-2711 or  
Toll Free: 1-888-732-6228

### HIATUS HOUSE

- Safety Shelter & Counselling Program:  
519-252-7781 or 1-800-265-6142

### VICTIM WITNESS ASSISTANCE PROGRAM

- Support Throughout the Court Process:  
519-253-2897