OUT OF THE SHADOWS

A manual for survivors in Peterborough and area

survivortoolkit.ca

Victim Services

PARTNERSHIP • SUPPORT • EDUCATION

Peterborough Domestic Abuse Network

May 2023
6th Edition

This handbook provides overview information that may be useful to those experiencing intimate partner/domestic violence. It was created in concert with a video series about local services that can be found at: **survivortoolkit.ca**.

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Ontario

DEDICATION

YOU ARE NOT ALONE

This handbook was created to assist those dealing with violence in their intimate relationships. It is intended to assist survivors to access the tools and connect with the people and resources in our community so that they can make informed choices about their situation.

SURVIVORS

Throughout this handbook the term 'survivor' will be used whenever talking about someone who has experienced violence in a relationship with an intimate partner.

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.

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SECTION 1
INTRODUCTION

"Nobody, but nobody, can make it out here alone"

Maya Angelou from the poem Alone

EMERGENCY NUMBERS

Police, Fire, Ambulance:	911
Anishinabek Police (Curve Lake):	705-657-8892
Brighton OPP:	613-475-1313
Campbellford OPP:	705-653-3300
Cobourg OPP:	905-372-5421
Cobourg Police Service:	905-372-6821
Hiawatha First Nation:	911
Kawartha Lakes Police	705-324-5252
Kawartha Lakes OPP	705-324-6741
Peterborough Police Service:	705-876-1122
Peterborough County OPP:	705-742-0401
Port Hope Police Service:	905-885-8123
Community Services Information - Free, 24/7 & multilingual, Call or text. Web Chat also available.	211 211ontario.ca

24/7 CRISIS NUMBERS

4 County Crisis (4CC)	866-995-9933 or 705-745-6848
Cornerstone, Northumberland	800-263-3757
Femmes-Aide	800-336-2433
Kawartha Sexual Assault Centre	866-298-7778
TeleCare Peterborough	705-748-5901
Women's Resources, Lindsay	705-745-2273
	705-878-3662
YWCA Peterborough Haliburton	800-461-7656
YWCA Text line	705-991-0110

INTRODUCTION

This handbook will provide website links via Quick Response (QR) code (like the one below) that is linked to the organization's webpage. To use a QR code - open the camera app on a mobile device and place it over the QR code, the website link will pop up - click on the website link to be taken to that webpage.

WHAT IS DOMESTIC/INTIMATE PARTNER VIOLENCE?

Domestic (relationship or intimate partner) violence is any form of abuse, assault, mistreatment or neglect that a person experiences from a family member, or from someone with whom they have an intimate relationship. This violence can range on a continuum of power and control including sexual, emotional, financial, psychological, cultural, spiritual and physical. It can occur when dating, within intimate relationships, common law, marriages and interpersonal family dynamics as well as other relationships of dependence.

Violence in a relationship can happen to anyone and the abusive partner can also be anyone. Throughout this handbook Domestic/Intimate Partner Violence is referred to as DV/IPV.

For more information about Intimate Partner Violence visit: **learningtoendabuse.ca** or scan this QR Code with the camera of a mobile device.

WHAT IS SEX TRAFFICKING?

Sex Trafficking can occur in the context of DV/IPV. The partner/abuser and/or guardian may share sexual images, and recordings of you and/or your children with others, without your consent. They might also require, force or trick you and/or your children to engage in exotic dancing and/or sexual acts with someone other than them. They may claim that these acts are your way of helping you pay back debt you owe them.

For more information please visit: https://www.canadiancentretoendhumantrafficking.ca/need-help or scan the QR code with a mobile device

WHAT VIOLENCE/ABUSE CAN LOOK LIKE

Sexual Abuse may look like:

- Pressure to have sex when you don't want to
- Using or hurting you with weapons or objects during sex
- Verbally abusing you in sexual ways
- Accusing you of cheating
- Jealousy of other relationships you had/have
- Trying to make you dress in a sexually provocative or demeaning way
- Demanding sex after they have beaten you
- Treating you as an object or enforcing strict gender roles
- Holding you down during sex
- Making threats if you don't perform sexual acts
- "Choking out" or strangulation during sex
- Involving others in sexual activities with you without your consent/pressures you

Emotional Abuse may look like:

- Name calling or constantly criticizing you
- Isolating you from family or friends
- Putting you down in any way
- Penalizing you by not showing affection
- Not trusting you
- Acting jealous or possessive
- Supervising everywhere you go, tracking who you call and who you are with
- Threatening to hurt you or your children, family or family pets
- Expecting you to ask for permission to do anything

Financial Abuse may look like:

- Forcing you to stay home instead of working
- Controlling finances or refusing to share money
- Taking complete control over bank account/cards

Psychological Abuse may look like:

- Threatening to harm themselves or others (pets & children)
- Threatening to leave the relationship
- Doing things intentionally to frighten you

Cultural/Spiritual Abuse may look like:

- Threatening to 'out' someone as LGBQT2S if their friends and family don't know
- Using racial slurs against you
- Not letting you observe the dietary or dress customs of your faith
- Not allowing you to attend ceremonies or church

Physical Abuse may look like:

- Leaving you in a dangerous or unknown place
- Throwing objects, punching walls, kicking doors, etc.
- Slapping, kicking, pushing, biting, or choking you
- Not permitting you to call police or emergency services (e.g. hospital)
- Not allowing you to leave your home or locking you in
- Threatening with any use of weapons
- Using physical force in attempt to have sex
- Hurting your children or pets
- Strangulation or pressure on your neck so you can't breathe
- Putting you in danger while driving
- Not allowing you to drive/have a license
- Not allowing you to work or go to social activities

NOTES: _____

IS MY PARTNER ABUSIVE CHECKLIST

Isolation: I am separated from others

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

Privilege: I am treated as less than equal

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

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

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

Sexual Abuse: Sex is not a mutually agreed act

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

Psychological Abuse: Mental stress

- ☐ My partner threatens to turn people against me
- ☐ My partner threatens to leave the relationship
- ☐ My partner threatens to take away our children
- ☐ My partner threatens to harm me and/or others if I leave
- ☐ My partner threatens to commit me to an institution
- ☐ My partner threatens to withdraw sponsorship
- ☐ My partner fakes/exaggerates illness or hurts him/herself to gain attention and control
- ☐ My partner drives irresponsibly/illegally to frighten me

Anger and Intimidation

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

Immigrant/Cultural Abuse

- [ ] My partner threatens to cancel my sponsorship/have me deported
- [ ] My partner lies about my current status
- [ ] My partner provides false information about immigration laws/process
- [ ] My partner uses religion and cultural practices to threaten or isolate me from accessing supports
- [ ] My partner undermines me because of my race, religion or country of origin
- [ ] My partner makes false allegations to immigration officials
- [ ] My partner threatens/tries to remove my children from Canada
- [ ] My partner makes threats about penalties in my country of origin
- [ ] My partner uses or glorifies patriarchal cultural practices
- [ ] My partner refuses to acknowledge divorce because of religion

Physical Abuse

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

Emotional Abuse

- [ ] My partner belittles me or puts down my appearance
- [ ] My partner implies I am “stupid”
- [ ] My partner calls me names and swears at me
- [ ] My partner says I am crazy and irrational
- [ ] My partner falsely accuses me of having an affair
- [ ] My partner ridicules me in front of family and friends
- [ ] My partner shows no concern for the children’s needs
- [ ] My partner gets angry when the children cry or need something
- [ ] My partner goes through my personal things
- [ ] The children’s friends are frightened so they no longer visit
- [ ] My partner destroys my things
- [ ] My partner demands obedience from me like I'm a servant
- [ ] My partner makes major decisions without my input
- [ ] My partner treats me like I'm inferior
- [ ] My partner tells me that I can't cope without him/her/them
- [ ] My partner is coercing (forcing) me into marriage through threats or force

NOTES: _____

TRAITS OF AN ABUSIVE PARTNER

An abusive partner....

- Often **“blows up”** during small incidents. They is often easily offended; they claim that their feelings have been hurt after the blow-up.
- May have **unrealistic expectations** and may expect you to fulfill all of their needs. The abusive partner may say, “If you love me…”
- Tends to be **moody and unpredictable**. Explosiveness and mood swings are typical of people who hurt their partners.
- Is **extremely jealous:** At the beginning of a relationship, an abusive partner may claim that jealousy is a sign of their love, however jealousy has nothing to do with love.
- **Isolates** you: They may try to remove you from your family/friends and other social supports, telling you that these supports are wrecking your relationship or “causing trouble”.
- Is **insecure** and usually thinks poorly of themself
- May have a **history of abuse**: they may admit to hitting others in the past, but will claim the person “asked for” it. An abusive partner will hit any person they are with; situational circumstances do not make a person abusive
- Will often **abuse alcohol and/or drugs**
- May say things that are intentionally cruel and hurtful in order to degrade, **humiliate**, or diminish your accomplishments.
- Often uses **physical force** during arguments
- May **act out** instead of talking about how they feel
- **Blames others** for their own problems
- Uses **manipulation**, often saying things like "you made me mad"
- May be **cruel** to animals and/or children
- Uses tracking software on your devices to track your whereabouts

- May have a **fascination with weapons.**
- Often makes **threats of violence** by breaking things, hitting objects or throwing things.
- Often uses **verbal threats**.
- May say things like "You're stupid." Or "You're nothing without me." Or " You'll never find anyone else who will love you."
- May have a family history of violence.
- Is very **controlling**.
- May be **quick** to escalate relationships. Many people in abusive relationships date or know their abuser for less than six months before they become engaged or live together.
- May use “playful” force during sex, and/or may want to act out sexual fantasies in which the other person is helpless.

NOTES: _____

POWER AND CONTROL WHEEL

"An Unhealty Relationship"



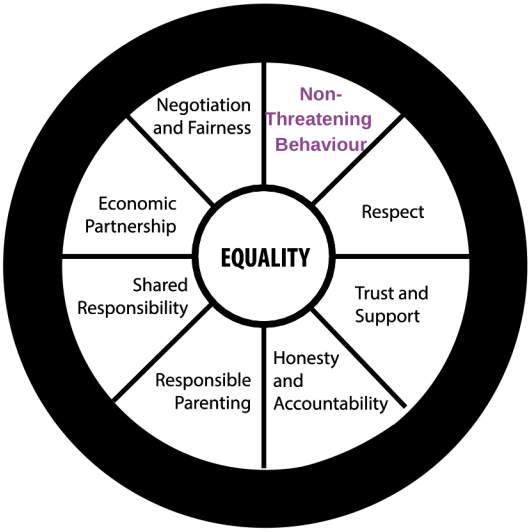
Think about the checklists above

***Using Male Privilege**: A man believes he has the right to dominate, control and use physical violence to force 'his' woman to submit.*
***Coercion**: persuading someone to do something by using force or threats:*

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.
Notice that they're very different from the characteristics above.
Are these characteristics familiar to you?

HIGH-RISK SITUATIONS

High-risk situations can lead to life-threatening incidents. Please read this list carefully and check all that apply

- ☐ My partner has access to weapons: guns, hunting/kitchen knives, household tools, crossbows, bats, plastic bags, rope and poisons
- ☐ My partner threatens me with weapons
- ☐ My partner has put pressure on my neck (with their hands or an object in a 'choking or strangling' manner)
- ☐ My partner threatens to torture, mutilate or kill my pet
- ☐ My partner confines me/my children against our will
- ☐ My partner threatens to kill me, my family, friends and/or pets
- ☐ My partner daydreams or talks about death and dying. Write down the details of your partner's fantasies with dates and times
- ☐ My partner follows me
- ☐ My partner might know that I plan to leave
- ☐ I recently left my relationship with my partner

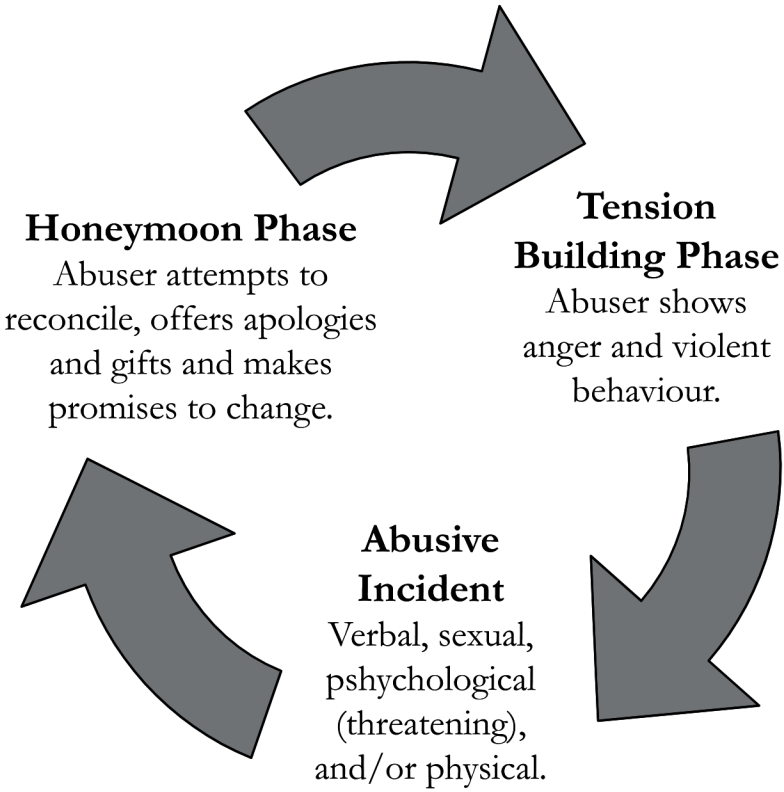
If you have checked any of the boxes above, it's time to talk to someone.

Every 6 days a woman is killed by her intimate partner in Canada. **Your life is valuable**. Please reach out today.

Please contact one of our network partners for guidance on what to do. Find the listing of services in the back of this handbook or by scanning the QR Code or visiting: ccrc-ptbo.com/pdan/help-available

THE CYCLE OF VIOLENCE

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



Most people in abusive relationships don't want the relationship to end; they want the abuse to stop. Often, promises of change may give hope and the reassurance needed to remain (or return to) the relationship with the abusive partner

WAYS YOU CAN HELP YOURSELF

- Take some time and think about how you are feeling. Don't judge or criticize yourself about how you feel, just identify what you are feeling/what is causing you stress right now.
- Talk to someone. It could be a trusted friend or someone at an organization or both. There are 24/7 numbers in the front of and back of this handbook you can call anytime.
- Eat small, nutritious meals regularly, rest when you can (even if you cannot sleep) and exercise on a regular basis.
- Try to develop a daily routine (like going to bed at the same time every night)
- Do something each week that brings you joy (bird watching, playing cards with your kids, watching a television show).
- Take time to breathe deeply when you are feeling overwhelmed.
- Build a strong support system, whether that's talking to close friends or attending a support group.

IT IS NOT YOUR FAULT

• Abusive partners are responsible for their own behaviour.
• Their tactics are designed to control you.
• Any act that limits another person's rights is **abuse.**

NOTES: _____

WHAT MAKES IT HARD TO LEAVE?

- [ ] I hope that my partner will stop being abusive.
- [ ] I feel I have no safe 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 will retaliate on the children
- [ ] I fear religious, family and social pressures if I leave
- [ ] I am unsure/unaware of community and other resources available
- [ ] 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 believe that they love me, and didn’t mean it
- [ ] I feel it is safer to stay rather than face the unknown
- [ ] I feel that there is a lack of understanding/support by professionals or other people I could ask for help

NOTES: _____

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SECTION 2
THINGS TO CONSIDER

DV/IPV SERVICE HUBS

Considering options including leaving an abusive relationship can be a difficult decision to make, but there are supports available locally that can help you begin the process and better understand what is involved.

If you're not sure where to start, please consider reaching out to or visiting the DV/IPV Service hub in your area. These Service hubs are a place where multiple service organizations (legal, child welfare, housing, victim services, counselling, income supports etc) are available to help people who have concerns about the safety of their relationship.

Region: Peterborough City & County, Haliburton
Hub: YWCA START - Support Team for Abuse Response Today
Day/Time: Mondays 9:30am - 3pm
Phone: 705-743-3526
Text: 705-991-1591
Website: ywcapeterborough.org/START



Region: Northumberland
Hub: Thrive Northumberland Women's Drop-In Centre
Day/Time: Mondays 9am - 12pm
Text: 289-677-5510
Website: thrivenorthumerland.com



Region: Lindsay & Kawartha Lakes
Hub: Bridges of Kawartha Lakes - Women's Resources
Day/Time: Mondays 9-3
Phone: 705-878-4285
Website: womensresources.ca/bridges-kawartha-lakes



The next sections will discuss further information about different considerations including documents, safety planning, exit plans and the criminal justice system. At the back of this handbook is information about the different service providers in Peterborough City and County listed by type of service.

IF YOU DECIDE TO STAY

- Get support - pick at least one person you can trust to tell. Identify the people who make you feel safe, support you, listen to you, and won't judge or criticize you. This is your support system.
- Build back your self-esteem and reduce isolation - seek a counsellour, join a support group, take a course etc.
- Be cautious about telling your partner about new activities or supports
- Learn and plan how to keep yourself (and your children) safe - please see the '**Safety Planning'** section for what might work for you, visit one of our network partners or **visit a DV/IPV service hub: listed on page 22**
- Know how to get help and get you (and your children) out of the home to safety when needed
- Document all incidents: See the **'Documenting Abuse'** section
- If you can, let a neighbour know to call the police if they hear fighting.

Counselling

A Counsellor may be able to help you and your partner identify harmful/abusive behaviours and ways to manage communication/relationship challenges. There are a number of options for seeking either individual or relationship counselling.
Please see the 'Counselling, Support & Advice' section at the back of this handbook or scan the QR code for that section of the PDAN website.

NOTES: _____

HOW IT MIGHT FEEL

How may it feel?

- It is common for people to experience a loss of identity after leaving a relationship
- Re-establishing ourselves may mean getting to know ourselves better and this can feel scary, exciting, and empowering
- It is common to feel different emotions that can be overwhelming, contradictory, and unexpected. Being kind to ourselves and remembering not to judge is important
- Difficult emotions are completely normal and valid

Grief

- Grief is a common part of the process following the end of a relationship
- There is no "normal" way to experience grief; we all cope with loss in different ways and the time it takes to heal will vary on an individual basis
- It is normal to question why we are grieving but remember that grieving is normal after the end of any close relationship.
- It may be helpful to reach out for support (i.e. a counsellor or a loved one)
- It is normal to grieve the good times with a previous partner; we should not judge ourselves for feeling this way

Anger

- It is common to feel anger and frustration after a separation. It can actually be positive to allow ourselves to fell and sit with with these emotions
- It is ok to express anger and there are excellent ways to do this, such as screaming in private, journaling, and drawing/painting
- It is important not to judge ourselves when we are feeling like this; these emotions are completely normal and even healthy

Feelings of Failure

- Many people may feel that admitting "failure' in a relationship means they are inadequate, but this is far from the truth
- It is important to recognize the immense amount of strength we have as individuals

Anxiety and Loss of Control

- Feelings of loss and control are normal during transition periods
- We are essentially relocating control from our partner to ourselves and this can be both scary and freeing
- Becoming comfortable with having more freedom and control over ourselves can take time

Loneliness

- It is normal to take time to trust other or another partner after experiencing hurt from a previous relationship. This may actually be a means of self-protection
- It can be helpful to reach out to loved ones who we trust and are non-judgmental

Temptation to Reconcile

- Experiencing temptation to reconcile the relationship is common
- This can be complex as reconciliation is often due to various reasons outside of our control, such as fear, guilt, stigma, finances, children and lack of support

NOTES: _____

DOCUMENTING ABUSE

As soon as you are safe, it is important to document what happened to you for reference later when speaking to police, medical personnel, your lawyer etc. Consider the following when making your notes.

- Get a blank notebook to keep your notes in
- Write the date and time that the abusive incident(s) happened and as much detail as possible
- Write who was there during or after the incident, what happened to you and what happened afterward
- Write down anything that your partner said to you, even if there was no physical harm. ** This is especially important if your partner made threats against you, your children or anyone else

If you were physically hurt:

**Seek medical attention

- Write down what happened to you including exactly where your injuries are and how you were hurt (punch, slap, kick, bite, hair pull etc).
- Include how many times you remember being hit and how serious your injuries were (sprained wrist, cuts that needed stitches).
- *** ANY pressure on your neck can be life-threatening even if you didn't lose consciousness. Go to your nearest hospital for assessment and ask to be connected to the SA/DV Nurse at th PRHC Emergency Dept right away.
- If you see a doctor or a nurse - they can add details to your notes and/or provide you with a diagram that will make it easier for you to document your injuries.
- Take photos of any injuries that you have. The team in the SA/DV unit at PRHC can help you with this.
- **Keep all of your notes somewhere safe where your partner cannot find/access them** like a safe deposit box at a bank or a postal outlet. You could have them kept in a photo frame behind a picture or with a trusted family member or friend. You can also ask for ideas when speaking with one of our network partners about safety planning.

SECTION 3
SAFETY PLANNING

SAFETY PLANNING

A safety plan is a personalized plan for individuals experiencing abuse that helps survivors stay safe while planning for ways to react when in danger. A safety plan can help to protect you whether you choose to remain in the home or leave. It can also be very important to those in abusive relationships who do not live with their abusive partner. Planning ahead will help you make quicker decisions when in danger

You are the best person to assess your own situation and it is important to always trust your instincts. The following are guidelines only, please talk to one of our service partners for assistance to create a personalized safety plan for you and your situation.

Safety planning if you are still living in the home with your abusive partner

- Think about signs that abuse/violence might occur
- Identify safe areas of the home where there are no weapons (i.e. the kitchen, bathroom, stairs) and there are ways to leave safely.
- Stand near an exit if an altercation occurs
- Memorize or have a copy of emergency contact numbers
- Let trusted friends or neighbors know of your situation/when to call for help
- Develop a signal or code word (for example, texting your neighbor a sunshine emoji means call police)
- Practice an evacuation plan with your children
- Ensure your car always has gas and park facing the road (back in)
- Keep a stash of cash or gift cards somewhere your partner won't find it
- Have someone check in on you regularly
- Prepare reasons you may need to leave the house during the day or at nighttime (for example, doctor's appointments, the school called, family emergency, etc)
- Ensure your phone is always charged and nearby (Victim Services can provide you with an extra phone for 911 calls)
- Use a public computer to complete research
- Don't leave information out that might raise suspicion or escalate abuse

ITEMS TO PACK

Consider packing an overnight bag that is easy to access and has the essential items you and your children may need.

Items

- ☐ Medical or assistive devices (glasses, hearing aids, canes etc)
- ☐ Medication
- ☐ Keys
- ☐ Money
- ☐ Address book
- ☐ Change of clothes
- ☐ Comfortable Shoes
- ☐ Toiletries
- ☐ Pictures
- ☐ Jewelry
- ☐ Items of sentimental or monetary value
- ☐ Documents & favourite toys of children or grandchildren (if you are their guardian)
- ☐ Children's devices (IPads, phones, video games)

Documents

- ☐ Birth Certificate
- ☐ Social Insurance Card
- ☐ Health Card
- ☐ Health records
- ☐ Drivers License
- ☐ Passport
- ☐ Banking information (chequebook, statements)
- ☐ Children or grandchildren's birth certificates and passports if you are their guardian
- ☐ Lease agreements or mortgage payment book
- ☐ Home, car or other insurance documents
- ☐ Divorce documents
- ☐ Other important documents like immigration papers

Hide the following in a safe place

- ☐ Copies of all of your important documents
- ☐ An extra set of car and house/apartment keys
- ☐ Some extra money
- ☐ A pre-paid cell phone
- ☐ An overnight bag packed with medication and a
- ☐ change of clothes
- ☐ A spare assistive device

This information must be updated regularly. While it is helpful to have a completed list and all your belongings packed or hidden, it is always more important to escape a violent situation than to stop and gather lists or possessions.

Safety planning if you have left the home or there is a "No-Contact" order in place:

- Refer to the Resources area at the end of this section if you are looking for advice on how to obtain a no-contact order against your partner
- If there is a no-contact order in place, remember that it can never guarantee that your abuser will follow the rules
- Always keep a copy of your no-contact order on you or nearby
- Ensure the police service in your community or other communities you may work, go to school or visit have a copy of the no-contact order
- Provide a copy of the no-contact order to your workplace, friends, family, your children's school or daycare and other people within your support system
- Call your local Victim Witness Assistance Program or police if you need a copy of the no contact order
- Call 911 if your abuser violates the no contact order
- Keep windows, doors and other entry points locked at all times
- Speak to your children about when to answer the door and develop a code knock if necessary (see safety planning with children section below)
- Ensure the outside of your home has lights so that you can see outside at nighttime
- Ask your neighbors to keep an eye out for you and let you know if they see anyone suspicious
    - **If certain charges are laid**, you may be able to access funds for home safety items like having locks changed or a new cell phone (if you think the accused put a tracking app on your phone). Speak with your local Victim Services about your concerns and if you are eligible.
- Change your daily routes to work, school, the grocery store, or other places your abuser may know you to be
- Use the buddy system when going to and from places your abuser may know you to be
- Make sure your street address is clearly visible and well-lit for police or emergency responders to see
- If you live in an apartment building, do not put your name on the residence listing in the lobby

NOTE: If you have questions about a **non-association** condition or a condition that involves providing **written revocable consent** as part of provincial supervision order, a Probation and Parole Officer may be able to assist. This is especially important if you would like to revoke the written consent. Please call 705-749-1929 for the Peterborough office.

Safety planning if you are involved with the justice system (police, CAS, court, etc)

- Request that any personal information about you (address, phone number) is removed or confirm it won't be seen by your abuser/partner
- Keep a detailed journal of any abuse you experience or any time you suspect your abuser/partner might be trying to contact you
- If police charge your abuser/partner, find out if they will be held in custody or released.
- You can provide your input into release conditions to the investigating police officer or through Victim Witness Assistance Program (VWAP)
- Provide police with your correct contact information
- If your abuser/partner is held in custody, you can contact the Victim Support Line or the Victim Witness Assistance Program (VWAP) to advise you if/when they are released
- Victim Witness Assistance Program (VWAP) can support you through the court process
- Take screenshots of any messages from your partner and download them to a secure place

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OTHER RESOURCES

When dealing with legal matters, it is always best to contact a lawyer. That said, there are free resources available online that can help you understand your rights and an overview of the legal process when dealing with domestic violence situations.

RESOURCES

For more information about restraining orders please scan this QR code using mobile device or visit the **Ontario Women's Justice Network** website at: https://owjn.org

For more information about the legal process in domestic violence situations, please visit the **Community Legal Education Ontario (CLEO)** website and see the handbook 'Do you know a woman who is being abused? A Legal rights handbook'. Please scan this QR code to reach that website or visit: www.cleo.on.ca/en/publications/handbook

NOTES: _____

SAFETY IN THE HOME

- Keep a record of unusual phone calls
- Leave a radio/TV playing or a light on while you are away.
- Prepare an evacuation plan for you, kids, pets
- Be very careful about what information or items you throw in the garbage or recycling (e.g. mail, medical/banking information)
- Put bells on your doors to hear people enter and exit
- Check your home for unknown gadgets or devices and remove
- When away from your home overnight, have a trusted neighbor pick up mail and newspapers
- Be very cautious about who you give your address or phone number to
- Create a child safety plan with your children, review it often and revise if necessary and have your child keep a copy with them at all times
- Keep your court orders near you at all times.
- Give the school, daycare, your place of employment and police a copy of court documents, including restraining orders, custody/access orders and a photo of the accused. It's also a good idea to give these documents to individual group leaders (e.g. a sports coach) involved in your family's life.
- If your partner doesn't live with you, tell people such as your neighbours about your situation. Show them a recent photo of your partner and ask them to call police if your partner is seen near your home or children.
- Have an unlisted telephone number and block your number when calling out (dial *67 before the number).
- Be careful with 'smart devices' in your home.

Email

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

Internet

- Change all passwords if you suspect **stalking**
- When creating a password, don't use words found in the dictionary. Instead use a combination of numbers, symbols and upper/lower case letters.
- When creating security questions or passphrases, don't use any information that your partner knows or is able to find out. Some people choose to use fake answers
- Turn off 'auto-save' features for passwords
- Cover your webcam with tape
- If you do any Internet research or emailing regarding your safety plan, clear all history and empty the computer's trash.
- Cyberstalking is defined as using the internet to harass/stalk. Be aware that this is a crime and report it.
- Change your wifi & router password, but consider buying a new router
- Turn off or limit "Location" functions on all devices/apps
- Install firewall software even on mobile devices
- Please see the 'Internet/Tech Safety' for more info
- Use a VPN (Virtual Private Network) connection whenever possible. This protects your privacy and makes it harder for anyone to track your online activity

Cell Phones

- If possible - change your phone number
- If your phone is lost/stolen, be aware of what information is compromised (banking information, address, etc).
- Stalking can be enabled by someone tracking your location in real-time through your phone's GPS. Turn off GPS and location services
- If you have concerns, see your cell phone service provider. They can help check for tracking enabled on your phone.
- "Geotagging" is enabled by default in many devices, turn it off or disable your GPS. Geotagged photos uploaded to websites can appear on Google Maps, and therefore a search of your name might bring up the location of your home.
- Turn off 'find my phone' or 'find my friends' features.
- Delete stored location history (if you have google maps installed - it's a setting in your profile)

- Some phone apps/devices have the capacity to operate things in your home (e.g. unlock doors, start car). This could be helpful in an emergency situation, but also means that others can have access to these programs if your phone is lost/stolen.

Social Media

- Learn about the privacy settings of the social networking sites you use (e.g. Facebook).
- Be cautious of what you have posted online about yourself and your children (e.g. photos, tagging yourself at certain locations) as these may be accessible to your partner. Limit what you post
- Ask your friends and family not to post information or images of yourself or your children.
- Do not use social media accounts to sign into other accounts
- Remove your partner's email or devices from your shared accounts and remove all but your own device from the 'trusted devices' lists. This can typically be found in the settings on a device or app
- Consider what information is required to set up these accounts i.e. name, address, credit card info etc.
- If you suspect your partner is monitoring your accounts, keep using those accounts (without any location info (even if you open new ones) to avoid alerting them to the new accounts
- Create new accounts/profiles if necessary

Devices & Accounts my (ex) Partner has access to

- ☐ Social media accounts (Facebook, Instagram etc)
- ☐ Smart watches & fitness trackers
- ☐ Email
- ☐ Online shopping (i.e. Amazon)
- ☐ Streaming services (Netflix, Amazon Prime, Disney+ etc)
- ☐ Messaging services (WhatsApp, Messenger etc)
- ☐ Online food or transportation apps/services (Uber)
- ☐ Cloud accounts (icloud) & photosharing sites
- ☐ Baby monitors
- ☐ Smart home thermostat or speaker (Alexa)
- ☐ Children's Devices (Ipads, gaming systems etc)

INTERNET/TECH SAFETY

Internet Safety

Use incognito functions and delete your browsing history when searching online. Scan this QR code for instructions on how to do this.

Mobile Phone Safety

There are various tracking apps that can be installed on your device to track where you are (sometimes without your knowledge). Please scan this QR code for tips on what to look for on an existing or new device.

You can also visit a physical location of your cell phone service provider to ask for assistance from a staff member with safety features on your mobile device

Cyber Abuse

If your partner is sending you threatening messages - take screenshots and keep a log before blocking or deleting any messages. Share copies of these messages with your lawyer.

Spyware

If your device has a spyware infection you may notice:

- Running out of hard drive space
- Frequent and persistent pop-ups
- Browser takes you to sites you didn't direct it to
- There are new programs you didn't download

If these apply, take your device to a computer repair shop and ask them to remove spyware. Or download and use free programs like 'Windows Defender'

Other Tech Safety websites

Safety Net Project - exploring technology safety in the context of intimate partner violence, sexual assault, and violence against women www.techsafety.org

DIY Cybersecurity for Domestic Violence - a resource of privacy + compassion by HACK*BLOSSOM https://hackblossom.org/domestic-violence

SAFETY OUTSIDE THE HOME

- Inform your employer, security personnel, friends, teachers, and/or co-workers about your situation.
  - Employers are required by law to make a safety plan when an employee discloses they are in a DV/IPV 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, especially at night.
- If you use public transit, sit by the driver or door.
- Carry a charged cell phone (and charger) with you at all times. If you are using it to dial 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 cell use, as long as it is charged within service range.
- If you can, avoid 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, 24-hour gas station or drive-thru window to get assistance.
- Avoid places your partner is likely to go (e.g. stores, banks, bars)

CAR SAFETY

- Try to have at least 1/4 of a tank of fuel at all times
- Back into driveways wherever possible
- Make sure your horn works
- Lock all valuables in your trunk
- If possible leave the split seat folded over to ensure no one is in your trunk
- Plan your route before leaving
- In case of a breakdown, drive slowly to a safe area on the shoulder if possible and put your 4 way hazard lights on Be sure to only open your window 1-2 inches and tie a cloth to the antenna or left door handle to signal distress.

- Keep an emergency kit in your car with a flashlight, blanket, snacks, first aid kit, rope, booster cables, phone charger, sand, etc.
- If you feel in danger or like you being followed, press the horn repeatedly and drive to the nearest safe place (e.g. police station, gas station).
- Write down the license plate number of the vehicle you are concerned about.
- When leaving anywhere have your keys in your hand
- When inside the car, lock all doors as soon as you get in
- Know your location at all times.
- If you are in rural or unfamiliar areas often, consider downloading the 'What3words' app to your mobile device. When activated - this app will provide you with 3 words to relay to 911 operators. Those three words are connected to your exact location at that time and could mean emergency personnel can reach you faster. To utilize it - simply click on the app and at the top of the screen you will see the three words and a map that mark your current location

For more information on safety planning, please reach out to one of our network partners listed in the Safety Planning section at the back of this handbook, or visit CLEO's (Community Legal Education Ontario) website: www.cleo.on.ca and search domestic violence.

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CHILD SAFETY PLANNING

When children are exposed to violence, they need to have a safety plan in place so they know what to do to keep themselves safe and know how to get help.

The following are some things to consider when developing a safety plan with children:

- Teach children that, during a violent episode, their job is to get away from the violence, stay safe and, if it is safe for them to do so, get help.
- Create a code word - that the parent experiencing abuse and the children know to use if either of them need help. I.e. 'lemon' could mean run out of the house to the neighbours house and 'giraffe' means call 911.
- Teach your children how to call 911 and role play with them, making sure they can provide their address or location, a description of the situation, their phone number and name. Tell them to keep the phone line live - don't hang up.
- Identify safe people - family members, friends, teachers, neighbours, police etc.
- Identify safe places - like a room in the home or just outside or it could be a friend or family members home close by.
- Talk to the supportive people in your children's life so that they know they are part of your child's safety plan
- If the Children's Aid Society or another Child Services organization is involved with your family, consider speaking to your worker about the safety plan for your children.
- Connect with a counsellor who understands the impact of domestic violence on children. This person can help you with safety planning and help your children to cope with what is happening with their family.
- Use formal resources such as the family court, Children's Aid Society and police to help ensure your children's safety.
- Talk to your child(ren)'s teacher/other caregivers/activity providers (daycare etc) about safety planning for your children while in their care

**** This information is adapted from: Family Court and Beyond - A Survival Workbook for Women by Luke's Place Support and Resource Centre in Durham Region, Ontario**

CHILD SAFETY PLANNING

- Keep a journal of your children's behaviour after they've had contact with your abuser/partner. Include visit dates and times.
- Parenting orders can be changed if you believe that your child is being harmed by their other parent.
- If your children use devices (tablets, laptops, cell phones etc), note tracking functions. You can disable them while your children are with you and enable them when they are away from you if you are concerned about your child(ren) being withheld from you.
- Talk to your child(ren) about the situations they've witnessed and do some safety planning about what to do in future situations like those. While having these conversations, talk to them about their feelings, hopes and worries.
- Be aware that different events/occasions (i.e. special events in your children's lives, their age, threats from their other parent etc) may affect your safety plan and adjust accordingly.
- Check gifts and belongings for tracking devices

Safety planning with young children

While infants and toddlers aren't able to follow a plan like older children can, there are things you can do to help them feel safe as you navigate the process of separating from their other parent.

- Assure them that you will always come back
- Bring your child(ren)'s special items e.g. book, stuffie, toy when moving to a new home or staying in a shelter
- Reassure them that they are safe and that their parents both love them.

For more information on safety planning and considerations with children please reach out to one of our network members or visit Luke's Place https://lukesplace.ca/do-children-need-a-safety-plan/ or by scanning this QR code with a mobile device.

**** This information is adapted from: Family Court and Beyond - A Survival Workbook for Women by Luke's Place Support and Resource Centre in Durham Region, Ontario**

CHILD SAFETY PLANNING CHECKLIST

Below are some tips to provide parents and caregivers of children the information they need to keep themselves and their children safe.

- ☐ Encourage your child that police are “helpers”
- ☐ Familiarize your child with possible traumatic places before a traumatic event (hospitals, police detachments etc.)
- ☐ If your child is known to wander, create a name tag (name, address, birthdate) to put on their personal belongings
- ☐ If your child is known to wander, purchase a panic button or contact alarm for your home.
- ☐ Create a 'safety plan' within your household in case of emergency
- ☐ Provide your child with a list of emergency phone numbers as well as safe places including addresses and contact information where they can go if needed.
- ☐ Find out what activities your child enjoys and use those to relieve anxiety

IF YOUR CHILD HAS OTHER NEEDS

Developmental/Physical/Medical/Mental Health

- ☐ Speak to the specialists you are connected to for advice on your unique situation.
- ☐ For children who wander consider using an ID bracelet.
- ☐ Consider creating an “about me” document to provide to emergency personnel, service providers, and family if needed. Include things that make your child happy and things that upset your child, places they feel comfortable/places they would go if they were to leave home.

The earlier you get your child connected to service providers the better. Please view “Services for Parents & Children” section for more information.

OLDER ADULT SAFETY PLANNING

This plan can help you prepare for a time when you are afraid or being hurt. You may want to consider answering these questions and/or packing an overnight bag now in case of an emergency. Please see **page 29** for the checklist with suggestions of what to pack.

If someone is hurting you or you do not feel safe you can call police for assistance. Call 911 or your local police service. It's ok to ask for help and tell someone!

- Have a plan for the next time the abuse happens:
- Know how to get out of the house safely
- Have a safe place you can go (friend/neighbour/relative)

Warning signs of older adult abuse

Neglect

- Dehydration, malnourishment or weight loss
- Poorly maintained living environment
- Lack of hygiene
- Abandonment or confinement of older person
- Withholding care
- Denying access to necessary health services or medical attention/treatment

Physical Abuse

- Signs of bruising in unusual areas such as chest, abdomen, face or extremities
- Inadequate or inappropriate use of medication
- Unexplained injuries such as broken bones, bruises, cuts
- Injuries for which the explanation does not fit the evidence
- Restraint or confinement
- Unusual patterns of injuries

Financial Abuse

- Misuse of a Power of Attorney for Property
- Unexplained transactions, or unauthorized withdrawal of funds
- Taking property without permission
- Suspicious or forged signatures on cheques or other documents

- Standard of living not in keeping with a person's income or assets
- Lack of access to banking information
- Moving into the home of an older person without their consent and failing to contribute to household costs

Emotional Abuse

- Emotional distress, agitation, or confusion
- Signs of depression, fear, anxiety, or withdrawal
- Fearful or nervousness around caregiver or other persons
- Isolated from family members or friends
- Older adult or pets are threatened with harm
- Removal of decision making

Sexual Abuse

- Non-consensual sexual contact of any kind
- Coerced nudity
- Sending or receiving of sexually explicit photos
- Inappropriate touching or sexual comments
- Making sexual remarks and/or suggestions to another person
- Joking of a sexual nature

If you or someone you know is in immediate danger, call 911

Seniors Safety Line (SSL) 1-866-299-1011

The Seniors Safety line is a 24/7 Crisis line operated by the **Assaulted Women's Help Line**. It is a support and crisis line for seniors in Ontario who have experienced any type of abuse or neglect. Online Counselling is also offered Mon - Fri 11 am - 8 pm
Please visit: https://eapon.ca/seniors-safety-line/
or scan the QR code for more information.

Elder Abuse Prevention Ontario

Is a network of organizations throughout the province empowering communities on issues related to the prevention of elder abuse. A full listing for the local network is in the **'Support and Referrals'** section of this handbook.

DOCUMENTS AND OTHER IMPORTANT ITEMS

Identification

- ☐ Social insurance card(s)
- ☐ Driver's license
- ☐ Birth certificate(s)
- ☐ Ontario Senior's card
- ☐ First Nation's status card/documentation
- ☐ Ident-a-kid kit (contact Victim Services)
- ☐ Immigration/Citizenship papers
- ☐ Passport(s)

Health

- ☐ Health card(s)
- ☐ Medical/Vaccination records
- ☐ Medical Alert Bracelet(s)
- ☐ Medical supplies such as additional Insulin and needles if diabetic
- ☐ Health & dental plan info
- ☐ Prescription(s) & medication(s)
- ☐ Family Dr. contact info
- ☐ Other medical professionals info: physiotherapist, counsellor, naturopath etc.

Legal

- ☐ Copies of court orders (restraining orders, peace bonds, probation/parole conditions etc)
- ☐ Any evidence of abuse (pictures, hospital records etc)
- ☐ Divorce/Separation Agreement
- ☐ Wills & funeral arrangements
- ☐ Pictures/videos of contents of home (television, jewelry, appliances etc.)
- ☐ Marriage certificate or record of common law relationship
- ☐ Child custody papers or access agreements
- ☐ Child support/spousal support payment agreements
- ☐ Lawyer contact info

Financial

- ☐ Lease/rental agreements
- ☐ Mortgage agreement
- ☐ Insurance information
- ☐ Credit/debit cards
- ☐ List of assets & liabilities (home, car, boat, other property etc)
- ☐ ODSP/OW Information
- ☐ Other _____
- ☐ Most recent income tax return
- ☐ Employment documentation
- ☐ Pay Stubs
- ☐ Work Permits (if applicable)
- ☐ Pension/benefit documentation
- ☐ RRSP/Investment information
- ☐ Stocks/Bond etc information
- ☐ Support payment information
- ☐ Pension income
- ☐ Child Tax Credits

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Financial Expenses

- ☐ Rent
- ☐ Heat/Hydro
- ☐ Water/Sewer
- ☐ Credit card info
- ☐ Phone Bill
  Internet/Cable/Satellite bill
  streaming service acct info
  Amazon and other
  subscriptions (list below)
- ☐ _____
- ☐ _____
- ☐ Banking Info
- ☐ All loan information (list below)
- ☐ Insurance policies (home, car, life etc)
- ☐ OSAP and other student loan payments
- ☐ _____
- ☐ _____
- ☐ _____

Other

- ☐ Car ownership
- ☐ School records
- ☐ Keys (house, car, work, safety deposit, storage etc.)
- ☐ Valuable jewelry, pictures, sentimental objects
- ☐ Address book/day planner/journals, personal contact information, next of kin information
- ☐ Clothing for approximately two weeks
- ☐ Pictures of children, family, pets, vehicle, and abuser
- ☐ List of usernames and passwords for such things as online banking, memberships, etc.

NOTES: _____

MY SAFETY PLAN

MY CHILDREN'S SAFETY PLAN

SECTION 4
DECIDING TO LEAVE

MAKING THE MOVE

Refer to your Safety Plan page

Here are some things to consider when planning your move:

- Ask for help and talk to someone you trust
- It is sometimes best not to tell children about plans to leave. Children may feel obligated to tell. If telling your children feels best and safe, there are other options such as having them practice getting out of the house safely with you
- Identify shelters in surrounding area if needed. Connecting with DV/IPV shelters prior to the move may be helpful
- Arrange with someone to care for your pets temporarily. The Peterborough Humane Society may be able to help. See **Pets** page for more information
- It is normal to experience financial insecurity after separating from a partner. Social Services may be able to offer financial assistance through Ontario Works or other programs.
- Seeking legal advice may be helpful to learn more about your rights
- Consider contacting the police. Ask for an officer who specializes in partner violence
- Create a plan to get out of the home safely. See the previous section on **Safety Planning** or visit one of our network partners for assistance (in the **Help Available** section at the back of this handbook)

Social Services Peterborough Office (Ontario Works)

Phone: 705-748-8830, Menu option 2

Region: Peterborough City and County

Address: 178 Charlotte St, Peterborough, ON K9J 2T8

The application process for OW has moved online but you can visit the OW office for assistance with the application. For more information about OW or to complete an application, please visit: https://www.peterborough.ca/en/city-services/ontario-works.aspx or scan the QR code with a mobile device.

MOVING ONWARD

Moving on from a relationship can be one of the hardest things a person does. It is normal to experience uncomfortable emotional and mental effects. Some common feelings may include depression, guilt, anger, loss, and even symptoms of posttraumatic stress disorder, such as anxiety, trouble sleeping, being easily frightened or scared, difficulty maintaining relationships, and emotional numbness.

Connecting with trusted loved ones or even a counsellor can be really helpful during these times. What is important is that we are kind to ourselves during these difficult times and that we give ourselves time to heal (as much time as we need; everyone is different!). We may also recognize the strength and resilience we have in our ability to bounce back after living through stressful experiences.



WARNING: For your children's and your own personal safety, do not tell your partner about your plans to leave or where you plan to go.

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INVOLVING THE POLICE... WHAT TO EXPECT

Domestic Violence is defined as 'a pattern of behaviour used by one person to gain power and control over another person with whom they have or previously had an intimate relationship.' *

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

As a result of a telephone call to the police, the police will come to your location to investigate the allegation of DV/IPV.
The police officers will check to see if anyone needs immediate medical treatment and 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 you or your property. They may need to 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.**

It is a common misconception that whoever called the police can “drop” a charge, as they are the one who “laid” the charge. However, 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.

*from ontario.ca/page/domestic-violence

The officers will ask you to provide a video statement about the incident. They will also ask the other witnesses to provide a statement.

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 interests of the children while working with the strength of the family.

The officers may ask to take photographs of your injuries or any damage to your property.

Victim Services is available to support you as soon as possible.

Please see the **'Emergency Numbers'** page at the beginning of this handbook for contact information for the police services in our region.

REMEMBER, YOU ARE NOT ALONE!



NOTE: *You have rights under the law. Physical and sexual abuse are criminal acts. Your partner could be charged.*

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VICTIM SERVICES/SUPPORTS

Victim Services Peterborough Northumberland

Peterborough: 705-748-0324
Region: Peterborough County
except Lakefield & Cavan Monaghan
Cobourg: 905-372-2255
Region: Northumberland
Website: https://victimservicespn.ca/

Victim Services of Peterborough & Northumberland (VSPN is a confidential, non-judgmental community-based service, which will assist survivors by providing immediate emotional and/or practical support. VSPN offers support to victims of crime, tragedy and/or disaster, 24/7.
VSPN can be utilized with no police involvement.

With your consent, the police or other emergency personnel will establish crisis responders to assist with your immediate emotional and/or practical needs and offer referrals to SuportLink, Victim Quick Response Program and other community services. VSPN also provides criminal and family court accompaniment and assistance with Victim Impact Statements.
SupportLink is geared toward individuals who are at a high risk of personal danger as a result of domestic violence/intimate partner violence, sexual assault and/or criminal harassment.

VSPN has a specialized **Anti-Human Trafficking Worker** on staff.

Victim Quick Response Program (VQRP) offers immediate assistance to provide limited financial support to victims of violent crime that include homicide, serious physical assault, domestic violence, sexual assault and hate crimes.
Limited financial assistance **may** be available to cover such items as:

- Short-term immediate counselling and related transportation costs
- Funeral expenses for victims of homicide
- Immediate emergency expenses in certain defined categories (e.g. to secure home safety, emergency accommodations)
- Crime scene cleanup (to a maximum) where a specialized company is required

Eligibility

- If you require emergency expenses, crime scene cleanup and/or funeral expenses, you must apply no later than 45 calendar days after the date the crime was reported
- If you require counselling services and related transportation costs, you must apply no later than 90 calendar days after the date that the crime was reported.
- If you are a victim of a violent Criminal Code offence that occurred in Ontario and you have not been charged as a result of that crime
- IF you have no other financial resources to assist you in funeral expenses; and/or emergency expenses; and/or crime scene cleanup; and/or short-term counselling services

VICTIM/ WITNESS ASSISTANCE PROGRAM (VWAP)

Cobourg: (905) 373-4023
Peterborough: (705) 755-5150
Lindsay: (705) 324-1429

Website: https://www.ontario.ca/page/victimwitness-assistance-program

VWAP provides support to victims and witnesses of crime when dealing with court situations, are in need of court support or court prep, wish to speak with the Crown Attorney Office, receive information about charges, basic incidents, probation conditions, or are in need of court updates. VWAP is only involved when charges have been laid.

VICTIM SERVICES UNIT PETERBOROUGH POLICE SERVICE

705-876-1122 ext 268
Region: City of Peterborough, Village of Lakefield and Township of Cavan Monaghan

Website: https://www.peterboroughpolice.com/en/learn/victim-services.aspx

Victim Services provide emotional support, resources and referrals to victims of crime and tragic circumstances. Their services are confidential and available to anyone in their respective regions regardless of if a charge has been laid. Depending on the circumstances and whether charges are laid, there are a number of resources including information about the judicial system available to you and your children

THE CRIMINAL PROCESS

In Ontario, the police are obligated to charge someone with a crime in all cases where they believe a crime has occurred. Everything you say during a 911 call is recorded and that recording can be used in court.

If you fear for your safety or your children's call 911

Types of Intimate Partner Violence Charges:

- **Assault** - where one person applies force to another or attempts or threatens to apply force to them without their consent. Other Assault charges include: assault with a weapon, assault causing bodily har, and aggravated assault.
- **Sexual Assault -** a sexual act or touch that you don't consent to. Could include kissing, touching, fondling or forced intercourse. Other sexual assault charges include: sexual assault with a weapon, threats to a third party or causing bodily harm, and aggravated sexual assault.
- **Forcible Confinement** - If your partner forced you to stay somewhere through threats or physical force.
- **Uttering threats** - your partner has threatened you.
- **Criminal Harassment** - Things like stalking, harassing phone calls or unwanted visits to places you frequent like work or home.

Dominant Aggressor

The police are to consider the history of a relationship in DV/IPV situations and determine if there is a **dominant aggressor** before deciding whether and who to charge with a crime. While many abusers are known to lie to police, you need to tell police about details of the assault/abuse and include anything you did to protect yourself or your children. You must be truthful with police.

The police are to investigate the whole situation, including any prior abuse, police involvement, court orders and witness information. As part of that process they will ask you for details of what happened which can include: writing down what you say, recording it, or a video statement at the police station. It is your choice if you would like to provide a statement. If you do not wish to be recorded - you need to state that to the officer. The officer will go over your statement with you to ensure it's accuracy.

You can ask for an interpreter if you need one.

Even if no charges are laid, the police complete a report which has an occurrence number attached to it.

What is my role if my partner is charged?

- Your partner will be given a court date to attend to start the court process (you don't need to attend this)
- You can contact VWAP to discuss what the criminal court process will look like.
- If the case goes to trial you will be given a subpoena and will need to appear as a witness. You do not have to prove your partner abused you. That's the **Crown Attorney's** role.

Can I go to police myself to report being abused?

- Yes, you can report a recent or historic assault to police. If the police had been called in the past but no charges were laid, there will be an occurrence report on file.

What happens after the arrest?

- If your partner is arrested and charged, they will be taken to the police station. They could be held or released depending on the situation, but there will be conditions upon their release. Ask the police to tell you when your partner is being released. At any time after your partner is charged, you can contact Victim/Witness Assistance Program (VWAP) (705) 755-5360 to keep you informed about the court/criminal process. Further information about VWAP is in the **Justice & Legal Help** section at the back of this book.

This information has been adapted from: 'Do you know a woman who is being abused' - A legal rights handbook. CLEO stepstojustice.ca

- You can talk to **Victim Services** at any time about the abuse, safety planning or for more information on the criminal process. Further information is in the back of this handbook.

What if my partner threatens me?

- Tell the police. Your partner can be charged with other offences including: failing to comply with the conditions of release, obstructing justice, uttering threats, or making indecent or harassing phone calls.

Agreements & Conditions

- Whether your partner is released from custody by the police or released by a Justice of the Peace at court you have a right to know your partner's release conditions and receive a copy of the order. A common release condition is that your partner cannot contact you.
- If you have concerns about your partners release - you can ask the investigating officer or talk to VWAP.

For more information on safety planning, please reach out to one of our network partners listed in the **Safety Planning** section at the back of this handbook, or visit CLEO's (Community Legal Education Ontario) website: www.cleo.on.ca and search domestic violence or scan this QR code.

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This information has been adapted from: 'Do you know a woman who is being abused' - A legal rights handbook. CLEO stepstojustice.ca

Getting Legal Help & the Justice System

It is suggested that you seek legal advice about your particular situation, as each situation is different. You may have a variety of legal issues to be addressed when experiencing DV/IPV.

For example:

- Family law: child protection, parenting time, decision-making responsibility, financial support
- Criminal law: criminal charges against you or your partner, restraining orders, peace bonds
- Financial issues: understanding your financial duties and rights to spousal support, child support, dividing property, obtaining income support
- Housing support: moving out of the home when experiencing violence
- Immigration law: immigration concerns when experiencing violence
- Safety planning

DV/IPV (Family Violence) Legal Information

People who are experiencing domestic violence are eligible for up to five two-hour authorizations in a year (one per legal issue). Please visit: https://www.legalaid.on.ca/services/domestic-abuse/ or scan the QR code with a mobile device for more information.

This service is also offered through some women's shelters, community legal centres, and Family Law Service Centres. Legal Aid is also available virtually over zoom.

Community Legal Centres can also provide legal advice and information on a variety of other areas of law including; immigration, financial issues, and housing support.

To find your local community Legal Centre, visit: https://www.legalaid.on.ca/legal-clinics/or scan the QR code with a mobile device.

These services can also help you understand the various legal processes that are too detailed to include here.

Family Law

You may have questions about your legal options under family law. If you are in financial need and require family law help, you may qualify for legal aid certificate/visit through Legal Aid Ontario (if financial eligibility requirements are met).

Getting Legal Help & the Justice System

Please call the **Family Law Information Centre** in your jurisdiction for contact information and schedules:
Peterborough FLIC, 470 Water St: 705-876-6915
Lindsay FLIC, 440 Kent St W: 705-324-1400 ext. 413
Cobourg FLIC, 860 William St: 905-372-3751 ext. 128
Please visit https://www.familycourtmediation.ca/family-law-info-centre or scan the QR code with a mobile device.

Legal Aid Ontario 1-800-668-8258
You can call or visit their website here:
https://www.legalaid.on.ca/services/family-legal-issues/
or by scanning the QR code with a mobile device.

Pro Bono Students Canada's program 1-647-952-3354
Depending on your situation you may also be able to speak with a law student for free through Pro Bono Students Canada's Family Justice Centre by phone or by visiting:
https://www.probonostudents.ca/family-justice-centre
or by scanning the QR code with a mobile device.

As noted on page 22 - there are service 'hubs' available that include legal expertise. For Peterborough, it's the YWCA START program.

Lukes Place also offers a virtual Legal Clinic that connects women with lawyers for free legal advice on family law issues. Please call 866-516-3116 for more info.

Criminal Law
If you were charged you will want to speak to a criminal lawyer about the criminal law process. You may qualify for legal aid depending on your circumstances and the charges against you.

You can apply for Legal Aid by calling:
1-800-668-8258 or by visiting
www.legalaidonline.on.ca and clicking 'apply online' or by scanning the QR code.

NOTE: If your court date is within five days, you will need to speak to **Duty Counsel** at the court house where your court date is held.

If your court date is more than five days away, call Legal Aid at the number above and ask to speak with a summary legal advice lawyer who will help guide you through the legal process.

Immigration Law
If you are a refugee or immigrant, you may have unique and complex legal questions that need answering.

Depending on your financial situation, you may qualify for legal aid for immigration matters. Legal aid provides limited assistance on immigration matters. A family lawyer may also be able to assist with these issues as well. Contact Legal Aid, as noted above to see if you qualify and if they can assist you.

Law Society Referral Service
If you are unable to find a lawyer or the above referrals are unable to provide assistance, the Law Society of Ontario (LSO) provides a service where you may speak to a lawyer or paralegal for free, for 20-minutes about your legal issue.

The Law Society Referral Services (LSRS) and can be reached by calling 1-855-947-5255 or 416-947-5255 or by visiting the website here: https://lsrs.lso.ca/lsrs/welcome or by scanning the QR code with a mobile device.

Self-help Resources

CLEO (https://www.cleo.on.ca/en) and Steps to Justice provide, step-by-step guidance for individuals on a variety of legal topics as follows:

Family Law
https://stepstojustice.ca/legal-topic/family-law

Criminal Law
https://stepstojustice.ca/legal-topic/criminal-law/going-criminal-court/

Abuse & Family Violence
https://stepstojustice.ca/legal-topic/abuse-and-family-violence

None of the above are designed to resolve your legal issues, rather, they can help you make an informed decision about the next steps you wish to undertake.

SHELTERS AND HOUSING

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 informed decisions based on the information shared with you. Shelters have outreach services available while you are making your decisions or planning your move.

Once you are situated at an DV/IPV shelter, staff will assist you in safety planning and next steps to find a safe place for you and your child(ren) to live.

If you're leaving in an emergency situation, call 911. The police will assist you in contacting a safe place for you and your children. Transportation can also be provided when fleeing to a DV/IPV shelter.

Shelters operate 24 hours a day, 7 days a week and staff there can support you through the process of leaving a violent situation. **Remember help is just a phone call away.**

DV/IPV Shelters

Region Served: Peterborough City & County, Haliburton

YWCA Crossroads
Phone: 800-461-7656
Text: 705-991-0110

Cornerstone Family Violence Prevention Centre
Phone: 905-372-0746
Toll Free: 800-263-3757

For more information about these organizations, please see the 'Finding Help' section at the back of this handbook.

SHELTERS AND HOUSING

There are other shelters available in all regions that are not specifically for DV/IPV. For the most up to date information on Peterborough City & County area shelters and warming areas (in winter months) please contact the City of Peterborough Social Services by calling or scanning the QR code to visit their website.

Social Services

Phone: (705) 748-8830
Toll Free: 1 (855) 738-3755
After Hours Emergencies:
(705) 926-0096

Website: https://www.peterborough.ca/en/city-services/social-services.aspx

Our network partners listed under the '**Housing Help**' Section of this handbook may also be able to assist with other housing related needs.

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ADDICTIONS

Addictions often have a role in DV/IPV situations. Peterborough City and County has a number of different resources available to help those dealing with addictions.

FOURCAST **Phone:** 800-461-1909

Offers different programs and services related to addiction including:

- Group and Individual Counselling
- Community Withdrawal Management
- Consumption & Treatment Services
- Service for Parents & Pregnant Women
- Problem Gambling
- Harm Reduction

For more info please visit www.fourcast.ca or scan the QR code with a mobile device.

Consumption & Treatment Services Site (CTS)

Located at **220 Simcoe St** in Peterborough, the CTS is a free drop-in based health service that provides a safe, clean space for people to consume pre-obtained drugs under the supervision of health professionals. Please visit fourcast.ca/programs-and-services/consumption-and-treatment-services-cts or scan the QR code to learn more

Rapid Access Addictions Medicine (RAAM) Clinic

Offering a safe space to speak to a physician, nurse or addiction counsellor for fast access to medication assisted therapy for both alcohol and opioid concerns. Located at **360 George St** (entrance on Simcoe) in Peterborough Operating **Mon, Wed, Fri 8:00 am - 11:00 am**

Alcoholics Anonymous

A fellowship of people who come together to talk about alcohol addiction. AA meetings are free and there are no age or other restrictions on attending. Please visit peterboroughaa.org or scan the QR code for their meeting schedule.

Narcotics Anonymous (NA)

A fellowship of people who come together to talk about narcotics addiction. NA meetings are free and there are no age or other restrictions on attending. Please visit orscna.org/meetings or scan the QR code for the meeting schedule.

Problem Gambling

Free individual and group counselling for anyone (individual or family member) affected by gambling. Please Visit fourcast.ca/programs-and-services/problem-gambling/ or scan the QR code for more info.

Drug & Alcohol helpline - ConnexOntario

Phone: 866-531-2600

A 24/7 provincial resource for mental health, Addiction and Problem Gambling Services available by phone, text, web chat and email. Visit https://www.connexontario.ca/en-ca or scan the QR code for more info

NOTES: _____

HELP FOR THE ABUSIVE PARTNER

John Howard Society (JHS)

Phone: 705-933-4358

Partner Assault Response

The Partner Assault Response Program (PAR) is a 12-session **court-ordered** program to give individuals the opportunity to examine their beliefs and attitudes towards IPV, power and control and to learn non-abusive ways of resolving conflict.

Anger Management

An 8-week group training program to teach participants self-monitoring and self-management skills that allow them to reduce the intensity, frequency and duration of their anger. Please visit https://www.johnhoward.on.ca/peterborough/services/anger-management or scan the QR code for more info.

Caring Dads

A 17-week intervention program for fathers who have physically abused, emotionally abused or neglected their children, or exposed their children to domestic violence. The goals of a Caring Dad's group are to improve fathers' relationship with their child and family, and to help them to better understand children's development and needs. Referral from CAS/Probation/Parole or Court call **705-933-4491** for more info or scan the QR code

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Nogojiwanong Friendship Centre

Phone: 705-775-0387

Kizhaay Anishnaabe Niin (I Am A Kind Man)

The Kizhaay Anishinaabe Niin program is designed to engage Aboriginal men and youth in ending all forms of violence towards Aboriginal women. Based upon the Seven Grandfather Teachings, participants are able to reclaim and revitalize their traditional roles and responsibilities to increase their own personal well being and foster overall community wellness.

For more info, please call or visit their website https://www.nogofc.ca/services/healing-intervention/kizhaay-anishinaabe-niin/ or scan the QR code

CCRC

Phone: 705-743-2272

Healing from Within

A four-week group for men who have experienced sexual harm recently or in the past. Participants can choose to share their story either with the group or 1:1 with a counsellor.

Please call or visit the website: https://www.ccrc-ptbo.com/professional-counselling/-counselling-groups or scan the QR code for more info

One City

Phone: 705-741-4172

Circles of Support and Accountability (CoSA)

A community-based response for individuals who have been incarcerated for committing a sexual offence(s), are being released into the community, and wish to carry out crime-free lives. Participants are supported by a circle of volunteers who work with them to achieve goals and avoid reoffending.

For more info, please call or visit: https://www.onecityptbo.ca/cosa or scan the QR code

MEDIATION

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 judgments, but rather to help parties explore the issues and find solutions to help them reach an agreement. **The Mediator will decide if mediation would be appropriate in your particular situation**.

A mediator can assist you to negotiate a settlement with respect to issues including:

- A parenting plan for children
- Child support
- Spousal support
- Division of property



Four Counties Family Mediation
Phone: (705) 760-9603
Toll Free: (888) 605-1393

Region: City and County of Peterborough, Haliburton, Northumberland and the City of Kawartha Lakes
Address: 349A George St. N, Suite 205, Peterborough, ON K9H 3P9
Website: https://www.familycourtmediation.ca

Self-referrals or referrals from the court, lawyers, doctors or other community services or professionals. Fees for mediation are on a sliding scale that considers both income and number of dependants. Fees start at $5 per person per hour and there is no cost to attend the initial individual session.

There are other private mediation services available in our area that can be found by a web search. For more information on mediation services please scan the QR code or visit: https://www.ontario.ca/page/family-mediation

FINANCES

If you are able to do so safely, you will need to start organizing your finances. Whether you have assets such as bank accounts, mortgage, or bills, how you manage your finances will impact your future. It is important to become familiar with your financial obligations.

- Speak to a personal banking representative at your bank
- Advise them of your relationship status change or future change
- The banking representative will help you explore your options
- Consider opening an account at another bank in just your name

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
- 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 all bills

If you stay in the home

- Remove your partners name from bills so they can not change the level of service.
- Ensure there are usage limits on all accounts.
- Regularly check all household bills for unnecessary/unknown charges

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

- Contact a lawyer or financial advisor to ensure these debts are divided fairly; discuss your options and the next steps that need to be taken.
- Taking immediate control of past debts can ensure your partner does not continue to abuse you by increasing your bills. If you aren't proactive, you could end up paying the entire amount owed and your credit could be impacted.
- Contact all your creditors such as your phone company, heating supplier, landlord or mortgage company, and inform them of your status.
- If you have left home, you need to contact any utilities that are in your name and remove your name from the account.
- If you are staying in the home, call the utilities to ensure your partner or former partner does not shut off or increase the level of services.
- It is important to make arrangements to manage your debt. Keep all receipts, as you will need them if you divide the family assets.

CLEO (Community Legal Education Ontario) Steps to Justice

Cleo has a Debt and Consumer Rights publication that discusses various types of debt/creditors and provides guidance on what to do when dealing with debt. That information can be reached by visiting: https://stepstojustice.ca/legal-topic/debt-and-consumer-rights or scanning the QR code

Credit Canada

Contact: (800) 267-2272
Website: www.creditcanada.com

Credit Canada is a not-for-profit credit counselling services that can assist with credit & debt counselling, financial education & budgeting, debt consolidation and advice related to collection calls and creditors. Call or visit their website at the url above or by scanning the QR code.

RECORD OF DEBTS

Date	Creditor	Monthly	Total Amount

Think of the bills you owe and that are outstanding. Bring this chart with you when meeting with financial advisors, debt consultants, credit counselors or lawyers. This will give you, and them, a better understanding of what to expect when discussing your financial situation.

LOST OR STOLEN CARDS

American Express	800-869-3016
Birth Certificate (Service Ontario)	800-461-2156
BMO Card	800-263-2263
Canadian Passport	800-567-6868
CIBC Card	800-465-4653
Citizenship Card	888-242-2100
Driver's License	800-387-3445
Firearm License (RCMP)	705-329-5623
Health Card - Ministry of Health	800-664-8988
Mastercard	800-307-7309
Outdoors Card, License	800-288-1155
Permanent Resident Card	888-242-2100
Royal Bank Card	800-769-2511
Scotiabank Card	888-472-6842
Senior's Card	800-277-9914
Social Insurance Card (SIN)	800-206-7218
Status Card	416-973-6234 or 888-414-4340
TD Card	800-983-8472
Visa	800-847-2911

All pieces of lost or stolen identification should be reported to local police

INSURANCE

Make sure your insurance company(ies) know of your address change. Remember that if you have jointly held auto, life, home, boat, farm equipment, recreational vehicles or other types of insurance policies with a partner, mailings or other communications 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 the 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 in the event that something happens to you.)

Notes:

CHANGING YOUR ADDRESS

If you have moved, you will need to change your address on record with the following Government of Ontario services.

- Driver's license and/or vehicle ownership
- Health card
- Outdoors Card
- Ontario Photo Card
- Ontario Student Assistance Program (OSAP)

You can do this online or in person at a Service Ontario location. Please visit: https://www.ontario.ca/page/change-my-address-ontario-services or scan the QR code

You will also need to update your information with Federal Government organizations such as:

Canada Revenue Agency

Personal taxes, tax credits, Canada Child Benefit

Service Canada

EI, Canada Pension Plan, Old Age Security

Immigration, Refugees & Citizenship Canada

For applications in progress

Please visit
https://www.canada.ca/en/governement/change-address.html or scan the QR code for more details

You will also need to notify other service providers like medical professionals, creditors etc. of your change of address.

Notes:

Low-Income Energy Assistance Program

If you are behind on your electricity or natural gas bill, you may qualify for emergency financial help through the Low-income Energy Assistance Program (LEAP). For more information please visit the LEAP website by scanning the QR Code To apply for LEAP - please contact United Way of Simcoe Muskoka by telephone at: 855-487-5327

You can also contact Social Services Peterborough for assistance with utility arrears from the Housing Stability Fund

Social Services

Phone: (705) 748-8830
Toll Free: 1 (855) 738-3755
After Hours Emergencies:
(705) 926-0096

For assistance with a LEAP application or other housing related questions please contact CCRC's Housing Resource Centre 705-743-2272

Notes:

PETERBROUGH COMMUNITY LEGAL CENTRE

The Peterborough Community Legal Centre (PCLC) is a community legal clinic dedicated to providing free legal services to low income residents of Peterborough City and County.

PCLC provides legal advice and representation in the following areas of law:

- housing (tenants)
- domestic violence (can provide a 2-hour legal aid certificate)

If you would like legal advice related to your tenancy, please contact the **Peterborough Community Legal Centre** 705-749-5355

Tribunals Ontario
Tribunaux décisionnels Ontario

LANDLORD AND TENANT BOARD

Provides assistance with landlord-tenant disputes about rights and responsibilities under the Residential Tenancy Act (RTA) including rent increases, evictions, and privacy issues. They will help to guide you to resolve disputes between most residential landlords and tenants.

For more information or to access the Tribunals Ontario Portal, please visit: https://tribunalsontario.ca/ltb or scan the QR code with a mobile device

CCRC
Turning things around

Note: If you would like assistance with issues including disputes with your landlord or an application to the landlord Tenant Board, please contact **CCRC's Housing Resource Centre** 705-743-2272

FOOD AND CLOTHING

FREE MEALS AND FOOD ITEMS

There are free food options both to receive food items and fresh meals available in **Peterborough City & County**.
The City of Peterborough keeps a food calendar updated on their website - which can be found by scanning the QR code or by visiting this website:
https://www.peterborough.ca/en/city-services/food-support.aspx

There are free food options both to receive food items and fresh meals available in **Northumberland.**
Northumberland also maintains a website with locations and details of food programs - which can be found by scanning the QR code or visiting this website:
https://foodhelpnorthumberland.cioc.ca/

FREE CLOTHING AND PERSONAL ITEMS

One City Peterborough and E-Fry are able to provide basic food, clothes and survival gear out of the One City: **541 Water St, Ptbo, ON, K9H 3M6**
Hours of operation and more info can be found by scanning the QR code or visiting this website: https://www.onecityptbo.ca/programs

PERSONAL CARE BANK

There are also personal care banks located in communities in Ontario. These are small cabinets with new personal care items located around the city. For locations in Peterborough please visit: https://www.tpcb.ca/peterborough or scan the QR Code with a mobile device.

PET FOOD BANK

There is also a pet food bank located in Peterborough.
Please call to find out if they have food available for your pet.
Phone 705-772-3573
438 George St. S. Peterborough
Monday-Sunday 9am-4:30pm

PETS

Pets can also face harm in a DV/IPV situation and are often a consideration when leaving a domestic violence or intimate partner violence situation. While many Domestic Violence shelters aren't able to accommodate pets, there are some animal shelters and other organizations that may be able to care for pets for a short period of time while their owner is leaving DV/IPV situations or moving temporarily to a DV/IPV shelter.

The Peterborough Humane Society offers the '**SNooPy**' Safe Nights for Pets Program, where they can sometimes offer a pet up to a 21-day stay at the shelter while their owner is leaving a violent situation. This service is dependent upon capacity, and eligibility is determined on a case-by-case basis.

Requirements:

- Contact information - Pet owners using the **SNooPy** program must communicate regularly with PHS staff about timelines or the health of their pet
- PHS may not be able to accommodate pets that are aggressive
- Pet owners will need to sign a waiver/paperwork in line with PHS policies, including that **IF** the pet owner does not return for the pet as agreed to, and after all efforts to reach the pet owner have been exhausted, the pet can be considered surrendered.

To obtain more information or to arrange for a pet to stay at the Peterborough Humane Society under the **SNooPy** program, please call (705) 745-4722 and dial ext 205 for the Operations Manager (during regular hours) OR Visit the Peterborough Humane Society website: https://peterboroughhumanesociety.ca/

Visit PHS's website and click on the 'Animal Control' tab to find the 'After Hours Emergency' phone number. Explain your situation to the Animal Control Officer to determine next steps to keep yourself and your pet safe. Scan the QR code for a quick link to that area of the website.

PETS

Safepet Ontario

Is a Charitable organization that provides pet safekeeping for those fleeing family violence & human trafficking. Safepet manages a network of foster families that foster pets for **up to a year** to help survivors escape abuse. Applications can be completed on the website: www.safepet.ca .

About the program:

- For anyone regardless of age or gender who is staying at a DV/IPV shelter in Ontario **OR** who is referred by a professional who can confirm that you are a survivor of: family abuse, elder abuse, intimate partner violence or human trafficking
- Once your application is approved your pet will be matched with a foster family and Safepet will arrange for a handoff to a Safepet staff member at a confidential drop off location. You will need to transport your pet to this location (let the staff know if you face barriers to transporting your pet).
- The Safepet staff member will transport your pet to the foster family. For the safety and privacy of everyone - you will not be given contact information for the foster family and they will not be given any information about you.
- You will not be able to visit your pet while it is in the care of the program, but you will receive monthly updates including photos of your pet while it is in the program. Safepet will change your pet's tags if they have them to ensure that your privacy is respected
- While the pet is in the program, it will receive all necessary medical/vet care with no charge to you
- If your pet gets very sick, Safepet will include you in decisions regarding their care plan.
- All foster families are screened and required to submit a police check to foster animals.
- Various types of pets are accepted into the program
- It can take approximately a week to reunite you and your pet.

For more information, please visit safepet.ca or scan the QR code with a mobile device. You can also email info@safepet.ca

SECTION 5

FINDING HELP

The following pages list information about our Network partners and the different services they offer.
This is not a complete list of all services available in Peterborough and surrounding area. For immediate assistance finding the service you need in the area you live please contact 211 via

Phone: 211
Text: 211
Website: https://211ontario.ca

EMERGENCY/CRISIS LINES

YWCA PETERBOROUGH HALIBURTON

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Emergency Shelter
- Counselling
- Support & Referrals
- Safety Planning

Ptbo Website: ywcapeterborough.org
Haliburton Website: ywcahaliburton.org

Serving: Those at risk of being abused
Region: Peterborough City & County, Haliburton

Provides programs, support and advocacy for women and families who want to live free from violence, poverty and oppression as they build their desired futures. Services: START Program, Crossroads Shelter, Haliburton Emergency Rural SafeSpace (HERS), 24 Hour Crisis Line, family court support, programming, referrals and more.

KAWARTHA sexual assault centre

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Counselling
- Support & Referrals
- Safety Planning

Website: kawarthasexualassaultcentre.com/

Serving: Those 16+ affected by sexual violence and harm
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers services for anyone affected by sexual assault or gender-based violence or harm. Services: counselling, group workshops, advocacy, accompaniment services, crisis support, peer supports, and more.

OTHER CRISIS LINES

Cornerstone Family Violence Prevention Centre
Phone: 905-372-0746 **Serving:** Northumberland
Various services including emergency shelter for those women-identified people experiencing DV/IPV

Ontario Victim Services 24-hour support line
Phone: 888-579-2888 **Serving:** Ontario
Services to victims of crime across Ontario, in most languages spoken in the province

Assaulted Women's Helpline
Phone: 888-863-0511 or text #SAFE (#7233) **Serving:** Ontario
Provides a safe space to support, listen and guide women who have experienced any type of abuse anywhere in Ontario.

Seniors' Safety Line
Phone: 866-2991011 **Serving:** Ontario
For any older adult at risk of or experiencing abuse in Ontario

MEDICAL SERVICES

If this is an emergency, call 911.

For any sexual assault or physical injury relating to domestic violence, visit the emergency room at PRHC and ask for someone from the Women's Health SA/DV program.

When pressure is applied to the neck it's referred to as **strangulation** and can have serious health effects days or weeks later. If you have experienced strangulation, chocking or pressure on your neck recently, seek healthcare right away

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PRHC
Peterborough Regional Health Centre

Sexual Assault Domestic Violence Program

Phone: 705-743-4132
Toll Free: 1-800-419-3111

Services

- Medical Services
- Counselling
- Support & Referrals
- Safety Planning

Website: https://prhc.on.ca/healthcare-services/women-children/womens-healthcare-centre/

Serving: Anyone who has experienced or is at risk for gender-based violence
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Provides supportive 1:1 trauma-informed care to individuals who have experienced sexual assault and/or abuse by an intimate partner. Our team of specially trained nurses are available 24 hours a day through the Emergency Department at Peterborough Regional Health Centre (PRHC) for anyone who has recently been sexually assaulted or assaulted by an intimate partner or in the case where the assault took place more than two weeks ago, we can schedule a visit in our clinic.

MEDICAL SERVICES

PRHC
Peterborough Regional Health Centre

Phone: 705-743-4132
Toll Free: 1-800-419-3111

Women's Healthcare Centre

Services

- Medical Services
- Counselling
- Support & Referrals

Website: https://prhc.on.ca/healthcare-services/women-children/womens-healthcare-centre/

Serving: Adolescents, Adults, and Seniors.
Services are not limited by gender.
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers care, information and counselling and treatment to vulnerable populations. Services: Unplanned Pregnancy Program, Sexual Abuse Counselling, Sexual Assault & Domestic Violence Program, Colposcopy, Nurse Practitioner, Access to preventative and sexual healthcare for those who do not have a Family Doctor or Nurse Practitioner.

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partners in pregnancy clinic

Phone: 705-741-1191

Services

- Medical Services (non-emergency)
- Counselling
- Support & Referrals

Website: https://partnersinpregnancy.ca/

Serving: Pregnant people and post-partum and newborn care to patients of the clinic
Region: Peterborough City & County

PIPC provides prenatal care for pregnant people through a team-based approach, as well as post-partum and newborn check-ups to patients of the clinic
Services: Access to health care providers such as social workers, clinical nurses, a registered dietitian and a physician assistant.

FLEMING

Phone: 705-749-5504
Toll Free: 1-866-353-6464 ext 1504

Health Services

Services

- Medical Services (non-emergency)
- Counselling
- Support & Referrals

Website: https://flemingcollege.ca/student-experience/health-services

Serving: Students of Fleming College
Region: Peterborough & Lindsay

College community medical clinic at Fleming College Sutherland Campus. Services: physical exam, birth control, STI testing, counseling, blood work, immunization clinics, and more.

Peterborough FAMILY HEALTH TEAM

Phone: 705-740-8020

Services

- Medical Services (non-emergency)

Website: https://www.peterboroughfht.com/

Serving: Registered Patients
Region: Peterborough City & County

Medical health care team focused on family and community health. Includes family doctors, nurse practitioners, mental health clinicians, dietitian, occupational therapist, and pharmacist.

Peterborough Public Health

Phone: (705) 743-1000

Services

- Support & Referrals
- Medical Services
- Help for Parents & Children

Website: https://www.peterboroughpublichealth.ca/

Serving: Everyone
Region: Peterborough City & County, Curve Lake First Nation, Hiawatha First Nations

Offers a wide range of programs and services including, but not limited to, home visiting programs for parents, poverty reduction initiatives, infectious disease investigations, food premises and safe water inspections, and clinics offering vaccination, oral health and sexual health services.

Ontario

Phone: 811

Health Connect Ontario

Services

- Medical Advice

Website: Health Connect Ontario | Health Connect Ontario (gov.on.ca)

Serving: Everyone
Region: Anyone in Ontario

Connect with a registered nurse day or night for free, secure and confidential health advice. You can also register for regular medical care if you do not have a family doctor.

EMERGENCY HOUSING/SHELTERS

There is one Emergency Shelter available in our area for **women-identified** people experiencing intimate partner/domestic violence who need a safe place to stay.
Please note that **Emergency Housing is an Emergency Shelter**. Unfortunately, there are no ‘Emergency’ apartments available for those leaving IPV/DV situations.

YWCA PETERBOROUGH HALIBURTON

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Emergency Shelter
- Counselling
- Support & Referrals
- Safety Planning

Ptbo Website: ywcapeterborough.org
Haliburton Website: ywcahaliburton.org

Serving: Those at risk of being abused
Region: Peterborough City & County, Haliburton

Provides programs, support and advocacy for women and families who want to live free from violence, poverty and oppression as they build their desired futures. Services: START Program, Crossroads Shelter, Haliburton Emergency Rural SafeSpace (HERS), 24 Hour Crisis Line, family court support, programming, referrals and more.

EMERGENCY SHELTER FOR MEN

There are no DV/IPV shelters for men in our area. The only **local** emergency shelter available for male-identified people in the Brock Mission. Contact one of our network partners if you require more assistance.

BROCK MISSION

Phone: (800) 748-4766

Services

- Emergency Shelters

Website: www.brockmission.ca

Serving: Men identified 18+ experiencing homelessness
Region: Peterborough City & County

A temporary emergency shelter offering shelter and other programs.

HOUSING HELP

These organizations offer housing assistance.

CCRC
Turning things around

Phone: (705) 743-2272

Services

- Housing Help
- Counselling

Website: https://www.ccrc-ptbo.com/

Serving: Adults and people with disabilities needing support
Region: Peterborough City & County

CCRC offers counselling, support, and resources to assist with personal well-being and access to housing, related financial management and connection with community.
Services: Professional Counselling, Housing Resource Centre, Employee Assistance Program.

ELIZABETH FRY SOCIETY OF PETERBOROUGH

Phone: (705) 749-6809

Services

- Housing Help
- Counselling
- Court Support
- Support & Referral

Website: https://efryptbo.org/

Serving: Women who are before the courts, incarcerated, or at risk of criminalization
Region: Peterborough City & County

EFry advocates and provides services for women who have been criminalized or imprisoned, as well as those at risk of becoming criminalized.
Services: advocacy, justice services, community programs, peer programs, Housing programs, community outreach.

Peterborough Housing Corporation

Phone: (705) 742-0439
Toll Free: 1 (833) 824-4687

Services

- Housing
- Housing Help

Website: https://ptbohousingcorp.ca/

Serving: Singles, Seniors and families
Region: Peterborough City & County

Provides and maintains quality, affordable housing in a safe, healthy and secure environment.
Services: Community housing, rent supplement programs, and housing partnerships

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peterborough
outside the ordinary

Phone: (705) 748-8830
Toll Free: 1 (855) 738-3755
After Hours Emergencies: (705) 926-0096

Social Services

Services

- Housing Help
- Help for Parents & Children

Website: https://www.peterborough.ca/en/city-services/social-services.aspx

Serving: Singles, Seniors and families
Region: Peterborough City & County

Offer various community services to community members to help people discover new ways to move forward.
Services: Ontario Works, Emergency Assistance, The Housing Stability Fund, Children's Services, and Housing and Shelter.

JUSTICE SERVICES

Peterborough Police Service
Victim Services Unit

Phone: (705) 876-1122 ext 268

Services

- Safety Planning
- Justice Services
- Support & Referrals

Website: https://www.peterboroughpolice.com/en/learn/victim-services.aspx

Serving: Everyone
Region: Peterborough, Cavan Monaghan, Lakefield

Support for those affected by crime or tragic and unforeseen circumstances.
Services: Crisis intervention, safety planning, emotional and practical support, advocacy, information, support through the criminal justice system, referrals to community agencies

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Victim Services Peterborough & Northumberland

Phone: (888) 822-7729

Services

- Justice Services
- Safety Planning
- Support & Referrals

Website: https://victimservicespn.ca/

Serving: Everyone
Region: Peterborough County, Northumberland County

Provides emotional support and referrals to victims of crime
Services: Emotional support and referrals, Victim Quick Response Program

JUSTICE SERVICES

Ontario

Phone: (705) 755-5150

Ministry of the Attorney General
Victim Witness Assistance Program (VWAP)

Services

- Court Support- Adult
- Support & Referrals

Website:
https://www.ontario.ca/page.victimwitness-assistance-program

Serving: Victims and witnesses of sexual assault, domestic violence, intimate partner abuse and/or child physical and sexual abuse (including historical sexual assault and human trafficking)
Region: Peterborough City & County

Provides information and assistance to support participation in the criminal court process.
Services: Case information, support, financial assistance and court-based support

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ELIZABETH FRY SOCIETY OF PETERBOROUGH

Phone: (705) 749-6809

Services

- Housing Help
- Counselling
- Court Support
- Support & Referral

Website: https://efryptbo.org/

Serving: Women who are before the courts, incarcerated, or at risk of criminalization
Region: Peterborough City & County

EFry advocates and provides services for women who have been criminalized or imprisoned, as well as those at risk of becoming criminalized.
Services: advocacy, justice services, community programs, peer programs, Housing programs, community outreach.

john howard society Ontario

Phone: (705) 743-8331
Toll Free: (833) 698-9898

Services

- Court Support – Adult
- Court Support – Youth
- Counselling
- Help for Parents & Children
- Support & Referrals

Website: https://johnhoward.on.ca/peterborough/

Serving: Youth programs (12-18), Adult programs (18+)
Region: Peterborough City & County

JHS provides services and programs that help reduce the impact of crime and its causes.
Services: counselling, institutional services, youth diversion, youth services & programming.

Dalhousie Youth Support Services

Phone: (705) 749-5705

Services

- Court Support – Youth
- Support & Referrals

Website: https://dyss.ca/

Serving: Youth involved in the youth justice system
Region: Peterborough City & County

Help youth in conflict with the law by offering programs to promote and develop positive social behaviours and encourage personal and academic growth. The on-site classroom provides an alternative to mainstream school
Services: Education Learning Program, Community Support and Reintegration Program, Extra Judicial Measures and Sanctions, court support and one on one support

Ontario

Phone: (705) 745-1929

Peterborough Probation & Parole Services

Services

- Parole/Probation Orders

Website: https://www.ontario.ca/page/probation-and-parole

Serving: Adult offenders on probation, provincial parole, and conditional sentence orders
Region: Peterborough City & County

Community supervision of adult offenders on probation, provincial parole, and conditional sentence orders.
Services: Rehabilitation services, group programming and educational sessions

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Ontario

Phone: (705) 742-9292
Toll Free: 800-663-9292

Ministry of Children, Community and Social Services

Services

- Parole/Probation Orders

Website: https://www.ontario.ca/page/youth-justice

Serving: Youth in conflict with the law
Region: Peterborough City & County, Northumberland County

Probation services for youth in conflict with the law.

Peterborough Community Legal Centre

Phone: (705) 749-9355

Services

- Legal Help
- Support & Referrals

Website: https://www.ptbo-clc.org/

Serving: Vulnerable and/or low income residents
Region: Peterborough City & County

Provides free and confidential legal information, advice and representation for Ontario Works (welfare), EI, ODSP, Canada Pension Plan, Residential Rendancies Act. Consumer Protection, Human Rights Code and the Charter

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You can also visit a service hub for access to legal help. Please see **page 22** for the Service Hubs in our area.

KAWARTHA | sexual assault centre

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Counselling
- Support & Referrals
- Safety Planning

Website: kawarthasexualassaultcentre.com/

Serving: Those 16+ affected by sexual violence and harm
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers services for anyone affected by sexual assault or gender-based violence or harm. Services: counselling, group workshops, advocacy, accompaniment services, crisis support, peer supports, and more.

PRHC
Peterborough Regional Health Centre

Phone: 705-743-4132
Toll Free: 1-800-419-3111

Women's Healthcare Centre

Services

- Medical Services
- Counselling
- Support & Referrals

Website: https://prhc.on.ca/healthcare-services/women-children/womens-healthcare-centre/

Serving: Adolescents, Adults, and Seniors.
Services are not limited by gender.
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers care, information and counselling and treatment to vulnerable populations. Services: Unplanned Pregnancy Program, Sexual Abuse Counselling, Sexual Assault & Domestic Violence Program, Colposcopy, Nurse Practitioner, Access to preventative and sexual healthcare for those who do not have a Family Doctor or Nurse Practitioner.

ELIZABETH FRY SOCIETY OF PETERBOROUGH

Phone: (705) 749-6809

Services

- Housing Help
- Counselling
- Court Support
- Support & Referral

Website: https://efryptbo.org/

Serving: Women who are before the courts, incarcerated, or at risk of criminalization
Region: Peterborough City & County

EFry advocates and provides services for women who have been criminalized or imprisoned, as well as those at risk of becoming criminalized.
Services: advocacy, justice services, community programs, peer programs, Housing programs, community outreach.

CCRC
Turning things around

Phone: (705) 743-2272

Services

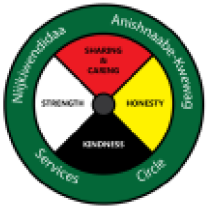
- Housing Help
- Counselling

Website: https://www.ccrc-ptbo.com/

Serving: Adults and people with disabilities needing support
Region: Peterborough City & County, Northumberland County

CCRC offers counselling, support, and resources to assist with personal well-being and access to housing, related financial management and connection with community.
Services: Professional Counselling, Housing Resource Centre, Employee Assistance Program.

COUNSELLING



Phone: (705) 741-0900
Toll Free (800) 663-2696

Services

- Indigenous Services
- Counselling

Website: https://www.niijki.com/

Serving: Indigenous peoples of any status from all nations
Region: Peterborough, Haliburton, Northumberland, Durham Region

Counselling and healing services for Indigenous women and their families - Offers therapeutic healing work through the use of Anishnaabe practices, blended with community and client-centered methods of healing.
Services: Indigenous Healthy Babies Healthy Children, Indigenous Counselling for Women, Indigenous Child Witness to Violence, Indigenous Transitional Housing, Indigenous Youth in Transition

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john howard society Ontario

Phone: (705) 743-8331
Toll Free: (833) 698-9898

Services

- Court Support – Adult
- Court Support – Youth
- Counselling
- Help for Parents & Children
- Support & Referrals

Website: https://johnhoward.on.ca/peterborough/

Serving: Youth programs (12-18), Adult programs (18+)
Region: Peterborough City & County

JHS provides services and programs that help reduce the impact of crime and its causes.
Services: counselling, institutional services, youth diversion, youth services & programming.

FLEMING

Phone: 705-749-5504
Toll Free: 1-866-353-6464 ext 1504

Health Services

Services

- Medical Services (non-emergency)
- Counselling
- Support & Referrals

Website: https://flemingcollege.ca/student-experience/health-services

Serving: Students of Fleming College
Region: Peterborough & Lindsay

College community medical clinic at Fleming College Sutherland Campus. Services: physical exam, birth control, STI testing, counseling, blood work, immunization clinics, and more.

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partners in pregnancy clinic

Phone: 705-741-1191

Services

- Medical Services (non-emergency)
- Counselling
- Support & Referrals

Website: https://partnersinpregnancy.ca/

Serving: Pregnant people and post-partum and newborn care to patients of the clinic
Region: Peterborough City & County

PIPC provides prenatal care for pregnant people through a team-based approach, as well as post-partum and newborn check-ups to patients of the clinic
Services: Access to health care providers such as social workers, clinical nurses, a registered dietitian and a physician assistant.

OTHER COUNSELLING SERVICES

Talk Now
Phone: 705-876-5826
Mon - Fri 8:30 - 3:30. Closed on statutory holidays and weekends. Provides more timely access to mental health professionals and does not require a referral.

Four County Crisis
Phone: 705-745-6484
Toll Free: 866-995-9933
24/7 For those experiencing crisis, mental health concerns or with serious mental illness and does not require a referral.

Peterborough Youth Services
Phone: 705-743-1681
Peterborough Youth Services is a non-profit social service agency that provides counselling to youth and their families. Please visit their website https://www.pysonline.ca or scan the QR code for more info

Good2Talk
Phone: 866-925-5454
Text: GOOD2TALKON to 686868
Free, 24/7, confidential support service for post-secondary students in Ontario. Please visit https://good2talk.ca/ or scan the QR code for more info.

Talk4Healing
Phone or Text: 855-554-4325
24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario. Please visit: https://www.beendigen.com/programs/talk4healing/ or scan the QR code for more info.

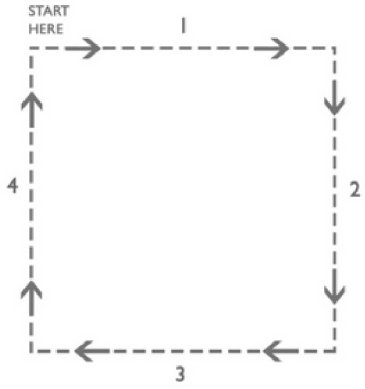
FEELING OVERWHELMED?

KAWARTHA | sexual assault centre

THE POWER OF THE BREATH

Our bodies can react quickly when our minds are activated by stress and traumatic memories. We may hold our breath or breathe very quickly, our heart may beat faster, and we might even feel anxious. These symptoms can come at any time and we are here to support you 24 hours a day, 7 days a week.

If you feel these symptoms, one choice is to regulate your breathing. Focusing on your breathing helps to relax your excited nervous system. If you want, you can slowly trace the square with your eyes or a finger. Breathe in along the first line, breathe out along the second, breathe in along the third and breathe out along the fourth. We invite you to continue this pattern at least three more times.





We are here to listen.
Call us for 24 hour, 7 day a week nonjudgmental support at **1-866-298-7778**

KSAC offers individual counselling, group programs, case management, advocacy and accompaniment services, and prevention education programming.

For more information or to request service, call our office at **705-748-5901** or visit our website at **www.kawarthasexualassaultcentre.com**

THIS IS HARD, AND WE ALL CAN HELP

When supporting someone who is a survivor of sexual violence, harassment, or partner violence, it is very important to respond with empathy.

Here are some ideas about what to say:

- Thank you for trusting me.
- I am sorry this has happened.
- I believe you.
- How can I help you right now?
- You are not alone and we can connect you with people who can help.

Visit **www.survivortoolkit.ca** for more support resources.

YWCA PETERBOROUGH HALIBURTON

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Emergency Shelter
- Counselling
- Support & Referrals
- Safety Planning

Ptbo Website: ywcapeterborough.org
Haliburton Website: ywcahaliburton.org

Serving: Those at risk of being abused
Region: Peterborough City & County, Haliburton

Provides programs, support and advocacy for women and families who want to live free from violence, poverty and oppression as they build their desired futures. Services: START Program, Crossroads Shelter, Haliburton Emergency Rural SafeSpace (HERS), 24 Hour Crisis Line, family court support, programming, referrals and more.

KAWARTHA sexual assault centre

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Counselling
- Support & Referrals
- Safety Planning

Website: kawarthasexualassaultcentre.com/

Serving: Those 16+ affected by sexual violence and harm
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers services for anyone affected by sexual assault or gender-based violence or harm. Services: counselling, group workshops, advocacy, accompaniment services, crisis support, peer supports, and more.

PRHC
Peterborough Regional Health Centre

Phone: 705-743-4132
Toll Free: 1-800-419-3111

Women's Healthcare Centre

Services

- Medical Services
- Counselling
- Support & Referrals

Website: https://prhc.on.ca/healthcare-services/women-children/womens-healthcare-centre/

Serving: Adolescents, Adults, and Seniors.
Services are not limited by gender.
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers care, information and counselling and treatment to vulnerable populations. Services: Unplanned Pregnancy Program, Sexual Abuse Counselling, Sexual Assault & Domestic Violence Program, Colposcopy, Nurse Practitioner, Access to preventative and sexual healthcare for those who do not have a Family Doctor or Nurse Practitioner.

ELIZABETH FRY SOCIETY OF PETERBOROUGH

Phone: (705) 749-6809

Services

- Housing Help
- Counselling
- Court Support
- Support & Referral

Website: https://efryptbo.org/

Serving: Women who are before the courts, incarcerated, or at risk of criminalization
Region: Peterborough City & County

EFry advocates and provides services for women who have been criminalized or imprisoned, as well as those at risk of becoming criminalized.
Services: advocacy, justice services, community programs, peer programs, Housing programs, community outreach.

john howard society Ontario

Phone: (705) 743-8331
Toll Free: (833) 698-9898

Services

- Court Support – Adult
- Court Support – Youth
- Counselling
- Help for Parents & Children
- Support & Referrals

Website: https://johnhoward.on.ca/peterborough/

Serving: Youth programs (12-18), Adult programs (18+)
Region: Peterborough City & County

JHS provides services and programs that help reduce the impact of crime and its causes.
Services: counselling, institutional services, youth diversion, youth services & programming.

Peterborough Community Legal Centre

Phone: (705) 749-9355

Services

- Legal Help
- Support & Referrals

Website: https://www.ptbo-clc.org/

Serving: Vulnerable and/or low income residents
Region: Peterborough City & County

Provides free and confidential legal information, advice and representation for Ontario Works (welfare), EI, ODSP, Canada Pension Plan, Residential Rendancies Act. Consumer Protection, Human Rights Code and the Charter

Peterborough Police Service
Victim Services Unit

Phone: (705) 876-1122 ext 268

Services

- Safety Planning
- Justice Services
- Support & Referrals

Website: https://www.peterboroughpolice.com/en/learn/victim-services.aspx

Serving: Everyone
Region: Peterborough, Cavan Monaghan, Lakefield

Support for those affected by crime or tragic and unforeseen circumstances.
Services: crisis intervention, safety planning, emotional and practical support, advocacy, information, support through the criminal justice system, referrals to community agencies

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Victim Services Peterborough & Northumberland

Phone: (888) 822-7729

Services

- Safety Planning
- Justice Services
- Support & Referrals

Website: https://victimservicespn.ca/

Serving: Everyone
Region: Peterborough (County of), Northumberland County

Provides emotional support and referrals to victims of crime
Services: Emotional support and referrals, Victim Quick Response Program

FLEMING

Phone: 705-749-5504
Toll Free: 1-866-353-6464 ext 1504

Health Services

Services

- Medical Services (non-emergency)
- Counselling
- Support & Referrals

Website: https://flemingcollege.ca/student-experience/health-services

Serving: Students of Fleming College
Region: Peterborough & Lindsay

College community medical clinic at Fleming College Sutherland Campus. Services: physical exam, birth control, STI testing, counseling, blood work, immunization clinics, and more.

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partners in pregnancy clinic

Phone: 705-741-1191

Services

- Medical Services (non-emergency)
- Counselling
- Support & Referrals

Website: https://partnersinpregnancy.ca/

Serving: Pregnant people and post-partum and newborn care to patients of the clinic
Region: Peterborough City & County

PIPC provides prenatal care for pregnant people through a team-based approach, as well as post-partum and newborn check-ups to patients of the clinic
Services: Access to health care providers such as social workers, clinical nurses, a registered dietitian and a physician assistant.

NEW CANADIANS CENTRE
PETERBOROUGH

Phone: (705) 743-0882

Website: https://nccpeterborough.ca/

Services

- Support & Referrals

Serving: Newcomers to Canada and refugees 18+
Region: Peterborough City and County, City of Kawartha Lakes, Haliburton County

Support immigrants and refugees and ease the process of adjusting to a new life in Canada.
Services: information and referrals, language instruction, employment services, community outreach

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Dalhousie
Youth Support Services

Phone: (705) 749-5705

Website: https://dyss.ca/

Services

- Court Support – Youth
- Support & Referrals

Serving: Youth involved in the youth justice system
Region: Peterborough City & County

Help youth in conflict with the law by offering programs to promote and develop positive social behaviours and encourage personal and academic growth. The on-site classroom provides an alternative to mainstream school
Services: Education Learning Program, Community Support and Reintegration Program, Extra Judicial Measures and Sanctions, court support and one on one support

TELECARE DISTRESS CENTRE of Peterborough

Phone: (705) 745-2273

Services

- Support & Referrals

Website: https://www.telecarepeterborough.or

Serving: Everyone
Region: Peterborough City & County, Kawartha Lakes

A 24/7 local call centre which offers a non-judgmental, confidential listening ear to anyone in need. Calls received for a variety of topics including relationships, grief and loss, stress, depression and suicidal feelings, physical and emotional health, drugs and alcohol, etc.

CANADIAN HEARING SERVICES

Phone: (866) 518-0000

Services

- Support & Referrals

Website: https://www.chs.ca

Serving: Individuals with hearing loss
Region: City of Kawartha Lakes, Peterborough City & County, Durham Region, Haliburton, Haliburton County, Northumberland and area

Support, advice, and counselling to enhance the independence of Deaf, deafened and hard of hearing people.
Services: Assistance with communication solutions, employment services and sign language instructions.

Elder Abuse Prevention Ontario

Phone: (416) 916-6728

Website: https://eapon.ca/

Services

- Support & Referrals

Serving: Older Adults
Region: Province of Ontario including Peterborough City & County, Northumberland County, City of Kawartha Lakes, Haliburton County

EAPO collaborates with local networks to provide education, information and advocacy relating to elder abuse and protecting seniors.
Services: Deliver education programs and activities, develop resources and enhance awareness of local supports, services and avaialble programs that help older adults who are at-risk of experiencing abuse within their communities.

Peterborough Elder Abuse Prevention Network

Phone: (705) 742-7067 ext 204

Website: https://www.peapn.com/

Services

- Support & Referrals

Serving: Older Adults
Region: Peterborough City and County

PEAPN works with community partners to develop an integrated and collaborative strategy to address the prevention of elder abuse in Peterborough City and County through networking, information sharing, and raising awareness. The network strives to maintain and support a collaborative, coordinated community response to the abuse of older persons.

PARN
COMMUNITY-BASED HIV/STBBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.

Phone: (705) 749-9110
Toll Free: 800-361-2895

Services

- Support & Referrals

Serving: Those living with or affected by HIV
Region: Peterborough City & County, Kawartha Lakes, Northumberland and Haliburton

Support and health promotion for people who are living with or affected by, or at-risk for HIV. Education, equipment and harm reduction supplies for people at risk for HIV, hepatitis C and other sexually transmitted and blood-borne infections.

Peterborough Public Health

Phone: (705) 743-1000

Services

- Support & Referrals
- Medical Services
- Help for Parents & Children

Website: https://www.peterboroughpublichealth.ca/

Serving: Everyone
Region: Peterborough City & County, Curve Lake First Nation, Hiawatha First Nations

Offers a wide range of programs and services including, but not limited to, home visiting programs for parents, poverty reduction initiatives, infectious disease investigations, food premises and safe water inspections, and clinics offering vaccination, oral health and sexual health services.

TVLA
TRENT VALLEY LITERACY ASSOCIATION

Phone: (705) 749-0777

Services

- Support & Referrals

Website: https://www.tvla.ca

Serving: Individuals 19+ with reading, writing and math skills below Grade 12
Region: Peterborough City & County

TVLA provides assistance with literacy and basic skills training, including numeracy, digital, communication and interpersonal skills to help learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence.

Ontario

Ministry of the Attorney General
Victim Witness Assistance Program (VWAP)

Phone: (705) 755-5150

Services

- Court Support- Adult
- Support & Referrals

Website:
https://www.ontario.ca/page.victimwitness-assistance-program

Serving: Victims and witnesses of sexual assault, domestic violence, intimate partner abuse and/or child physical and sexual abuse (including historical sexual assault and human trafficking)
Region: Peterborough City & County

Provides information and assistance to support participation in the criminal court process.
Services: Case information, support, financial assistance and court-based support

Other Organizations

Trent Lakes Outreach Centre
Phone: (705) 768-3590
Trent Lakes Outreach Centre provides: an emergency food bank, information and referral services, free compassionate listening, food cupboard, clothing, toiletries and support. Please visit: https://tlocfoodbank.wordpress.com or scan the QR code

Brain Injury Association Peterborough Region
Phone: 705-741-1172
Many survivors of physical violence may experience the effects of brain injury without being aware. For more information please visit https:///www.biapr.ca or scan the QR code.

SERVICES FOR PARENTS & CHILDREN

Dnaagdawenmag Binnoojiiyag Family & Children's Services

Phone: (705) 295-7135

Website: https://www.binnoojiiyag.ca

Services

- Services for Children and families

Serving: First Nations, Inuit and Metis children, youth and families living on and off territory.
Region: Peterborough, Northumberland and beyond.

A multi-service Indigenous Child Well-Being Agency that provides a stable foundation for children, youth, fand families, through wraparound services that are culturally based and family-focused.
Services: Children's Services, family Services, Legal Services and more.

Kawartha Haliburton Children's Aid Society
Safe Kids. Strong Families. Thriving Communities.

Phone: (705) 743-9751
Toll Free: (800) 661-2942

Website: https://www.khcas.on.ca

Services

- Services for Children and families

Serving: Children & their families
Region: Peterborough City & County, City of Kawartha lakes, Haliburton County

KHCAS is a child protection agency committed to protecting children and youth from abuse and neglect. They provide help to parents and families to meet children's needs while also providing safe, enduring placements when they are at risk.
Services: Children's Services, family Services, Legal Services and more.

SERVICES FOR PARENTS & CHILDREN

peterborough
outside the ordinary

Phone: (705) 748-8830
Toll Free: 1 (855) 738-3755
After Hours Emergencies: (705) 926-0096

Social Services

Services

- Housing Help
- Help for Parents & Children

Website: https://www.peterborough.ca/en/city-services/social-services.aspx

Serving: Singles, Seniors and families
Region: Peterborough City & County

Offer various community services to community members to help people discover new ways to move forward.
Services: Ontario Works, Emergency Assistance, The Housing Stability Fund, Children's Services, and Housing and Shelter.

Peterborough Public Health

Phone: (705) 743-1000

Services

- Support & Referrals
- Medical Services
- Help for Parents & Children

Website: https://www.peterboroughpublichealth.ca/

Serving: Everyone
Region: Peterborough City & County, Curve Lake First Nation, Hiawatha First Nations

Offers a wide range of programs and services including, but not limited to, home visiting programs for parents, poverty reduction initiatives, infectious disease investigations, food premises and safe water inspections, and clinics offering vaccination, oral health and sexual health services.

Other Services for Children

Kids Help Phone
Phone: 800-668-6868
Text: CONNECT to 686868
Kids help phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Please visit their website https://kidshelpphone.ca or scan the QR code for more info

Peterborough Youth Services
Phone: 705-743-1681
Peterborough Youth Services is a non-profit social service agency that provides counselling to youth and their families. Please visit their website https://www.pysonline.ca or scan the QR code for more info

Kinark
Phone: 888-454-6275
Supporting Children and Youth with complex needs to achieve better life outcomes. Please visit https://www.kinark.on.ca or scan the QR code for more info

LGBT Youthline
Phone: 800-268-9688
Text: 647-694-4275
Youth Line offers confidential and non-judgmental peer support through our telephone, text and chat services. https://www.youthline.ca or scan the QR code for more info

INDIGENOUS SERVICES

Phone: (705) 657-8045

Services

- Indigenous Services

Website: https://curvelakefirstnation.ca

Serving: Members of Curve Lake First nation
Region: Curve Lake

Curve Lake First Nation offers a number of services to members and residents. They are responsible for day-to-day operations and services/programs of Curve lake First Nation.
Services: Healthy babies healthy children, social services, mental health and wellness, child and family support, NNADAP, and more

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Phone: (705) 741-0900
Toll Free (800) 663-2696

Services

- Indigenous Services
- Counselling

Website: https://www.niijki.com/

Serving: Indigenous peoples of any status from all nations
Region: Peterborough, Haliburton, Northumberland, Durham Region

Counselling and healing services for Indigenous women and their families - Offers therapeutic healing work through the use of Anishnaabe practices, blended with community and client-centered methods of healing.
Services: Indigenous Healthy Babies Healthy Children, Indigenous Counselling for Women, Indigenous Child Witness to Violence, Indigenous Transitional Housing, Indigenous Youth in Transition

INDIGENOUS SERVICES

Phone: (705) 775-0387

Website: https://www.nogofc.ca

Services

- Indigenous Services
- Counselling

Serving: Indigenous peoples of any status from all nations
Region: Peterborough and area

The Nogojiwanong Friendship Centre strives to enhance the quality of life for Indigenous People in the City of Peterborough and the surrounding area. A place of acceptance and well-being for urban Indigenous people through a wide range of community-based programs & services.

Lovesick Lake Native Women's Association

Phone: (705) 652-8787

Website: https://www.llnwa.com

Services

- Indigenous Services

Serving: Indigenous women-identified
Region: Peterborough and area

Aboriginal Prenatal Nutrition Program, Community Action Program for Children, Long Term Care Program, Social Wellness and Awareness Program

Dnaagdawenmag Binnoojiiyag Family & Children's Services

Phone: (705) 295-7135

Services

- Services for Children and families

Website: https://www.binnoojiiyag.ca

Serving: First Nations, Inuit and Metis children, youth and families living on and off territory.
Region: Peterborough, Northumberland and beyond.

A multi-service Indigenous Child Well-Being Agency that provides a stable foundation for children, youth, fand families, through wraparound services that are culturally based and family-focused.
Services: Children's Services, family Services, Legal Services and more.

SAFETY PLANNING

Peterborough Police Service **Victim Services**

Phone: (705) 876-1122 ext 268

Services

- Safety Planning
- Justice Services
- Support & Referrals

Website: https://www.peterboroughpolice.com/en/learn/victim-services.aspx

Serving: Everyone
Region: Peterborough, Cavan Monaghan, Lakefield

Support for those affected by crime or tragic and unforeseen circumstances.
Services: crisis intervention, safety planning, emotional and practical support, advocacy, information, support through the criminal justice system, referrals to community agencies

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Victim Services Peterborough & Northumberland

Phone: (888) 822-7729

Services

- Safety Planning
- Justice Services
- Support & Referrals

Website: https://victimservicespn.ca/

Serving: Everyone
Region: Peterborough (County of), Northumberland County

Provides emotional support and referrals to victims of crime
Services: Emotional support and referrals, Victim Quick Response Program

SAFETY PLANNING

YWCA PETERBOROUGH HALIBURTON

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Emergency Shelter
- Counselling
- Support & Referrals
- Safety Planning

Ptbo Website: ywcapeterborough.org
Haliburton Website: ywcahaliburton.org

Serving: Those at risk of being abused
Region: Peterborough City & County, Haliburton

Provides programs, support and advocacy for women and families who want to live free from violence, poverty and oppression as they build their desired futures. Services: START Program, Crossroads Shelter, Haliburton Emergency Rural SafeSpace (HERS), 24 Hour Crisis Line, family court support, programming, referrals and more.

KAWARTHA sexual assault centre

Phone: 1-800-461-7656
Text: 705-991-0110

Services

- 24/7 Crisis Line
- Counselling
- Support & Referrals
- Safety Planning

Website: kawarthasexualassaultcentre.com/

Serving: Those 16+ affected by sexual violence and harm
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Offers services for anyone affected by sexual assault or gender-based violence or harm. Services: counselling, group workshops, advocacy, accompaniment services, crisis support, peer supports, and more.

PRHC
Peterborough Regional Health Centre

Phone: 705-743-4132
Toll Free: 1-800-419-3111

Sexual Assault Domestic Violence Program

Services

- Medical Services
- Counselling
- Support & Referrals
- Safety Planning

Website: https://prhc.on.ca/healthcare-services/women-children/womens-healthcare-centre/

Serving: Anyone who has experienced or is at risk for gender-based violence
Region: Peterborough City & County, Haliburton County, Kawartha Lakes, Northumberland County

Provides supportive 1:1 trauma-informed care to individuals who have experienced sexual assault and/or abuse by an intimate partner. Our team of specially trained nurses are available 24 hours a day through the Emergency Department at Peterborough Regional Health Centre (PRHC) for anyone who has recently been sexually assaulted or assaulted by an intimate partner or in the case where the assault took place more than two weeks ago, we can schedule a visit in our clinic.

Other Organizations that can assist

Cornerstone Family Violence Prevention Centre
Phone: 905-372-0746 **Serving:** Northumberland
Various services including emergency shelter for those women-identified people experiencing DV/IPV

Women's Resources
Phone: 800-565-5350 **Serving:** Lindsay, Kawartha Lakes
Various services including emergency shelter for those women-identified people experiencing DV/IPV

Assaulted Women's Helpline
Phone: 888-863-0511 or text #SAFE (#7233) **Serving:** Ontario
Provides a safe space to support, listen and guide women who have experienced any type of abuse anywhere in Ontario.

GLOSSARY OF TERMS

Accelerated Parole is only available to some first time offenders and it is only used when they are convinced the offender will not commit a violent offence. The offender may receive parole earlier than normal.
Affirmation is a non-religious oath given by a witness/victim before testifying, promising that the evidence they offer is, to the best of their knowledge, the truth.
Appeal is a process for requesting a formal change or a review of an official decision.
Appearance Notice is a legal document that states that the person is charged with an offence and must appear in court on the date named in the notice.
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 of any conditions that are placed.
Breach means that an individual has not complied with their Conditions. This is a criminal offence.
Concurrent Sentences are sentences that are served 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.
Conditions are actions that are set by the court that must be followed when an individual is released on bail/parole/probation. Conditions could include such things as: staying away from certain locations; not being in possession of firearms; or they must report at a certain time to the police.
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/Attorneys 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.
Defense Lawyers/Attorneys represent the accused and ensures their rights are not violated.
Detention Order means that the individual is ordered into custody, possibly while awaiting a court decision.
Domestic Violence Hubs offer women experiencing abuse or violence access to multiple services at one location. Call your local shelter for more information.
Duty Counsel is a lawyer available to accused individuals held in custody and in court to give advice and to help with the accused's court appearance. This service is free.
Evidence is the information you give in court about what happened
during an incident. Evidence may also include such things as photographs, property, etc.
Family Court Support Workers provide direct support to victims of domestic violence who are involved in the family court process. A Family Court Support Worker will help you to understand the family court process, help victims prepare for family court proceedings, refer victims to services and supports in the community and help with safety planning. They can help with matters related to: separation and divorce, custody and access, child and spousal support, child welfare (CAS), restraining orders and emergency motions.
Federal Penitentiaries are for sentences that are 2 years or more in length.
First Appearance is a short court attendance where the parties and their lawyers meet to schedule the first Case Conference, ensure that both parties have served and filed all of their pleadings, and possibly discuss an interim order to deal with more sensitive or urgent issues in the matter.
Full Parole means the offender is no longer required to return to the institution, but they are under specific conditions. Victims have the legal right to obtain these specifications.

Information is a piece of paper which sets out the charge against the accused in Provincial Division. All of the dates of court appearances and the final outcome of the case are recorded on this document and kept on file in the court office.
Input Statement is also called Victim Impact Statement.
Judicial Pre-Trials are meetings with the Crown possibly discussing guilt or innocence, weaknesses and strengths of the case, alternate lesser charges, the admissibility of certain evidence, if there have been any Charter infringements, and any applications that need to be brought to assert those infringements.
Justices of the Peace are individuals who preside over bailing hearings and provincial offences courts, issue search warrants, etc. In other words, a Judge.
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.
No Contact Order restricts a person's behaviour so they may not: go near or contact you, your family or friends; go to certain places; or carry a firearm. There are three different types: Retraining Orders; Peace Bonds; and Terms of Release.
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 a criminal court order that sets out specific conditions to protect the safety of others or property. It can be ordered if there is a reasonable fear that another person will cause personal injury to them or their family, will damage his/her property, or where there is a reasonable fear that another person will commit a sexual offence against them. 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.
Promise to Appear is a legal document signed by the accused person in which the person promises to appear in court on a named date.
Provincial Prisons are for sentences that are less than 2 years long.
Publication Bans are used when a victim/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 testifying behind a screen, or outside the courtroom using a closed-circuit TV. A publication ban also means that the media is not allowed to use the victim/witness's name when reporting about the trial/case.
Reasonable Prospect of Conviction is when they are considering whether or not to continue the prosecution of a charge. If the Crown determines there is no reasonable prospect of conviction, at any stage of the proceeding, then the prosecution of that charge must be discontinued.
Recognizance requires an accused to follow certain conditions, with a financial penalty if they do not comply. If there are no conditions, then the recognizance just requires the accused to attend court as directed by the recognizance.
Sexual Assault Nurse Examiner is a specially trained nurse available 24/7 at Peterborough Regional Health Centre Emergency Department to assist with sexual assault/domestic violence victims.
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 lawyers presenting and questioning evidence, questioning witnesses and/or the accused in order to come to a decision.

Under Oath means that the individual has sworn or affirmed that what they are saying is the truth. If someone is knowingly lying while Under Oath, then they are committing Perjury; it's a criminal offence.

Undertaking to an Officer in Charge is similar to Conditions but has been put forth by the Officer in Charge instead of the courts. Failure to comply with the undertaking is a criminal offence.

Victim Impact Statement is a description of how the crime has affected a victim, physically, emotionally, and financially. The Crown Attorney or arresting police officer may ask you to prepare such a statement. If the accused is convicted, the judge may consider the VIS when determining a sentence. Witness/Victim's role in a criminal court is to tell the truth and give their evidence as completely and accurately as is possible.

Written Revocable Consent means that a party may give their consent to have contact with another party by filing a letter with the police and Crown Attorney. The party allowing the contact may revoke their consent at any time without providing a reason by informing both family and civil litigation files.

Notes:

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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.



Visit our videos and online resources at:

survivortoolkit.ca

Thank you to our partners

Elizabeth Fry Society of Peterborough

YWCA Peterborough Haliburton

Kawartha Sexual Assault Centre

Peterborough Family Health Team

Ontario Provincial Police

Peterborough Public Health

John Howard Society Ontario

Partners in Pregnancy Clinic

Victim Services Peterborough & Northumberland

TELECARE Distress Centre of Peterborough

Peterborough Community Legal Centre

PRHC Peterborough Regional Health Centre

peterborough outside the ordinary

PARN Community-based HIV/STBBI programs. Support. Prevention. Education.

FOURCAST

CCRC Turning things around

New Canadians Centre Peterborough

Elder Abuse Prevention Ontario

Kawartha Haliburton Children's Aid Society

Peterborough Elder Abuse Prevention Network

TVLA Trent Valley Literacy Association

Aanjin – Welcome – Curve Lake First Nation Territory

Fleming

Dalhousie Youth Support Services

Ontario

Partnership • Support • Education

The Peterborough Domestic Abuse Network (PDAN) works together to support survivors of DV/IPV. For more info please visit out website: ccrc-ptbo.com/PDAN