

What is Relationship Violence?

It's a pattern of behavior that establishes **Power and Control** over another person using fear, isolation, intimidation and often physical injury.

Ask yourself...

Is your partner or caregiver ever unpredictable – sometimes wonderful – but every once in a while very cruel or scary?

Do you feel isolated, like there's nowhere to turn for help, and that no one would believe you anyway?

Do you ever feel you have to say everything's okay, even when it's really not?

Do you feel nervous or frightened around your partner or caregiver?

Have you lost most or all of your friends since you've been in this relationship?

Do you ever feel worthless and with few options?

Have you ever experienced your boyfriend / girlfriend / partner / spouse or caregiver...

- blaming you for making them angry?
- calling you names, putting you down, or insulting you in front of others?
- limiting your access to money or preventing you from getting a job?
- causing you to feel afraid by smashing things, hurting your pets or displaying weapons?
- becoming very jealous of you for no reason?
- calling or paging you often?
- wanting to know where you are each minute of the day?
- not allowing you to spend time with your family and friends?
- intercepting e-mails and phone calls?
- threatening you if you told someone about an abusive incident?
- slapping, pinching, hitting or punching you?
- withholding your medication.
- forcing you to participate in unwanted sexual activity?
- making you do something you didn't want to do?

**Remember...
It's not your fault!**

If you have answered yes to some of these questions you may be in an abusive relationship.

You are not alone.

There is free help available to you.

Turn the page over to contact a local support service who understands what you are experiencing and who want to help you.

D. O. V. E. Coordinating Committee

The Delta Opposes Violence Everywhere Coordinating Committee is committed to ending violence in human relationships, and its impact on everyone.

The committee is working towards improving a coordinated response to incidents of violence in relationships by identifying, and addressing gaps or barriers in service delivery and promoting respectful relationships.

Delta Police Emergency call 911
Delta Police non emergency line
to report abuse (24 hrs) 604.946.4411

Delta Police Victim Services 604.940.5019
4455 Clarence Taylor Crescent, Delta BC
Offers support related to relationship violence, information on the Criminal Justice System, court support, and referrals to community agencies.

Deltassist Family & Community Services
9097 120th Street, Delta BC 604.594.3455
Provides integrated and enhanced family and community services, including individual and group counseling, to the residents of Delta. The Alternatives to Violence Program provides assistance to individuals and families experiencing family violence.

Delta Mental Health and Addictions
South 604.948.7010
Unit 14, 1835 56th Street, Delta, BC
North 604.592.3700
#129 – 6345 120th Street, Delta BC
Provides mental health and addiction services for adults experiencing acute and chronic mental disorder and substance use difficulties.

Delta/ West Surrey Community Corrections
604.501.3292
8285 - 120th St. Delta, BC V4C 6R1

OPTIONS Community Services
604.596.4321
13520 78th Avenue, Surrey, BC
Offers programs for women and children who are fleeing abusive relationships and for children and adolescents who have witnessed abuse/violence.

Legal Services Society 604.585.6595
Provides free legal services to those who qualify, and legal information for everyone.

DIVERSEcity Community Resources Society
604.597.0205 ext 1202

#1107 - 7330, 137th Street, Surrey, B.C.
Offers counseling in Stopping the Violence (STV), the Children Who Witness Abuse (CWWA), Alcohol & Drug, Grief & Trauma, Child & Youth Mental Health, Indo Canadian Spousal Abuse (ICSAP), Relationship Violence Prevention Programs, and Family Counselling.

Family Justice Centres
Provides services to British Columbians going through separation or divorce.
Surrey and Langley Family Justice Centre
Serves North Delta, Surrey, White Rock, Langley and Aldergrove 604.501.3100
Richmond Family Justice Centre
Serves Richmond, South Delta, Ladner and Tsawwassen 604.660.3511

Stroh Health Care
1 877 599 4321 604.599.4321
The Relationship Violence Program is a 17 session group program delivered to men referred by Community Corrections. Participants gain information and develop skills to reduce violence in relationships.

The Boys & Girls Club of South Coast BC
604.591.9262
301-11861 88th Avenue, Delta, BC
Offers free Sexual Abuse Intervention Program (SAIP) for Delta youth who have been subject to sexual abuse, showing symptoms of sexual abuse, or have sexual behavior problems. Individual and group sessions. Professional, community and self-referrals accepted.

Ministry of Children and Family Development (MCFD)
604.501.3237
After hours: 604.660.8180
200 – 11861 88th Avenue, Delta, BC

D.O.V.E



*Delta Opposes
Violence Everywhere
Coordinating Committee*

*Working Together
To End
Relationship Violence*



www.deltassist.com/dove.html
www.deltapolice.ca/victimservices