

DELTA WOMEN'S RESOURCE CARD

You have the right to a safe and healthy relationship, free from violence and fear.

Know the warning signs of an abusive relationship.

You **ARE** a victim of abuse if someone close to you

- Physically hurts you or threatens to hurt you
- Forces you to have sex
- Controls who you see, where you go, what you do, and what you do with your money
- Puts you down, calls you names
- Isolates you from family and friends

Living with violence can harm you and your children physically, emotionally and mentally. You do NOT deserve to be physically or emotionally abused in any way, for any reason.

Physical, emotional, and sexual abuse is a crime.

It is NOT your fault if you are abused. There are services that can help you live without violence.

Please call for help.

SAFETY PLAN

Safety if you are being attacked:

1. Call 911 immediately. Teach children to call 911 in an emergency, ask neighbours to call police if concerned.
2. Protect your head and abdomen by curling up and placing your hands over your head. Yell loudly and continuously while being hit.
3. Have an escape route and know where you will go if you are able to leave. If you are not able to leave go to the safest place to protect yourself. Avoid nearby hazards.
4. Have a cell phone on you so you can call for help.
5. Plan with your children and identify a safe place for them to go to (for example, a room with a lock or a friend's house where they can go for help). Reassure them that their job is to stay safe, not to protect you.
6. If you or your children are injured go to a doctor or an emergency room and report what happened. Ask that they document your visit. Keep notes of details

Safety if you are preparing to leave the relationship:

1. Prepare a safety bag and keep it hidden in a secure place, e.g. with a friend. This bag should include items such as clothing for you and the children; cash for a taxi and essentials; a list of important telephone numbers (including transition houses); medication; and a spare set of keys. Include important valuables and saleable items, photocopies of important documents: passports, visas, immigration papers, birth certificates, marriage license, bank books, and insurance papers.
2. Save money for an emergency in a safe place or ask friends or family members to hold money for you. Have a savings account opened in your own name.
3. Keep a diary. Keep any evidence: pictures, threatening letters, or apology notes.
4. Contact a lawyer to know your rights. Through the lawyer you can arrange to obtain proper custody of your children and prepare for separation proceedings.

Before another incident occurs ...

Leave if possible, and go to a safe place.

Crisis Lines/Emergency Phone Numbers

Emergency	911
Surrey Women's Centre Crisis Line.....	604-583-1295
South Fraser Crisis Line	604-951-8855
Vancouver Crisis Centre	604-872-3311 or 1-866-661-3311
Multilingual Help Line	604-596-4357 or 604-572-4060
Prideline	604-684-6869 or 1-800-566-1170
Help Line for Children	310-1234
Kids Help Phone	1-800-668-6868
Emergency Food and Shelter Line	1-866-660-3194
Mental Health After Hours Service.....	1-877-384-8062

Transition Houses for Women and Children

Shimai House (Surrey – Alcohol and Drug).....	604-581-9100
Durrant House (Surrey – Alcohol and Drug).....	604-531-4430
Ama House (55 yrs +)	604-542-5992
Evergreen (Surrey)	604-584-3301
Virginia Sam (Surrey)	604-572-5116
Ishtar (Langley)	604-530-9442
Libra House (Langley/Aldergrove)	604-857-5797
Liz's House/Liz's Too.....	604-582-2459
Nova House (Richmond)	604-270-4911

Victim Assistance

VictimLINK	1-800-563-0808
Victim Safety Unit	604-660-0316 or 1-877-315-8822
Delta Police Victim Services	604-940-5019 or 604-946-4411
Surrey Specialized Victim Services	604-583-1295
Child and Youth Specialized Victim Support	604-520-0009
Multicultural Victim Services (MOSAIC)	604-254-9626

Specialized Counselling for Women and Children

Deltassist Family and Community Services	604-594-3455
Delta Mental Health Centre (North)	604-583-3700
Delta Mental Health Centre (South)	604-948-7010
White Rock/South Surrey Mental Health Centre	604-541-6844
Boys & Girls Club Community Services	604-591-9262
South Delta Employment Resource Center.....	604-946-0324
Richmond Women's Resource Centre	604-279-7060
OPTIONS Surrey Community Services Society.....	604-584-5811/ 604-596-4321
Surrey Women's Centre Society	604-583-1295
Threshold Women's Outreach Program	604-572-5883
South Fraser Women's Services Society.....	604-536-9611

Multicultural Services

DIVERSEcity Community Resources Society....	604-597-0205
Multicultural Family Support Services	604-436-1025
Multicultural Outreach Program	604-279-7077
SUCCESS Surrey Service Centre	604-588-6869
Progressive Intercultural Services Society	604-596-7722

Specialized Services

Surrey Alcohol & Drug Services	604-588-8430
Aboriginal Women's Outreach Program	604-584-2971
Metis Family Services	604-584-6621
Native Court Worker and Counselling Assoc.....	604-572-2293
Helping Spirit Lodge	604-872-6649
LGTB Community Centre.....	604-684-5307
Coalition to Eliminate the Abuse of Seniors.....	1-866-437-1940
BC Nurse Line	1-866-215-4700

Legal Assistance

Legal Services Society (Legal Aid)	604-585-6595
Lawyer Referral Service	604-687-3221
Law Line (press "7").....	604-408-2172 or 1-866-577-2525
Surrey and Langley Family Justice Centre	604-501-3100
Richmond Family Justice Centre	604-660-3511

Sponsored by the D.O.V.E. Committee

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