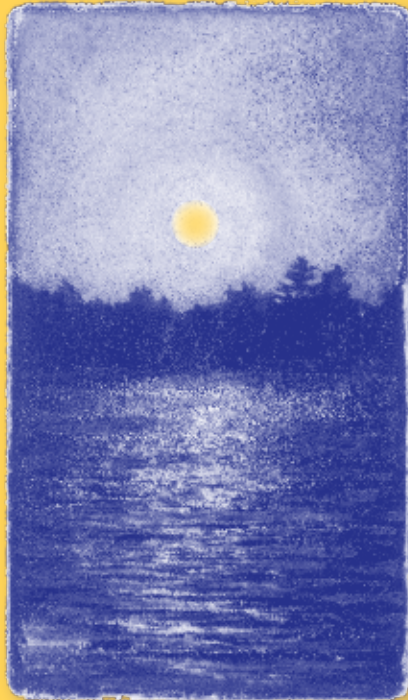


# Peterborough Domestic Abuse Resource Guide

*"New Day"*



*you have the power to change your life*

This guide was produced by the **Peterborough Domestic Abuse Network (PDAN)** with financial support from the Ontario Ministry of the Attorney General and the Ontario Ministry of Community and Social Services, December 2005.  
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For additional copies,  
contact PDAN at (705) 933-2825 or email: [info@pdan.ca](mailto:info@pdan.ca).  
Copies may also be downloaded from: [www.pdan.ca](http://www.pdan.ca)

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# about this guide

## **about this guide**

This guide has been prepared to assist people living in an abusive relationship to find the services and supports they need in our community. Descriptions of services available in Peterborough City and County, and their telephone numbers are provided.

The guide also provides some information on the legal system, safety planning and taking care of yourself and your children.

# help is out there

## **help is out there**

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# Emergency Numbers

**Police, Fire, Ambulance: 911**

**YWCA Crossroads Shelter, Peterborough**  
1-800-461-7656 \*

**Anishnaabe Kwewag Gamig**  
*(Southeastern Regional Women's Shelter)*  
1-800-388-5171  
(905) 352-3506 \*

**Assaulted Women's Helpline**  
1-866-863-0511 \*

**Children's Aid Society**  
1-800-661-2843

**Kawartha Sexual Assault Centre**  
1-866-298-7778 \*

**Kids Help Phone**  
1-800-668-6868

**Peterborough Regional Health Centre**  
Sexual Assault/ Domestic Violence Response Team  
(705) 876-5022

**FEMMES-AIDE: La ligne d'écoute du Nord**  
1-877-336-2433

\*TTY accessible

# You Are Not Alone

## Statistics on relationship abuse

- One-half of Canadian women (51%) have been victims of at least one act of physical or sexual violence since the age of 16. (Status of Women Canada)
- As many as 25% of Canadian youth experience some sort of assault in a dating relationship. (Canadian Red Cross)
- One in four Canadian women will experience an episode of domestic violence during their lifetime. (Statistics Canada)
- One in two female murder victims are killed by their partner; almost 70% were abused prior to their death. (Statistics Canada)
- Three to five children in every classroom witness domestic abuse in the home. (Statistics Canada)



# Abuse Can Happen to Anyone

## What is abuse?

If your relationship with your partner is a healthy one, you and your partner will feel good about yourselves and value each other.

Sometimes, however, relationships can be hurtful and have a negative effect on your feelings of self worth and self confidence. This can happen if your partner is abusive towards you.

Abuse can look like a lot of different things. It can be physical, verbal, emotional, sexual or financial. It includes things like:

- being hit, slapped or pushed
- verbal abuse – name calling, put downs
- isolation from family or friends
- intimidation and threats
- controlling money

You may feel that it is your fault if things aren't going well between you and your partner. You may hope that your relationship will change and the abuse will stop, but chances are the abuse will get worse.

*You are not to blame.*

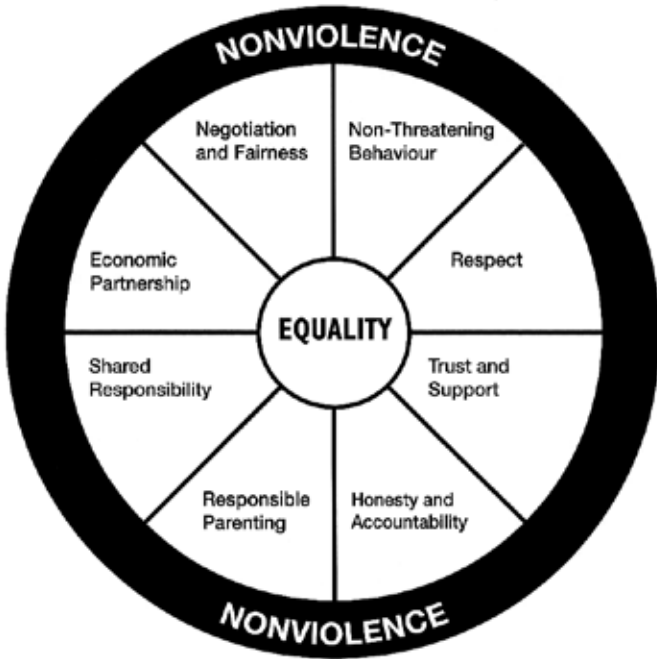
*You have the power to change your life.*

## Partner relationships include:

- Opposite sex couples
- Same sex couples
- Couples dating or living together
- Married couples

# Healthy Relationships

The equality wheel depicts the characteristics of a healthy relationship.





# Unhealthy Relationships

The power and control wheel depicts the characteristics of an unhealthy relationship.



# Help is Available

## SHELTERS

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### **Anishnaabe Kwewag Gamig**

1-800-388-5171

Southeastern Regional Women's Shelter for Aboriginal or non- Aboriginal women and their children. Advocacy, referrals, court accompaniment, confidential counselling, emergency transportation. Access 24 hours a day.

### **Brock Mission**

(705) 748-4766

Emergency housing and food for men who are homeless.

### **Cameron House**

(705) 748-4766

Emergency lodging for women with or without children who are homeless. Food, lodging, support and referrals are provided.

### **YWCA Crossroads Shelter**

1-800-461-7656

Shelter for women and their children fleeing an abusive relationship. Toll free number will not show up on phone bill. Access 24 hours a day.

### **Youth Emergency Shelter of Peterborough**

(705) 748-3851

Emergency housing and support for youth ages 16 – 24 years of age, and for limited number of families.

### **Rural Outreach Centre (ROC)**

(705) 657-2232 or 1-866-844-7622

Provides shelter, counselling, information and referral services to families in crisis. Access 24 hours a day.

### **Victoria's Shelter, City of Kawartha Lakes**

1-800-565-5350

Provides shelter, counselling and referral services for women and their children fleeing an abusive relationship.

## **HOUSING**

### **Housing Resource Centre**

(705) 743- 9122

Assistance with all housing needs.

### **Otonabee Native Homes Inc.**

(705) 742-5698

Subsidized housing for people of Native ancestry.

### **Housing Access Peterborough**

(705) 742-4499

Subsidized housing in Peterborough City and County. Abused women have special priority.

## **COUNSELLING & SUPPORT**

### **Abuse Prevention of Older Adults Network of Peterborough County and City**

(705) 742-7778

Support and referrals on issues related to older adults experiencing abuse.

### **Alcoholics Anonymous**

(705) 745-6111

Recovery from alcoholism. The only requirement for A.A. membership is a desire to stop drinking.

### **Community Counselling and Resource Centre**

(705) 742-4258

Professional and confidential counselling services for people of all ages who are experiencing problems. Longer term counselling for domestic abuse survivors.

### **Community Mental Health Crisis Response Program**

(705) 745-6484 or 1-866-995-9933

Free telephone and community intervention for people 16 years and over.

### **Elizabeth Fry Society**

(705) 749-6809 or 1-800-820-7384

Women-directed agency, which offers court support, counselling, pre-release program, anger management and sexual assault treatment.

**Four Counties Addiction Services Team (FourCAST)**

(705) 876-1292 or 1-800-461-1909

Offers a full range of outpatient treatment services for those experiencing problems with alcohol, drug use and problem gambling.

**John Howard Society**

(705) 743-8331

Services for men, women and youth who are, or have the potential to be, involved with the criminal justice system. Includes family violence treatment programs.

**Kawartha Sexual Assault/Domestic Violence Centre**

(705) 748-5901 or 1-866-298-7778 (24 hour crisis line)

Free and confidential counselling, advocacy and support to adult sexual assault and incest survivors.

**Lovesick Lake Native Women's Association**

(705) 657-9456 (Buckhorn office)

(705) 652-7029 (Lakefield office)

A self-help association dedicated to the well-being of the Native and non-Native community. Services include: job search assistance, prenatal and nutrition programs, and the Brighter Futures Program.

**Ministry of the Attorney General – Victim Support Line**

1-888-579-2888

Support, referral and registration with the Automated Victim Notification Service.

**Nijkiwendidaa-Anishnaabe-Kwewag Services Circle**

(705) 741-0900 or 1-800-663-2696

Culturally appropriate counselling and support to women and their families.

**New Canadians Centre, Peterborough**

(705) 743-0882

Services for new Canadians including orientation sessions, interpretation and translation services, supportive counselling, advocacy and referrals to appropriate community services.

**Peterborough/ Northumberland Victim Services**

(705) 748-0324 or 1-888-822-7729

Emotional and practical support for victims of crime. Referrals to community services. Assistance with victim documents and court support.

**Rural Outreach Centre (ROC)**

(705) 657-2232 or 1-866-844-7622

Provides shelter, counselling, information and referral services to families in crisis.

**SupportLink**

(705) 743-7918 or 1-888-822-7729

Support for victims at high risk of relationship abuse, sexual assault or criminal harassment – intensive safety planning. Will provide cellular telephones programmed to dial 911 (certain conditions apply).

**Telecare Distress Centre**

(705) 745-2273

Telephone support line, 24 hours a day, for people who are feeling lonely, troubled or confused. Free, confidential and anonymous service.

**Women’s Health Care Centre**

(705) 743-4132

Offers counselling and education on sexual abuse, domestic violence, eating disorders, unplanned pregnancy, menopause, breast care and other women’s health issues.

**YWCA of Peterborough, Victoria and Haliburton**

(705) 743-3526

Counsellors provide free crisis intervention, referrals, support groups, advocacy and information. Offices in Peterborough and Minden.

**FINANCIAL ASSISTANCE**

**City of Peterborough, Social Services, Ontario Works Program**

(705) 748-8830

Provides employment support and financial assistance to residents of the City and County of Peterborough.

**FOOD SECURITY**

**Food Programs**

**Peterborough County-City Health Unit**

(705) 743-1000

Information on collective kitchens, gleaning, food boxes and other programs.

## **Food Banks**

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**Peterborough Food Bank**

(705) 749-0918

**Salvation Army**

(705) 742-4391

**Good Neighbours Care Centre**

(705) 742-9800

**St. Vincent de Paul Society**

(705) 742-2585

**Havelock Food Bank**

(705) 778-1204

**Lakefield Food Bank**

(705) 652- 8302

**Millbrook & District Food Share**

(705) 932- 7066

**Norwood Food Bank**

(705) 639-5846

**Apsley/North Kawartha Food Bank**

(705) 656-1748

## **LEGAL ASSISTANCE**

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**BOOST Child Victim/Witness Support Program**

(705) 743-9200

Assists children, youth and their caregivers prepare for court.

**Family Law Information Centre (FLIC)**

(705) 876-6915

Free information and help on issues related to separation and divorce and other family law matters. Walk-in service – 470 Water Street, Peterborough.

**Office of the Crown Attorney**

(705) 755-5360

Handles the prosecution of offenses of domestic violence where charges have been laid by the police.

**Ontario Legal Aid Office**

(705) 743-5430

Legal advice for those who are unable to afford it.

**Peterborough Community Legal Centre**

(705) 749-9355

Legal assistance for non-criminal matters such as welfare, family benefits, worker’s compensation, landlord and tenant matters, employment insurance, vocational rehabilitation services, family allowance, Ontario Human Rights Code, and Employment Standards.

**Probation and Parole Services,  
Ministry of Community Safety and Correctional Services**

(705) 745-1929

Community supervision to adults (over 18 years of age) serving a period of probation, provincial parole or conditional sentence. Ensures conditions of court orders and parole certificates are adhered to through supervision, rehabilitative programming and enforcement.

**Victim/Witness Assistance Program**

(705) 755-5150

Provides information and support to victims of violence, domestic abuse, child abuse, physical or sexual abuse as the case goes through the criminal justice system.

**POLICE SERVICES**

**Peterborough/Lakefield Community Police Services (PLCPS)**

Peterborough, non-emergency: (705) 876-1122

Lakefield, non-emergency: (705) 652-3307

For emergency: call 911

**Victim Services Unit, PLCPS**

(705) 876-1122 ext. 268

Police-based victim services program providing post-incident and long-term information, referral and support to victims of crime.

**Peterborough OPP**

Detachment: (705) 742-0401

24 hours: 1-888-310-1122

# SERVICES FOR CHILDREN & YOUTH

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## **Community Counselling & Resource Centre**

(705) 742-4258

Peaceful families groups for children and youth healing from the effects of domestic violence.

## **Kawartha-Haliburton Children's Aid Society**

(705) 743-7858

Provides child protection, foster care and adoption services.

## **Kid's Help Phone**

1-800-668-6868

National, bilingual, toll-free, confidential telephone counselling services for children and youth. Operates 24 hours a day, seven days a week.

## **Peterborough Youth Services**

(705) 743-1681

Individual, family and group counselling for youth 10-18 years of age.

## **Kinark Child & Family Services**

(705) 742-3803 or 1-800-386-6561

Assists children, youth (up to age 18) and families dealing with social and emotional issues.

## **Peterborough Regional Health Centre - Family & Youth Clinic**

(705) 876-5114

Outpatient treatment program for persons (up to 18 years of age) who have significant mental health difficulties and their families.



*Cameron, aged 6*



# The Legal System

The legal system can be confusing and overwhelming. Here are some basic terms you may hear:

**Adjournment:** This is a request for a subsequent date in court, usually requested by the Defense Attorney after the accused has been released.

**Bail Recognizance:** When an accused person is arrested and held in custody for a bail hearing, the person may be released by a Justice of the Peace on a bail recognizance with conditions and a Surety.

**First Appearance:** This is the first time the accused attends court after being released from custody.

**Officer in Charge Undertaking:** When an accused person is arrested, he or she may be released by the police on an undertaking with conditions, if that person meets certain criteria.

**Peace Bonds:** This is an order that tells the person harassing/assaulting another person to 'keep the peace'. If peace bond conditions are broken, the police should be notified and charges could be laid.

**Plea Bargaining:** This is a negotiation between the Crown Attorney and the defense counsel.

**Remand:** This is a request for a subsequent date in court, when the accused is still in custody.

**Restraining Order:** An order from the court directing one person not to do something (e.g. not communicate with a partner, not to take a child from the country, etc.). It is typically issued in cases when relationship abuse or stalking is feared. You must go to Family Court to get this order and you should keep it with you at all times.

**Trial:** During trial, the case is presented to the Judge by the Crown Attorney and the Defense Attorney, and the Judge makes his/her decision. Some cases are settled without a trial.

**Surety:** A Surety is a person who assures the Court that an accused person will abide by the conditions placed on the accused when released from custody. The Surety pledges to the court an amount of money that the Surety may have to forfeit if the accused person does not abide by the conditions of bail or fails to appear in court when required.

# You Have the Right to be Safe

The purpose of this checklist is to help you plan to leave an abusive situation quickly and safely. Websites to assist you with this are on page 17 of this guide.

## Safety during a crisis situation

- Call 911 and yell loudly to alert neighbours.
- If children are present, send them to a pre-arranged safe place to call 911.
- Arrange for a friend or neighbor to call the police if a disturbance is heard coming from your home.
- Have a code word to use with your children, family, and friends or neighbours when you need the police.
- Use your right to protect yourself until you are out of danger.

## Safety when planning to leave

- Build your independence by getting your own bank account/credit card.
- Tell no one about the account and ensure that the bank will not send you mailings or release account information to anyone but you.
- Leave a packed bag with someone you trust in case you have to leave quickly. Don't forget money, an extra set of keys, copies of important documents, extra medication, clothes, toiletries and essential supplies for your children.
- Take or photocopy all important documents (restraining order, birth certificates, visas or passports, divorce papers, custody orders, social insurance card, health card, lease, deed or rental agreement).
- Keep important documents in a safe place for easy access in a crisis.
- Take something meaningful for your children: a favorite stuffed animal, toy or book.
- Arrange in advance for a safe place to go before you leave.
- Keep shelter and emergency numbers close at hand.
- Have change, a calling card, or cell phone for emergency calls.
- Contact child protection services if necessary.
- Review your safety plan often to ensure a quick and safe departure once you decide that it's time to leave.

**Safety when you are on your own**

- Change the locks on your doors and secure your windows.
- Make sure your children have a safety plan for when you are not with them.
- Inform school or daycare about who has permission to pick up your children.
- Inform your neighbours and landlord/lady that your partner no longer lives with you.
- Arrange for an unlisted phone number and block e-mails.

**Safety on the job and in public**

- Decide who at work should know about your situation (including security) and supply them with a photograph of your abuser if necessary.
- Screen you calls (call display) and e-mails.
- Make sure you can leave work safely.
- If you drive, park in a safe place.
- Ask someone to escort you to your means of transportation.
- Use a variety of routes home if possible.

*things to do:*

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# Taking Care of Yourself

Whether you choose to end an abusive relationship or stay in it, there are things you can do to look after yourself and your children.

## **Remember.....**

- You are not to blame
- No one deserves to be abused
- Find someone you can trust; this could be a
  - friend
  - family member
  - counsellor

## **Talk to them.....**

- Don't minimize what you are feeling. IT'S O.K. to feel afraid, sad or angry. Some days will be harder than others.
- Take care of yourself. Even though it may be difficult, try to eat, sleep and exercise regularly. This will help you deal better with stress. Beware of substances that might temporarily dull the pain such as drugs and alcohol.

## **Taking care of your children**

- Children exposed to family violence may:
  - have sleep troubles
  - experience physical complaints
  - be worried or depressed
  - find it hard to concentrate
  - have trouble controlling anger
  - struggle with school work
- There are many free parenting, counselling and support programs in our community to assist you (see page 12 in this Guide – Services for Children & Youth).

# Useful Internet Sites

## **Shelternet**

[www.shelternet.ca](http://www.shelternet.ca)

Information about shelters throughout Ontario for women and their children.

## **National Clearing House on Family Violence**

[www.phac-aspc.gc.ca/ncfv-cnivf](http://www.phac-aspc.gc.ca/ncfv-cnivf)

Information about all aspects of relationship violence.

## **Metrac**

[www.metrac.org](http://www.metrac.org)

Information about abuse (stalking, criminal harassment, sexual assault).

## **Ontario's Women's Directorate**

[www.citizenship.gov.on.ca](http://www.citizenship.gov.on.ca)

Information about services for women.

## **Family Violence**

[www.canada.justice.gc.ca](http://www.canada.justice.gc.ca)

Information about dating violence, family law and elder abuse.

## **Ontario Women's Justice Network**

[www.owjn.org](http://www.owjn.org)

Legal information for women.

## **The Canadian Women's Health Network:**

[www.cwhn.ca](http://www.cwhn.ca)

Information about abuse hotlines, same-sex relationship abuse, sexual assault centres and womens' agencies.

## **Springtide Resources – ending violence against women**

[www.springtideresources.org](http://www.springtideresources.org)

Information on woman abuse, same-sex abuse, custody and access issues.

## **Ministry of the Attorney General – Victim Support Line (VSL)**

[www.attorneygeneral.jus.gov.on.ca/english/about/vs/vsl.asp](http://www.attorneygeneral.jus.gov.on.ca/english/about/vs/vsl.asp)

Information about the victim support line and the family justice system.

## **Neighbours, Friends and Families**

[www.neighboursfriendsandfamilies.on.ca](http://www.neighboursfriendsandfamilies.on.ca)

Information about how to identify women at risk of abuse; safety planning; how to talk to men who are abusive.

# FAQ

## **How common is domestic violence?**

One in four women will experience an episode of domestic violence during her lifetime. One in two female murder victims are killed by their partner. Almost 70% of these victims were abused prior to their death.

## **Don't men also experience abuse from their female partners?**

While both men and women can be abusive to each other, women are most often the victims of domestic violence and are at higher risk of being seriously harmed and/or killed by their male partners. Over 90% of domestic violence fatalities are women.

## **Does domestic violence affect children?**

Children who witness family violence may be seriously affected. Exposure to violence can undermine children's emotional development, and cause behaviour problems and difficulties in school. Children need to be protected from abuse for their own safety and long term well being. Counselling and support programs are available for children exposed to family violence.

## **Why do women stay in abusive relationships?**

A woman may feel she cannot leave an abusive relationship for many reasons – her partner has threatened to harm her if she leaves; she fears for her own and her children's safety; she depends on her partner's income; she is too emotionally weakened and battered down; she feels ashamed and blames herself for the abuse; her partner's abuse isolates her from family and friends; she hopes the relationship will improve.

## **How do I know if I'm abused?**

You may be a victim of abuse if you're in a relationship with someone who:

- controls finances so you have to ask for money
- looks at you or acts in ways that scare you
- acts jealous or possessive, or accuses you of being unfaithful
- tries to control how you spend your time, who you see or talk to, where you go or what you wear
- wants you to get permission to make everyday decisions
- gets angry when drinking alcohol or using drugs
- scares you by driving recklessly
- threatens to kill him or herself

## **Are there warning signs that might indicate someone I know is being abused?**

While you can't know for sure, some things to watch out for are:

- unexplained bruises, injuries, broken bones
- absences from work/school
- appearing sad, withdrawn, fearful, nervous especially around his/her partner
- avoiding you and/or not talking about her home life
- using more alcohol or drugs

## **How can I help a friend/family member who I suspect is being abused?**

Speak to her in private about your concerns. Listen and be understanding. Encourage her to talk about what she is experiencing. Let her know that you are worried for her safety and well being, and want to provide support. If you believe her children are in danger, talk to her about that. Tell her she is not to blame. Offer to accompany her to a local shelter or to a crisis support service for help. Recognize and respect that it might take time for her to make changes in her life. Continue to be supportive.

## **What can I do to help stop domestic violence and relationship abuse?**

You can get involved in promoting and/or undertaking greater public education about domestic violence and healthy/unhealthy relationships at all levels – in schools, at libraries, through various community organizations, municipalities, workplaces, etc.

## **I fear for my pet's safety if I leave my pet behind with an abusive partner.**

The Ontario Veterinary Medical Association has developed the SafePet Program to assist women leaving abusive partners by providing temporary housing for their pets either at various veterinary clinics or with temporary foster parents for short periods of time. To find a safe temporary home for your pet, contact 1-800-670-1702.

# PDAN Members

**The Peterborough Domestic Abuse Network (PDAN)** is dedicated to promoting healthy relationships and ending domestic violence and relationship abuse in Peterborough City and County. PDAN is comprised of representatives from the following organizations:

- Anishnaabe Kwewag Gamig (*Southeastern Regional Women's Shelter*)
- Central Eastern Ontario Translation and Interpretation Services
- City of Peterborough, Social Services Department
- Community Counselling & Resource Centre
- Elizabeth Fry Society
- John Howard Society
- Kawartha-Haliburton Children's Aid Society
- Kawartha Pine Ridge District School Board
- Kawartha Sexual Assault Centre
- Nijkiwendidaa Anishnaabe-Kwewag Services
- Office of the Crown Attorney
- Older Adult Abuse Network
- Ontario Network for Prevention of Elder Abuse
- Partners in Pregnancy
- Peterborough County- City Health Unit
- Peterborough County OPP
- Peterborough Lakefield Community Police Services
- Peterborough/Northumberland Victim Services
- Peterborough Victoria Northumberland Clarington Catholic District School Board
- Probation and Parole Services
- Rural Outreach Centre (ROC)
- SupportLink
- Victim Witness Assistance Program
- Women's Health Care Centre, Peterborough Regional Health Care Centre
- Youth Emergency Shelter of Peterborough
- YWCA of Peterborough Victoria & Haliburton



# notes

## notes



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## notes





Remember  
You are not alone  
Abuse can happen to anyone  
It is not your fault  
You have the right to be safe  
Help is out there