

**If you are in immediate danger call 911.**

**24-hour crisis lines:**

Assaulted Women's Helpline	1-866-863-0511
Chrysalis House	613-591-5901
Femaide	1-877-336-2433
Interval House	613-234-5181
La Présence	613-241-8297
Maison D'Amitié	613-747-0020
Nelson House	613-225-3129
Oshki Kisis Lodge	613-789-1141

**If you believe your partner will be violent, keep a bag where you can get to it quickly and easily. Collect as many of the following items as you can:**

- House/apartment and car keys
- Cash for taxi; small change for phone
- Passport, social insurance card, birth certificates, immigration papers, citizenship card, aboriginal status card
- Driver's license/registration
- Health cards/immunization records for you and your children
- Divorce/custody papers
- Restraining orders, peace bonds, any other court orders
- Bank books, cheque book, credit cards, mortgage or loan papers
- Lease/rental agreement, property deed, business/partnership agreements, rent/mortgage payment receipts
- Address book
- Photograph of your (ex) partner to help identify him/her
- A list of other items to pick up later



## Programs and Services

Counselling, Information and Referral  
Ontario Early Years Centre—Carleton  
Services for Children and Families  
Services for Youth and Families  
Violence Against Women Services  
Chrysalis House  
Community Development  
Services for Seniors and Adults with Physical Disabilities  
Volunteer Services

**Cultural Interpretation is available upon request**



2 MacNeil Court, Kanata, Ontario, K2L 4H7

Phone: 613-591-3686

Fax: 613-591-2501

TTY: 613-591-0484

Web: [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca)

E-mail: [info@communityresourcecentre.ca](mailto:info@communityresourcecentre.ca)

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*Bringing care and community together*

# Violence Against Women Services available to you



Support services for women and their children involved with the child protection system.

**A partnership between the Violence Against Women sector and the Children's Aid Society of Ottawa**

**2007-2009**

# Violence Against Women Services

Ottawa based violence against women agencies (VAW) have partnered with the Children's Aid Society (CAS) to implement a pilot project that provides collaborative service delivery to women who have been referred to CAS because of concerns regarding woman abuse occurring in the home.

VAW counsellors work with a team of Child Protection Workers to deliver services that address needs resulting from the abuse and to increase safety for women and their children. These counsellors are supervised by a Violence Against Women Program Supervisor and work for the Western Ottawa Community Resource Centre (WOCRC).

WOCRC counsellors work with mothers in their homes, offsite and/or by phone, providing practical assistance and emotional support.

Participation with the VAW counsellors is voluntary. Counsellors believe that the woman is the expert of her own life. They will work with the woman to identify her needs and what services will be helpful.



## Has your partner, boyfriend or husband ever:

- Made you feel worthless?
- Put you down?
- Controlled your money?
- Isolated you from family or friends?
- Needed to know where you are at all times?
- Threatened you?
- Grabbed, pinched, pushed?
- Directed your children to lie about the abuse?

If you answered **YES** to any of these questions, **you are not alone.**

VAW counsellors can be reached by calling  
613-747-7800, ext. 2895 or 2774

In crisis situations, call 911 or the Assaulted  
Women's Helpline at 1-866-863-0511

## Women's Counsellors are available to support women and their children who have experienced violence by:

- Providing Safety Planning
- Providing information
- Providing referrals to community resources
- Providing short-term and crisis counseling
- Advocating on behalf of the needs of women and children



Counsellors identify and find what women need to be safe and to take care of their children. Needs may be:

- abused women's shelter
- counselling for the abuse
- making a safety plan
- lawyer/legal advice to explore divorce & custody of children
- obtaining legal aid
- immigration matters
- learning English
- finding a family doctor
- finding a place to live
- getting Ontario Works
- going back to school
- finding a job or upgrading job skills
- finding money to pay for child care
- talking to the children's school
- changing to a new school
- dealing with children's issues
- helping before and after visits with children's father
- counselling for children