

Has Your Partner, Boyfriend or Husband...

- Made you feel worthless?
- Forced sex?
- 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?

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

If you are in immediate danger, call 911

24-hour crisis lines:

Interval House	613-234-5181
La Présence	613-241-8297
Maison D'Amitié	613-747-0020
Nelson House	613-225-3129
Women's Crisis Line	613-745-4818
Distress Centre	613-238-3311



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



2 MacNeil Court, Kanata, Ontario, K2L 4H7

Phone: 613-591-3686

Fax: 613-591-2501

TTY: 613-591-0484

Web: www.communityresourcecentre.ca

E-mail: info@communityresourcecentre.ca

B.N. 12821 9201 RR0001



Bringing care and community together

Violence Against Women Program



Free and confidential support
and counselling services for
women and their children.

613-591-3686

2 MacNeil Court, Kanata

Violence Against Women Program*



One in Four Women...

Statistics Canada reports that 1 in 4 women is abused by her partner.

What is abuse?

Physical: kicking, hitting, pushing.

Sexual: any unwanted sexual contact, accusations.

Verbal: name calling, yelling, threats.

Emotional: manipulation, neglect, degradation.

Social: control over who you see, where you go, what you wear.

Financial: no access to money, forbidding you to get a job, not involved in decisions about money.

Chrysalis House

Chrysalis House is a safe and secure 25-bed home in Western Ottawa. It is a place where a woman can go to protect herself and her children from violence and abuse. In this supportive environment, a woman can focus on her personal needs and choices as well as on her children's needs.

VAW Program

- Individual support
- Information and referral (housing, financial, legal, parenting)
- Crisis counselling
- Advocacy
- Support groups

Peer Support Program**

For women who are or have been in an abusive relationship. Women volunteers are trained to offer:

- One-to-one support
- Accompaniment to appointments
- Public education and social action

Children Who Witness Violence in the Home**

A support group for children ages 6-11 years who have witnessed woman abuse in their homes. Children learn coping through discussion, videos, crafts and activities.

**English only/anglais seulement

Contact Us

If you or someone you know is living in an abusive relationship, or is dealing with the effects of past abuse, there is support available. Visit www.communityresourcecentre.ca for more information, or please call:

Western Ottawa Community Resource Centre

613-591-3686

TTY **613-591-0484**

Nepean, Rideau and Osgoode Community Resource Centre

613-596-5626

Pinecrest-Queensway Health and Community Services

613-820-4922

Chrysalis House

Business Line **613-591-5991**

24-hour Crisis Line **613-591-5901**

TTY **613-591-8912**

*Available in French and English/
Disponible en français et en anglais