

## 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
BC 211 (Multilingual)	CALL or TEXT 211
Fraser Health Crisis Line	604-951-8855
Surrey Mobile Assault Response Team	604-583-1295
Seniors Abuse & Information Line (SAIL)	1-866-437-1940
Prideline BC	1-800-566-1170
Kids Help Phone	1-800-668-6868 or TEXT 686868
Surrey Food Bank (serves Delta)	604-581-5443

## Transition Houses for Women & Children

Azure Place (Delta)	604-957-1556
Shimai (Surrey – low barrier) *Pet friendly	604-581-9100
Durrant (White Rock)	604-531-4430
Ama House (55+) *Dog friendly (max 40lbs)	604-542-5992
Evergreen (Surrey) *Pet friendly	604-584-3301
Virginia Sam (Surrey) *Pet friendly	604-572-5116
Waaban (First Nations, Metis, Inuit)	604-836-7280
Ishtar (Langley)	604-530-9442
Libra House (Aldergrove) *Pet friendly	604-857-5797
Nova House (Richmond) *Pet friendly	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 Women's Victim Assistance	604-583-1295
Multicultural Victim Services (MOSAIC)	604-254-9626

## Specialized Counselling for Women & Children

Deltassist Family and Community Services	604-594-3455
Moving Forward Family Services	778-321-3054
Boys & Girls Club – North Delta	604-596-9595
Delta Mental Health (North)	604-592-3700
Delta Mental Health (South)	604-948-7010
WorkBC Delta	604-591-9116
Richmond Women's Resource Centre	604-279-7060
OPTIONS Surrey Community Services	604-584-5811
Surrey Women's Centre	604-589-1868
Sources Women's Place	604-536-9611

## Multicultural Services

DIVERSEcity Community Resources	604-597-0205
SUCCESS Surrey/Delta Service Centre	604-588-6869
Progressive Intercultural Services Society	604-596-7722
Threshold Women's Outreach Program	604-572-5883

## Specialized Services

Fraser Region Aboriginal Friendship Centre	604-595-1170
Native Court Worker & Counselling (Surrey)	604-985-5355
Qmunity Resource Centre (LGBTQIA2S+)	604-684-5307
Health Link BC	811
Office of the Seniors Advocate BC	1-877-952-3181

## Legal Assistance

Legal Aid BC (Surrey Courthouse)	604-498-2920
Bowman Law Centre (45 min Pro Bono)	604-250-1616
RISE Women's Legal Centre	604-451-7447
Lawyer Referral Service	604-687-3221
Surrey Family Justice Centre	604-501-3100
Richmond Family Justice Centre	604-660-3511

## Delta Opposes Violence Everywhere



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