

Does your partner or caregiver...

- ...blame you for making them angry?
- ...insult you in front of others?
- ...limit your access to money or prevent you from getting a job?
- ...cause you to feel afraid?
- ...become jealous of you for no reason?
- ...call or text you unusually often?
- ...insist to know where you are at all times?
- ...not allow you to spend time with others?
- ...intercept e-mails/calls/texts?
- ...threaten you if you told someone about an abusive incident?
- ...slap, hit, pinch or punch you?
- ...withhold your medication?
- ...force you to participate in unwanted sexual activity?
- ...make you do something you didn't want to do?

If you have answered **Yes** to some of these questions you may be in an abusive relationship.

You are not alone.

There is free help available to you.



Delta Police Emergency 911
Delta Police non-emergency 604.946.4411
to report abuse (24 hrs)

Delta Police Victim Services 604.940.5019
4455 Clarence Taylor Cres, Delta
Support related to relationship violence, info on the Criminal Justice System, court support and referrals to community resources.

Deltassist Family & Community Services
9097 120th St, Delta 604.594.3455
Provides family and community services, individual and group counseling to Delta residents. The Alternatives to Violence Program provides assistance to individuals and families experiencing family violence.

Delta Mental Health and Addictions
14 - 1835 56th St, Delta 604.948.7010
129 - 6345 120th St, Delta 604.592.3700
Provides mental health and addiction services for adults experiencing acute and chronic mental disorder & substance use difficulties.

Delta/West Surrey Community Corrections
8285 120th St. Delta 604.501.3292

OPTIONS Community Services
13520 78th Ave, Surrey 604.596.4321
Programs for women and children who are fleeing abusive relationships, and for youth who have witnessed abuse/violence.

Legal Services Society 604.585.6595
Provides free legal services to those who qualify and legal information for everyone.

BC Responsible & Problem Gambling Program 1.888.795.6111
Free counselling, prevention services & 24hr problem gambling helpline. Call for all services

Surrey and Langley Family Justice Centre
Serves the Fraser Valley 604.501.3100
Richmond Family Justice Centre
Serves Richmond and Delta 604.660.3511
Separation and divorce support

DIVERSEcity Community Resources Society
1107 - 7330 137th St 604.597.0205 ext 1202
Programs: Stopping the Violence, Children Who Witness Abuse, Alcohol & Drug, Grief & Trauma, Child & Youth Mental Health, Indo Canadian Spousal Abuse, Relationship Violence Prevention Programs, and Family Counselling.

Stroh Health Care 604.599.4321
The Relationship Violence Program is delivered to men referred by Community Corrections. Participants gain info and develop skills to reduce violence in relationships.

Boys & Girls Club of South Coast BC
301-11861 88th Ave, Delta 604.591.9262
Sexual Abuse Intervention Program to Delta youth who have been subject to sexual abuse, suspected abuse, or sexual behavior problems.

YWCA Seeds of Independence 604.313.6456
Outreach support for women who have left abusive relationships. Services include: Support finding housing, accessing income assistance, navigating legal systems, accompaniments to court, etc

Ministry of Children & Family Development
200-11861 88th Ave, Delta 604.501.3237
After hours: 604.660.8180

What is Relationship Violence?

It's a pattern of behavior that establishes ***Power and Control*** over another person. It uses fear, isolation, intimidation and often physical injury.

Ask Yourself...

Is your partner or caregiver ever unpredictable? – Sometimes wonderful but every once in a while very cruel or scary?

Do you feel isolated, like there's nowhere to turn for help? And feel like no one would believe you anyway?

Do you ever feel you have to say everything's okay, even when it's really not?

Do you feel nervous or frightened around your partner or caregiver?

Have you lost most or all of your friends since you've been in this relationship?

Do you ever feel worthless and with few options?

***Remember
it's not your fault!***

D. O. V. E. Coordinating Committee

*The **Delta Opposes Violence Everywhere Coordinating Committee** is committed to ending violence in human relationships, and its impact on everyone.*

The committee is working towards improving a coordinated response to incidents of violence in relationships by identifying, and addressing gaps or barriers in service delivery and promoting respectful relationships.

D.O.V.E



Delta Opposes Violence Everywhere

*Working together to end
relationship violence*



deltapolice.ca/services/victimservices/dove