

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

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| Emergency | 911 |
| Surrey Women's Centre Crisis Line..... | 604-583-1295 |
| South Fraser Crisis Line | 604-951-8855 |
| Seniors Abuse and Information Line (SAIL)..... | 1-866-437-1940 |
| Vancouver Crisis Centre ... | 604-872-3311 or 1-866-661-3311 |
| Multilingual Help Line | 604-572-4060 |
| Prideline | 1-800-566-1170 |
| Help Line for Children | 604-310-1234 |
| Kids Help Phone | 1-800-668-6868 |
| Emergency Food and Shelter Line | 1-866-660-3194 |
| BC 211 Multilingual help line | 211 |

Transition Houses for Women and Children

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| Azure Place (Delta) | 604-957-1556 |
| Shimai House (Surrey – Alcohol and Drug)..... | 604-581-9100 |
| Durrant House (Surrey – Alcohol and Drug)..... | 604-531-4430 |
| Ama House (55 yrs +) | 604-542-5992 |
| Evergreen (Surrey) | 604-584-3301 |
| Virginia Sam (Surrey) | 604-572-5116 |
| Ishtar (Langley) | 604-530-9442 |
| Libra House (Langley/Aldergrove) | 604-857-5797 |
| Nova House (Richmond) | 604-270-4911 |

Victim Assistance

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| 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 Specialized Victim Services | 604-583-1295 |
| Multicultural Victim Services (MOSAIC) | 604-254-9626 |

Specialized Counselling for Women and Children

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| Deltassist Family and Community Services | 604-594-3455 |
| Moving Forward Family Services | 778-321-3054 |
| Delta Mental Health Centre (North) | 604-592-3700 |
| Delta Mental Health Centre (South) | 604-948-7010 |
| White Rock/South Surrey Mental Health Centre | 604-541-6844 |
| Boys & Girls Club Community Services..... | 604-591-9262 |
| Delta Employment Services Center..... | 604-591-9116 |
| Richmond Women's Resource Centre | 604-279-7060 |
| OPTIONS Surrey Community Services Society..... | 604-584-5811 |
| Surrey Women's Centre Society | 604-589-1868 |
| Threshold Women's Outreach Program | 604-572-5883 |
| Sources Women's Place..... | 604-536-9611 |

Multicultural Services

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| DIVERSEcity Community Resources Society.... | 604-597-0205 |
| Multicultural Family Support Services | 604-436-1025 |
| Multicultural Outreach Advocacy Program..... | 604-279-7077 |
| SUCCESS Surrey Service Centre | 604-588-6869 |
| Progressive Intercultural Services Society | 604-596-7722 |

Specialized Services

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| Metis Family Services (under 19yrs)..... | 604-584-6621 |
| Native Court Worker and Counselling Assoc..... | 604-572-2293 |
| LGTB Community | 604-684-5307 |
| Coalition to Eliminate the Abuse of seniors..... | 1-866-437-1940 |
| Health Link BC..... | 811 or 604-215-8110 |
| Office Of The Seniors Advocate of BC..... | 1-877-952-3181 |

Legal Assistance

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| Legal Services Society (Legal Aid) | 604-585-6595 |
| Bowman Law Centre (45min ProBono session) | 604-946-1616 |
| RISE Women's Legal Centre..... | 604-451-7447 |
| Lawyer Referral Service | 604-687-3221 |
| Free (Pro Bono) Legal Clinics –Access..... | 604-878-7400 |
| Surrey and Langley Family Justice Centre | 604-501-3100 |
| Richmond Family Justice Centre | 604-660-3511 |