

## Helping Women and their families succeed ...



Women's Outreach offers referral and educational services, individual support and program support to women to assist them in accessing, securing and developing the resources they need to achieve their individual goals.

### PROGRAMS

Boundaries Groups  
Building Blocks Nursery School  
Domestic Violence Support  
Immigrant Rural Outreach  
Julietta's Place  
KID Power  
Monitored Exchange  
Safe Visitation  
Rural Outreach  
Women's Drop In Group

### SERVICES

Crisis Intervention & Support  
Drop In Daycare  
Housing Support  
Legal Support  
Post Shelter Services  
R – Own Food Co-op

### SPECIAL PROJECTS

Adopt A Family  
Personal Care  
Tools for School

### TOGETHER ~ CHANGING LIVES

The Women's Outreach is proud to be a part of a community that collectively uses energy, talent, knowledge and resources to find solutions to important community issues. Together, we provide opportunities that help people make the transition to a better life.

We are grateful to those major FUNDERS who financially support our programs and services assisting us in helping to strengthen the lives of women and their families in central Alberta.

#### Women's Outreach is funded in part by:

Alberta children and Youth Services  
Alberta Health Services  
Alberta Law Foundation  
Central Alberta Child and Family Services Auth Reg 4  
Family and Community Support Services  
Housing and Urban Affairs  
Private/Anonymous Donors  
Solicitor General and Public Security  
Canadian Women's Foundation  
The City of Red Deer through the Province of Alberta's Outreach and Support Services  
United Way of Central Alberta

Monday—Friday 8:30am—12:00 pm

1:00 pm—4:00 pm

#### You can find us at:

4101—54 Avenue  
Red Deer, AB T4N 7G3

#### Contact us at:

Phone: (403) 347-2480  
Toll Free at: 1-866-347-2480  
e-mail at: outreach@womensoutreach.ca

On the Web at: [www.womensoutreach.ca](http://www.womensoutreach.ca)

# DOMESTIC VIOLENCE SUPPORT



# Domestic Violence Support



## How is your Relationship?

**Are** you frightened by your partner's temper ?

**Are** you afraid to disagree?

**Do** you feel like there is "no way out" of your relationship?

**Does** your partner put you down, but then tells you that they love you?

**Does** your partner treat you roughly—grab, push, pinch, shove or hit you?

**Does** your partner call you several times a night or show up to make sure you are where you say you are?

**Does** your partner blame you for how they feel or act?

**Does** your partner threaten to hurt your pet or children if you don't comply with their wants or desires?

**Has** your partner made you economically dependent on them?

**Have** you been slowly isolated from family and friends?

*If you have experienced any of the above, you **MAY** be in an abusive relationship. You can contact a Domestic Violence Support Worker to explore your options at:*

**(403) 347-2480 or (403) 505-2450**  
**Or toll free at: 1-866-347-2480**

## Where do I start?

Knowing what to expect in your situation and talking about your feelings and concerns can help you make the best decisions for yourself and your children. We are here to help you explore the options and choices that are available.

### Domestic Support Workers can help with....

- Safety Planning
- Information about abuse and healthy relationships
- Referrals for counseling and groups
- Guidance for seeking financial benefits and supports
- Emotional support
- Legal information and referrals.

Runs in the spring with topics such as goal development, understanding family of origin, and problem solving.

### Who can I call?

Emergency	911
(police, fire, ambulance)	
RCMP Complaint Line	403-343-5575
Victim Services	403-406-2345
RCMP Rural Complaint Line	403-343-5591
Women's Emergency Shelter (Red Deer)	403-346-5643
Women's Outreach	403-347-2480
	1-866-347-2480
Crisis Centre	403-340-1124
Mental Health Helpline	1-877-303-2642
AB Employment & Immigration (income support)	403-340-5485
Family Violence Info Line	310-1818
Legal Aid Alberta	403-340-5119

## My Safety Plan

Here are some ways to increase the safety of you and your children, whether you are choosing to stay in or leave an abusive relationship.

- Pack a bag with the following items: ID, AB health cards (for you and your children, medications, personal items, including: cash car keys, and important documents for you and your children
- Plan your escape route out of the house; practice this and teach it to your children.
- Open a bank account in your name and start saving money when you can.
- Make up a code word to use with your children, family, friends, and neighbors when you need the police.
- Always try to take your children with you or make arrangements to leave them with someone safe.
- Inform you children's school or daycare about who has permission to pick up your children.
- Have copies of important documents (birth certificates, SIN, immigration papers, current court orders, etc) in a safety deposit box or with a friend.
- Look at options for safety—Women's Shelter, a friend, family, neighbor, motel, etc
- Keep a phone or cell phone in a room you can lock from the inside.
- If you have a vehicle—have an extra set of keys and a full tank of gas..



Domestic Violence Support Workers are part of the Domestic Violence Court Case Coordination Project. They work collaboratively with RCMP, CFSA, and Justice to ensure individuals going through the court system receive needed support.

You **DO NOT** have to be involved with the RCMP or Child and Family Services in order to access support.