

You have support – use it!

Your support network:

Counselling Centre of East Algoma
705.848.2585

- Confidential professional counselling

Maplegate House for Women
705.461.9868 or 1.800.461.4623

- 24 hr. crisis line and safe house/Transitional supports

Mississauga Women's Shelter
705.356.7800

- 24 hr. crisis line and safe house/Transitional supports

The Assaulted Women's Helpline
1.866.863.0511 or
TTY 1.866.863.7868

- 24-hours/anonymous/confidential
- Service in up to 154 languages

Centre Victoria pour Femmes
705.461.6120

Fem' aide
1.877.336.2433

- La ligne de soutien pour femme touchées par violence

OPP 24-Hour Police Service
1.888.310.1122
or TTY 1.888.310.1133

**The Counselling Centre
of East Algoma offers
individual and group
counselling for women who
have been exposed to or have
suffered through violence.**

**Providing advocacy and support to
those who have been victims of abuse,
our goal is to make our community
safer for women and children,
while fostering change initiated
at the client's pace.**

Woman Abuse



**Recognizing abuse is
often more difficult
than you think...**

**Educate yourself on what abuse
is and how to get help.**

For more information please call
705.848.2585

Emotional abuse can include but is not limited to:

- Controlling behaviours
- Put downs and insults (your religion/faith, morals, beliefs)
- Humiliation
- Yelling
- Interrogating questions and intimidation
- Acting superior – money shared unequally (makes most of the decisions)
- Shows up unexpectedly to places you're supposed to be
- Checks up on your whereabouts

Physical abuse can include but is not limited to:

- Hitting
- Pulling hair
- Spitting
- Poking
- Choking
- Pinching
- Burning
- Grabbing

Sexual and dating abuse can include but is not limited to:

- Any unwanted sexual contact (forced or coerced)
- Knowingly transmitting sexual diseases
- Pressure to pose for pornographic photos
- Posting pictures of you on the Internet without your permission
- Demanding sex for drugs or alcohol; administering drugs or alcohol for sexual advantage
- Insisting on checking your body for sexual contact

You deserve better.

We can help you towards a healthier future.

At Counselling Centre of East Algoma we offer confidential, professional counselling in group settings and individual sessions.

Programs for women and children

Women for Change – provides support, education, and counselling to women who live or have lived in a violent relationship. This group offers a safe place for women to support and empower each other, and helps them to develop strategies for healthy choices that create positive lifestyles for themselves and their children.

Creating Connections – a concurrent group for children and their mothers who in the past have been exposed to domestic abuse. This 10-week after-school program gives mothers and children the opportunity to separately meet with counsellors while being in the same building.

Programs for women

Individual Counselling – for women aged 16+ who are living in, or have lived with abuse within an intimate relationship.

Partner Contact

Offering information and support to current or former partners of those who are attending the PAR program.

Developing a safety plan.

Getting Ready to Leave:

Gather important documents: ID, bank cards, financial papers, keys, medication, pictures of the abuser and your children, passports, health cards, personal address/telephone book, cell phone, and legal documents (e.g. immigration papers, house deed/lease). Remember to clear your phone of the last number you called to avoid his utilizing redial.

Leaving the Abuser:

Request police or ask a friend/family member to accompany you when you leave. Contact your local women's shelter. It may be a safer temporary spot than going to a place your partner knows. Do not tell your partner you are leaving. Leave quickly.

If you have been assaulted or fear for your safety, call Police and ask to speak to an officer who specializes in woman abuse cases. Consider applying for restraining order/peace bond and keep it with you at all times. Consult a lawyer/legal aid clinic to protect yourself or your children. Consider changing any service provider (bills) that you share with your ex-partner. Obtain an unlisted telephone number, get caller ID and block your number when calling out. Make sure your children's school/day care centre is aware of situation. Carry a photo of the abuser and your children with you.

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