

Resources Available

Emergency Services

S.O.S for shelter:

1-800-363-9010

Police: 911

Nearest CLSC

Housing: ROMEL: 341-1057

Legal Information and Assistance : 864-2111

Women should know:

- If you are sponsored by your husband, you will not be asked to be removed from Canada immediately no matter what your legal status is.
- If you are not a landed immigrant, you can apply for independent immigration on humanitarian grounds.
- You can have child custody.
- You can press charges.
- You have the right to legal aid.
- You can ask for social aid.

Services in Your Own Languages

SAWCC 528-8812

Every Woman Needs to Know...

You are not alone.

You do not cause the abuse.

You are not to blame for your partner's behavior.

Wife assault is a CRIME.

Violence is never okay or justifiable.

Violence increases over time without intervention.

Your safety and your children's safety are the most important issues.

Apologies and promises will not end the violence.

Immigrant women need culturally safe resources.

South Asian Women's Community Center (SAWCC)

HOW TO HELP A WOMAN IN DIFFICULTY

(514) 528-8812

sawcc@cam.org

www.sawcc.ca

Information for Immigrant and Refugee Women

Brochure created as part of the *Creating Safer Spaces With South Asian Women: A Popular Education Violence Prevention Program using the Applied Arts.*

Safety Planning Information

- ♀ You should always keep all the important documents in a safe place e.g. pass-ports, drivers license, health card, social insurance (SIN) card, marriage certificate, children's birth certificates, bank documents and lease if its in your name
- ♀ Keep important phone numbers with you
- ♀ Keep children's essential things and important documents with you
- ♀ Keep door key, clothes and jewelry with you
- ♀ Leave money, an extra key, copies of important documents, and extra clothes with someone you trust
- ♀ Keep shelter numbers at hand and keep coins or a phone calling card with you at all times.
- ♀ Review your safety plan with a friend or counsellor in order to plan a safest way to leave

Women Helping Women What NOT TO Do

- DON'T try to diminish her feelings about her partner.
- DON'T criticize her for staying with him.
- DON'T tell her what to do, when to leave, or when not to leave.
- DON'T rescue her by trying to find quick solutions.
- DON'T suggest to try to talk to her husband to straighten things out.
- DON'T place yourself in danger by confronting the assaultive man.
- DON'T tell her she should stay for the sake of the children.
- DON'T recommend joint family or marital counselling in situations of emotional or physical abuse.
- DON'T suggest that she have family members translate for her

Women Helping Women What to DO

- DO know the facts about women abuse.
- DO assure her that you believe her story.
- DO listen and let her talk about her feelings.
- DO tell her if you feel that she is in physical danger.
- DO help her plan an emergency exit.
- DO respect her right to confidentiality.
- DO let her know you want to help.
- DO allow her to feel that way that she does.
- DO support her decisions.
- DO share information about how abuse increases over time without intervention.
- DO discuss how violence affects the children.
- DO encourage separate counselling for the man and the woman if they would like counselling.