

# DEALING WITH DOMESTIC VIOLENCE OR FAMILY VIOLENCE?

Learn the signs of an unhealthy or abusive relationship and BREAK THE SILENCE.

For confidential information and help, call:  
**1-877-977-0007**  
**TTY 1-888-987-2829**

For more information, visit:  
**manitoba.ca/domesticviolence**



## ARE YOU BEING ABUSED? DO YOU KNOW SOMEONE WHO IS BEING ABUSED?

If you are:

- in crisis
- just want to talk about your situation
- or want to talk about the situation of someone you care about

call the provincial 24-hour domestic violence crisis/information line for free, confidential help.

**1-877-977-0007**  
**TTY 1-888-987-2829**

## HOW DO I KNOW IF IT'S HAPPENING TO ME?

You could be a victim of domestic violence if someone close to you is:

- threatening to hurt you, your children, other family members or pets
- hurting you physically
- forcing you to have sex, or do things you don't want to do
- yelling or humiliating you (ex: calling you names, insulting you)
- isolating you from friends and family
- keeping track of your emails, phone calls and Internet use
- not allowing you food, clothing, medication or other things you need
- controlling your finances
- controlling where you go, or what you do

## WHAT IS DOMESTIC VIOLENCE?

Domestic violence happens when people in intimate relationships (currently or previously dating, married or living together) use abusive behaviour to control or hurt their partners.

Domestic violence happens to women and men of all ages, cultures, income levels, religions, professions and abilities. It can happen in heterosexual and same-sex relationships. Women, younger adults, people with disabilities, and recently separated women and men, are even more at risk for abuse.

## WHAT IS FAMILY VIOLENCE?

Other forms of abuse that happen within families can also have serious affects, for example elder abuse, abuse by immediate and extended family members, etc. Services are also available if this is happening in your family.

## WHO DOES IT AFFECT?

Domestic violence can affect many others besides the victim. These include other family members, friends, neighbours, co-workers and pets.

Domestic violence often affects children. They are more likely to develop behavioural problems, and may grow up believing abuse is part of a normal relationship.

This information is available in alternate formats upon request.  
Contact: [mw@gov.mb.ca](mailto:mw@gov.mb.ca)

## HELP IS AVAILABLE

### CENTRAL REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H) ..... **204-239-3378** or **204-746-8249**  
Portage Family Abuse Prevention Centre (B,C,G) ..... **204-239-5233**  
South Central Committee on Family Violence (Genesis House) (B,C,G) ..... **204-325-9800**

### EASTMAN REGION

Eastman Crisis Centre (B,C,G) ..... **204-346-0028**  
Survivor's Hope Crisis Centre Inc. (I,J) ..... **204-753-3150**

### INTERLAKE REGION

Interlake Women's Resource Centre (A,B) ..... **204-642-8264**  
Lakeshore Women's Resource Centre (A,B,G) ..... **204-768-3016**  
Manitoba Justice – Domestic Violence Support Service (A,G,H) .. **204-785-5213**  
Nova House Inc. (Selkirk) (B,C,G) ..... **204-482-1200**

### PARKLAND REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H) .. **204-622-5080**  
Parkland Crisis Centre (Dauphin) (B,C,G) ..... **204-638-9484**  
Swan Valley Crisis Centre (A,B,D,G) ..... **204-734-9368**

### NORMAN REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H) .. **204-627-8483**  
Snow Lake Centre on Family Violence (A,G) ..... **204-358-7141**  
The Pas Committee for Women in Crisis (Aurora House) (B,C,G) .. **204-623-5497**  
Women's Safe Haven/Resource Service (Flin Flon) (A,B,C,D,G,I,J,K) .... **204-681-3105**

### THOMPSON REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H) ..... **204-677-6368**  
Men are Part of the Solution (MAPS) ..... **204-778-6040**  
Thompson Crisis Centre (B,C,G) ..... **204-778-7273**  
Toll Free ..... **1-800-442-0613**

### FIRST NATIONS SHELTERS IN MANITOBA

First Nation Healing Centre (Fisher River Cree Nation Koostatak).... **204-645-2750**  
Toll Free ..... **1-800-692-6270**  
Jean Folster Place (Norway House) ..... **204-359-4400**  
Mamawehetowin Crisis Centre (Pukatawagan) Toll Free ..... **1-866-432-1041**  
Wechin Waskigan Crisis Centre (Shamattawa) ..... **204-565-2548**

Each resource listed above, has the services noted by these letters:

- |   |  |
|---|--|
| (A) Specialized counselling, not crisis-oriented            | (F) Couples counselling for people with a history of domestic violence |
| (B) Short-term crisis services                              | (G) Wheelchair accessible  |
| (C) Shelter – emergency residential shelter and counselling | (H) Services for men   |
| (D) Residential second stage programs                       | (I) Public education   |
| (E) Supervised access services                              | (J) Sexual assault crisis intervention                                 |
|   | (K) Adult survivors of childhood sexual abuse                          |

### WINNIPEG

A&O: Support Services for Older Adults ..... **204-956-6440**  
Toll Free ..... **1-888-333-3121**  
Seniors Abuse Support Line (Toll Free) ..... **1-888-896-7183**  
Alpha House Project Inc. (D) ..... **204-982-2011**  
Couple's Counselling Project (A,F,G,H) ..... **204-790-7221**  
Klinik Community Health Centre  
Evolve (Domestic Violence) (A,G,H) ..... **204-784-4070**  
Sexual Assault Crisis Program (B,G,H,J) ..... **204-784-4049**  
Fort Garry Women's Resource Centre (A,G) ..... **204-477-1123**  
Ikwe-Widdjitiwin Inc. (B,C,G) ..... **204-987-2780**  
Toll Free ..... **1-800-362-3344**  
Toll Free TTY ..... **1-888-987-2829**  
Immigrant Women's Counselling Services (A,G)  
Access NorWest ..... **204-938-5900**  
Downtown ..... **204-940-6624**  
L'Entre-temps des Franco-Manitobaines (D) ..... **204-925-2550**  
Toll Free ..... **1-800-668-3836**  
Manitoba Justice – Domestic Violence Support Service (A,G,H) ..... **204-945-6851**  
Men's Resource Centre of Manitoba (A,C,G,H,K) ..... **204-415-6797**  
Toll Free ..... **1-855-672-6727**  
North End Women's Centre (A,G) ..... **204-589-7347**  
Norwest Co-op Community Health (A,G)..... **204-938-5912**  
Osborne House (B,C,G)..... **204-942-3052**  
TTY ..... **204-942-5209**  
Pluri-elles (Manitoba) Inc. (A,G) ..... **204-233-1735**  
Toll Free ..... **1-800-207-5874**  
Rainbow Resource Centre:  
Serving Manitoba's GLBTT Communities (A,G,H,I) ..... **204-474-0212**  
Spirit of Peace Program (Ma Mawi-Wi-Chi-Itata Centre Inc.) (A,G).... **204-925-0300**  
The Laurel Centre Inc. (A,G,K) ..... **204-783-5460**  
Wahbung Abinoonjiag Inc. (A,G) ..... **204-925-4610**  
Winnipeg Children's Access Agency (E,G) ..... **204-284-4170**  
Toll Free ..... **1-866-886-6153**  
WISH Inc. (Women in Second Stage Housing) (D)..... **204-275-2600**  
A Woman's Place:  
Domestic Violence Support & Legal Services (A,G) ..... **204-940-6624**  
*If you are leaving an abusive relationship and require temporary accommodations for your pet please call 1-877-977-0007.*

### WESTMAN REGION

Brandon Access/Exchange Service (E,G,H) ..... **204-729-8115**  
Manitoba Justice – Domestic Violence Support Service (A,G,H) .. **204-726-6515**  
Samaritan House Ministries (D) ..... **204-726-0758** or **204-727-1268**  
The Counselling Centre – Men's Program (A,H) ..... **204-726-8706**  
The Women's Resource Centre (A,G) ..... **204-726-8632**  
Toll Free ..... **1-866-255-4432**  
YWCA of Brandon – Couple's Program (F,H) ..... **204-571-3680**  
YWCA Westman Women's Shelter (B,C,G) ..... **204-727-3644**