

## Safety First

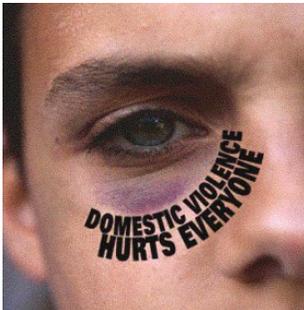
Women and children in abusive relationships are at increased risk for violence when they:

- 1) Disclose the abuse, OR
- 2) Leave the relationship

It is important to have a well-developed safety plan.

## Sample Safety Plans

[www.cridge.org/cthw/resources/](http://www.cridge.org/cthw/resources/)



## Help for Men who use Violence:

Family Violence Program at Pacific Centre Family Services Association

250 478 8357

[www.pacificcentrefamilyservices.org/programs/family-violence-program](http://www.pacificcentrefamilyservices.org/programs/family-violence-program)

# DOMESTIC VIOLENCE Resources in Victoria

## Resources for Women & Children Impacted by Abuse

### Transition Houses

*30 day emergency shelter, support and connections to community resources*

**The Cridge Transition House for Women:** 250- 479-3963 (24 hour line)  
[www.cridge.org](http://www.cridge.org)

**Victoria Women's Transition House:** 250- 385-6611 (24 hour line)  
[www.transitionhouse.net](http://www.transitionhouse.net)

**Annie's Place (Sooke Transition House):** 250-642-2591 or pager 250-480-5461 (24 hours)

### Outreach Worker

*Outreach workers offer support to women who are unsure of their options, or who require help but do not want to go to a transition house*

**The Cridge Transition House Outreach Worker:** 250-479 3963

### Counselling/Support Groups

#### Stopping the Violence Counselling:

*Short-term individual and group counselling for women impacted by abuse*

**Victoria Women's Transition House:** 250-592-2927

**Pacific Centre Family Services Association:** 250-478-8357 ext 344

**Women's Drop-In Support Group :** 250-478- 8357 ext 344

**Support Group for Older Women Who Have Experienced Abuse:** 250-592-2927 ext 223

### Children's Programs

**Help Line for Children (24 hours):** 310-1234

**Children Who Witness Abuse Counselling (individual & group):** 250-592-2927 ext 11

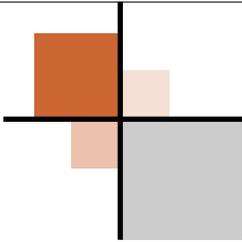
**Caught in the Middle Program:** 250-386-4331

*Support for children 6-12 whose parents are separating or divorcing.*

**Mary Manning- Child Abuse Prevention and Counselling Society:** 250-385-6111

*For children and youth who have experienced sexual abuse or who are at increased risk for sexual abuse.*

## How to Help a Victim of Domestic Violence



### *The Facts About Domestic Violence*

- 1 in 4 Canadian women will experience relationship violence in her lifetime (bcsth.ca)
- Only 22% of incidences of domestic violence are reported to police (statscan.gc.ca)
- 90% of domestic violence victims are women (mcc.org)
- In 2009, women were three times as likely to be killed by their spouses as men (statscan.gc.ca)

- Believe her, and listen to her without judgment, attempts to fix, or give advice
- Speak to her about the abuse in a safe place—not in the presence of her partner
- Support her when she makes decisions about her future, even though you may not understand or agree with her choices
- Make safety the main priority for her and her children
- Reassure her that she is not responsible for, and did not cause, the abuser's behavior
- Let her know that what the abuser has done is wrong and unacceptable
- Offer her information regarding community resources for victims of domestic violence
- Offer to contact agencies on her behalf
- Whenever possible, keep in touch with women who have been abused. See how things are going and if you can be of further help

SOURCES: Gwen Scott, "Helpful Information for Pastors & Christian Workers"; Community Action on Violence Against Women, "There's No Excuse for Abuse"

## It is NOT Helpful to...

- Judge, minimize or doubt her experience
- Blame her for provoking the abuse
- Ask her why she stays, or why it took her so long to disclose the abuse
- Suggest or facilitate couples counselling, family mediation, or marriage courses
- Suggest that she "forgive and try again"
- Contact her at home, unless she has indicated that it is safe to do so
- Discuss the situation with others who might inadvertently pass information to the abuser about her actions or whereabouts
- Pressure her to take action before she is ready
- React passively or do nothing
- Offer to be a character witness for the abuser in court, or provide him with a letter of support
- Believe that the crisis is over when she leaves the abusive relationship

SOURCE: Gwen Scott, "Helpful Information for Pastors & Christian Workers"

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### Online Resources:

Ending the Violence Association  
[www.endingviolence.org](http://www.endingviolence.org)

Domestic Violence BC  
[www.domesticviolencebc.ca](http://www.domesticviolencebc.ca)

Victim Link  
[www.victimlinkbc.ca](http://www.victimlinkbc.ca)  
(go to "Get Help" and "Domestic Violence")

Provincial Office of Domestic Violence  
[www.mcf.gov.bc/podv/index.htm](http://www.mcf.gov.bc/podv/index.htm)