

## Has your partner, significant other or family member...

- Made you feel worthless or called you names?
- Forced sex?
- Put you down?
- Controlled your money?
- Isolated you from family or friends?
- Needed to know where you are at all times?
- Threatened you?
- Grabbed, pinched, pushed?

If you answered YES to any of these questions, **you are not alone!**

**If you are in immediate danger, call 911**

### 24-hour crisis lines:

Chrysalis House	<b>613-591-5901</b>
Interval House	<b>613-234-5181</b>
Maison D'Amitié	<b>613-747-0020</b>
Nelson House	<b>613-225-3129</b>
Helpline for Abused Women	<b>613-745-4818</b>
Distress Centre	<b>613-238-3311</b>
Fem'aide	<b>1-877-336-2433</b>
Unsafe at Home	<b>1-613-704-5535</b>



## WOCRC Programs and Services

Counselling Services  
EarlyON Child and Family Centre - Carleton  
Services for Children and Families  
Services for Youth and Families  
Gender-Based Violence Services  
Child Witness Program  
Chrysalis House  
Community Development  
Services for Seniors and Adults with Physical Disabilities  
Volunteer Services



2 MacNeil Court, Kanata, Ontario, K2L 4H7

Phone: 613-591-3686

Fax: 613-591-2501

Web: [www.wocrc.ca](http://www.wocrc.ca)

E-mail: [info@wocrc.ca](mailto:info@wocrc.ca)

B.N. 12821 9201 RR0001



*Bringing care and community together*



## Gender Based Violence Program

Free and confidential support and counselling services for women and their children. **Services are offered in person, via telephone or virtually.**

**613-591-3686 ext. 269**  
**2 MacNeil Court, Kanata**

# Gender-Based Violence Program \*

## One in Four Women...

Statistics Canada reports that 1 in 4 women is abused by her partner by the age of 50.

### Examples of abuse:

**Physical:** kicking, hitting, spitting, pushing, choking.

**Sexual:** any unwanted sexual contact, accusations.

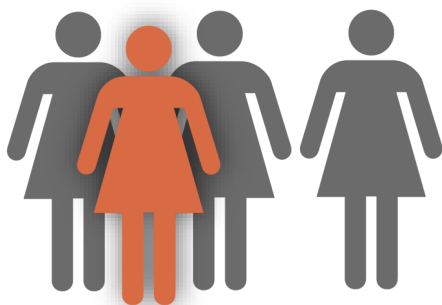
**Verbal:** name calling, yelling, threats.

**Emotional:** manipulation, neglect, degradation.

**Social:** control over who you see, where you go, what you wear.

**Financial:** no access to money, forbidding you to get a job, not involved in decisions about money.

**Technological:** a form of controlling behaviour that involves the use of technology as a means to coerce, stalk or harass another person.



## GBV Counselling Program

Provides individual and group counselling to women aged 16 years or older who identify themselves as having been sexually, physically or emotionally abused by their partner or significant others (could be a caregiver or other immediate family/household member).

- Individual support
- Information and referral (housing, financial, legal, parenting)
- Crisis/short-term counselling
- Advocacy
- Support groups

## \*\*Child Witness Program

Provides individual and group counselling to children 18 years of age or younger, who have witnessed abuse; and women, aged 16 years or older whose children have witnessed woman abuse.

## Transitional Housing Support

Provides support for women who are or have been in an abusive relationship. Finding and maintaining housing, Safety planning, Accessing basic financial assistance, Advocacy support and Accompaniment to a variety of appointments (housing/court)

## GBV Shelter - Chrysalis House

Chrysalis House is a safe and secure 25-bed home in Western Ottawa. It is a place where a woman can go to protect herself and her children from violence and abuse.

**\*\*English only/anglais seulement**

## Contact Us

If you or someone you know is living in an abusive relationship, or is dealing with the effects of past abuse, there is support available. Visit [www.wocrc.ca](http://www.wocrc.ca) for more information, or please call:

**Western Ottawa Community Resource Centre**  
**613-591-3686**

**Nepean, Rideau and Osgoode Community Resource Centre**  
**613-596-5626**

**Pinecrest-Queensway Community Health Centre**  
**613-820-4922**

**Chrysalis House**  
Business Line **613-591-5991**  
24-hour Crisis Line **613-591-5901**  
TTY **613-591-8912**



**\*Available in French and English/  
Disponible en français et en anglais**