



Are you or someone you know living in an abusive relationship?

Are You:

- Isolated, feeling scared or alone.
- Do not know who to talk to; or unable to talk to someone due to language barriers.
- Hiding bruises or injuries.
- Afraid to speak up for yourself.
- Fearful if someone finds out you could be in trouble, or worse even harmed more because you told.
- Feeling sad or depressed because you don't know how to stop the violence.

What is Domestic Violence?

Domestic Violence is an intentional misuse of power by an individual. It is an attempt to control the behavior of another person by intimidation, domination or violence.

Intimate partner violence also known as “wife battering” or “spousal abuse”, is a behavior by a current or previous intimate partner that causes physical, sexual, or emotional/psychological harm.

What are the types of abuse?

Physical: When someone causes physical harm to another person by hitting, pushing kicking, pulling, burning, throwing objects or using objects as a weapon to inflict harm.

Psychological/Emotional: When someone puts another person down by name calling, criticizing, humiliation, and ignoring. Tries to manipulate or control you by what you say and do how you dress and look. They may also make threats to harm you, someone you know or even threaten to harm your pets. A person may try to break your belongings; stalk or harass you.

Financial: Withholding money or not sharing information in respects to household finances. Not allowing you to have money for personal use, food, medical treatment.

Not allowing you to work, taking away your pay cheque or not allowing you to have your own bank account.

Sexual: Sexual acts with a minor or sexual touching and activity when you do not consent.

Spiritual: Not allowing a person to practice their own spiritual healing practice or allowing them to attend church, temple, synagogue of their choice.

Technical: When someone is using technical devices as a means to, control and stalk another person.

If you think that someone you know may be a victim of domestic violence:

Do

- Talk to the person in private let them know you are concerned.
- Determine if they are in danger and need a safe place to stay. Provide important emergency contact numbers.
- Tell them you are there to support them. Let the person know you are not judging them and it is not their fault.
- Listen and validate how they are feeling, offer emotional support, be respectful of their decisions.
- **Call A Woman's Place at 204 940-6624 and Immigrant Women's Counseling services at 204 940 -6624/204 938-5900 or any other agency to help you with practical support.**

Do Not

- Wait for them to come to you,
- Judge, blame, pressure him or her,
- Make comments such as "you have made your bed now lie in it"
- Assume the victim does not love their partner.

Do You Know You have Rights?

- You have the right to be treated with respect and dignity.
- You have the right to seek medical treatment if needed.
- You have the right to work and go to school.
- You have the right to have a bank account.
- You have the right to learn English or any other language you wish to speak.

Most of all you have the right to be safe. You can ask the court for relief.

Within the legal system in Manitoba, you can apply for:

- 1) Protective relief, such as a Protection order if you are in an unsafe situation and fearful of being harmed or harassed.
- 2) Custody and Support for your children and yourself;
- 3) Fair division of family property
- 4) Legal Representation. If you meet income requirements you can apply for Legal Aid, or help in finding a lawyer.

To find out more information, check out Legal Aid Manitoba and Government family websites. LAM: <https://www.legalaid.mb.ca>
<https://www.gov.mb.ca/fs/fvpp/index.html>
<https://www.gov.mb.ca/fs/fvpp/index.html>.

We can access interpreters to help you communicate in your own language if unable to communicate in English. In addition to individual counseling and support we continually run groups on Anger Management, Healthy Relationships, Self Esteem, Coping and Self Care Groups.

If you are in need of any further assistance please do not hesitate to contact one of our Family Violence Counselors “ At A Woman’s Place” and” Immigrant Women’s Counseling Services (204 940-6624) or (204 938-5900) where our trained staff will be there to help you.