

Emergency Contacts

Support Network 1-800-232-7288
WIN House780-474-3488
.....780-477-9191
Yellowhead Shelter 1-800-661-0937
.....(Crisis Line) 780-865-5633
RCMP911
.....780-542-4456
Emergency Social Services 0-Zenith-1234
Hospital780-542-5321
Legal Aid780-427-7575
Mountain Rose Women's Shelter 403-845-4141
.....(Crisis Line) 1-877-845-4141

Family Doctor _____

Close Friend _____

Survival Tips

1. Become involved in community activities so you are not isolated. It helps with self-confidence. Make an effort to meet your neighbours and people outside of your home.
2. Take a part-time job outside the home.
3. Upgrade your education or skills with part-time or correspondence courses.
4. Seek personal counselling.
5. Attempt to find a support group in your area.

*Bill of Rights for Women**

I have the RIGHT to;

- not be abused
- be angry over past beatings
- be free from fear
- change the situation
- leave the abusive environment
- request and expect assistance from police and social agencies
- legally prosecute my abusing spouse
- have privacy
- share my feelings and not be isolated
- want a better role model for my children
- be treated like an adult
- express my own thoughts and feelings
- develop my individual talents and abilities
- not be perfect
- know it's not my fault

(*Paraphrased from Patricia G. Ball and Elizabeth Wyman. "Battered Wives and Powerlessness - What Counsellors Do?", *Victimology: An International Journal*, Vol. 2, 1977-78, Feb. 1978.)

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Do You have a

Safety Plan?



Make a Plan

Living with an abusive relationship means most of your time is spent just surviving everyday living. You have not had time to plan your own safety. Here are some “things to do” to help you make a safety plan in case you need it.

1. **Try to tuck away a few dollars.** Maybe open your own bank account and deposit family allowance or save a bit from the grocery money.
2. **Have important documents together in a place you can get at quickly.** Include birth certificate, marriage license, medical cards, restraining order (if you have one) etc.
3. **Have spare keys to the car and house.** Put them in a safe, quick and easy to find place.
4. **Have the emergency numbers handy** for the closest shelter, police, social services, family doctor, hospital emergency room and close friend.
5. **Try to predict times he might blow up** and send the kids to a neighbour or relative’s house for help.
6. **Ask your neighbours to call the police** if they hear a fight.
7. **Plan an emergency exit.** Hide extra clothes, money and/or car keys at a friend’s house. Include a few familiar toys for the children (eg. coloring books and crayons). Make sure you always have change in your pockets for public telephones.
8. **Never make a threat** or give an ultimatum to your partner unless you are prepared to act on it.

What to do in a Crisis

You and your children’s safety comes first.

1. **If you fear for your safety try to leave** - if not before the crisis begins, as soon as possible.
2. **Call the police.**
3. **Stay away from your home** until the police arrive. They can escort you to collect your belongings.
4. **Take your emergency items** with you (purse, packed bag, important papers, keys).
5. **Have the police escort you** to a safe place (shelter, etc.)
6. When you are settled and you need to talk, **give someone a call** who will be supportive. (Do this after the children are settled for the night.)
7. **Consider legal action** in order to further protect yourself and your children. This can greatly reduce the chance of you being assaulted again.
8. **Make contact with legal counsel.** (Legal Aid, local lawyers) This does not mean you have to file for divorce. You just need to know what your options are.
9. **Lay an assault charge.** This sends a strong message to your partner. Discuss this with a lawyer, police or crown prosecutor so that you understand the process.
10. **Obtain a Restraining Order.** Police respond more quickly when you have a Court Order. It also sends a strong message.

Afterwards

Issues you may want to discuss with a lawyer;

- custody of children
- possession of joint property
- separation agreement
- child visitation
- support payments

From this point on, it is one thing at a time.

You don’t need to walk this road alone. Whether you stay away or get back with your partner - get counselling. This will help you find all your options and deal with the emotions.

