



Ottawa Coalition To End Violence Against Women

"I have lost my own opinions ... all I know is what my partner thinks."

"My friend says that I am crazy to stay ... am I crazy if I want to stay?"

"Maybe I'm being abusive too."

"He says that I provoke him."

"I feel so confused. I don't know who to turn to."

HAS YOUR BOYFRIEND, HUSBAND OR PARTNER EVER:

- * put you down or blamed you if something goes wrong?
- * made you feel stupid, ugly, crazy or afraid?
- called you names, yelled at you?
- * threatened, harassed or stalked you after you ended the relationship?
- * destroyed possessions, ripped your clothes, or hurt your pets?
- * grabbed, pinched or pushed you?
- * hurt you or your children?
- * made you feel uncomfortable sexually?
- * hit you but said, "I love you"?
- * told you how to spend your money?
- * made it difficult for you to see family and friends?
- * threatened to withdraw your sponsorship?
- * driven dangerously to scare you?

SUPPORT GROUPS ARE:

- * open to all women, whether you are in the relationship or not.
- * a place to meet women who are being or have been abused by their partner.
- * for women of all ages, from all cultural groups and ethnic backgrounds and sexual orientations.
- * free, confidential and co-led by two trained facilitators.
- * to learn about abuse and how it affects you.
- * a place to learn from each other and get information.
- * a place to plan for your safety and become aware of choices.
- * a place to begin the healing process and move on with your life.

Groups are free of charge and money for childcare is provided. Free language interpretation services are available from Immigrant Women Services Ottawa.

"The group is a safe place to speak honestly and not feel judged."

"I was believed."

"I finally realized that I was not crazy!"

"I don't feel so alone."

SUPPORT GROUPS & COUNSELLING:

- Carlington Community and Health Services (613) 722-4000 TTY (613) 761-7633
- Catholic Family Service of Ottawa (613) 233-8478 TTY (613) 233-1866
- Eastern Ottawa Resource Centre (613) 741-6025 TTY (613) 741-3556
- Family Services à la famille Ottawa (613) 725-3601 TTY (613) 725-3605
- Immigrant Women Services Ottawa (613) 729-3145
- Jewish Family Services (613) 722-2225
- Lanark County Interval House 1-800-267-7946
- Minwaashin Lodge (Aboriginal Women) (613) 741-5590
- Nepean, Rideau & Osgoode Community Resource Centre (613) 596-5626
- Pinecrest Queensway Health & Community Services (613) 820-4922
- Somerset West Community Health Centre (613) 238-8210
- Western Ottawa Community Resource Centre (613) 591-3686
- 24 hour Crisis Line (613) 745-4818
- Free 24-hour Language Interpretation Service Call Immigrant Women Services Ottawa (613) 729-1393

Groups for children:

- Eastern Ottawa Resource Centre (613) 741-6025 TTY (613) 741-3556
- Family Services à la famille Ottawa (613) 725-3601 TTY (613) 725-3605
- Western Ottawa Community Resource Centre (613) 591-3686
- Minwaashin Lodge (613) 741-5590
- National Capital Region YM-YWCA (613) 237-1320

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