



ARE YOU A WOMAN WHO:

*has left or is thinking of leaving
an abusive relationship?*

*feels your safety is at risk?
feels isolated?*

does not know where to begin?

Ottawa Coalition To End Violence Against Women

Agencies providing Transitional Support and Housing Programs

- Carlington Community and Health Services
.....(613) 722-4000 ext. 307 (bilingual)
- Catholic Family Service Ottawa
.....(613) 233-8478 (bilingual)
- Eastern Ottawa Resource Centre
.....(613) 741-6025 (bilingual)
- Family Services à la famille Ottawa
.....(613)725-3601 ext. 210
- Immigrant Women Services Ottawa
.....(613) 729-3145
- Minwaashin Lodge (Aboriginal Women)
.....(613) 741-5590 xt. 233 or xt. 226
- Western Ottawa Community Resource Centre
.....(613) 596-5626 (bilingual)

Shelters providing Transitional Support and Housing Programs

- Chrysalis House.....(613) 591-5901 ext. 243
- Interval House.....(613) 234-8511
- Maison d’amitié I & II.....(613) 747-0020
- Nelson House(613) 225-3129
- Harmony House.....(613)233-3386

We help with practical supports such as:

- referral to shelter
- safety planning
- finding and maintaining housing
- advocating for your rights
- accessing basic financial assistance
- court support
- accompaniment to appointments
- connecting you and your children to community support services
- language interpretation

We serve women:

- of all cultures, religions, ages, and sexual orientations
- who have left or are still with their partner
- who would like to know more about abusive relationships

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- feels your safety is at risk?
- feels isolated?
- doesn’t know where to begin?

Produced by the Ottawa Coalition To End Violence Against Women.

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Produced by the Ottawa Coalition to End Violence Against Women with funding from the Ministry of Community and Social Services

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