

► **WOMEN’S SHELTERS (FOR ABUSED WOMEN AND THEIR CHILDREN)**

ALL SHELTERS PROVIDE 24HR TELEPHONE SUPPORT

Bethesda House	1-800-338-3397 www.bethedahouse.ca
Herizon House	1-866-437-4066 www.herizonhouse.com
The Denise House	1-800-263-3725 www.thedenisehouse.com
Y’s Wish Shelter	1-888-576-2997 www.ywca.org

► **YOUTH SHELTER**

Joanne’s House Shelter for Homeless Youth in Durham Region	905-239-9477 www.durhamyouth.com
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► **HOSTELS**

Muslim Welfare Home (women and children)	1-866-666-1115
Cornerstone Community Association Durham (Men)	905-433-0254

► **COUNSELLING SERVICES**

Catholic Family Services	1-877-282-8932 www.cfsdurham.com
Family Services Durham	1-866-840-6697
John Howard Society	Ajax: 905-427-8165 Bowmanville: 905-623-6814 Oshawa: 905-579-8482 Whitby: 905-666-8847 www.jhsdurham.on.ca
Women’s Multicultural Resource and Counselling Centre	1-877-454-4035 www.wmrccdurham.com

► **CHILDREN/YOUTH/FAMILY SERVICES**

Children’s Aid Society of Durham Region	905-433-1551 www.durhamcas.ca
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Central Intake for Child & Youth Mental Health Services in Durham Region	1-888-454-6275
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(Intake services are provided for Kinark, Chimo, Fernie House, Frontenac, John Howard Society, Lakeridge Health Oshawa and Ontario Shores Centre for Mental Health Sciences.)

YMCA’s Durham Supervised Access Program	905-619-4565 ext.305
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Rose of Durham Young Parent Support Services	905-432-3622 www.roseofdurham.com
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The Youth Centre	905-428-1212 www.theyouthcentre.ca
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► **INCOME SUPPORT**

Ontario Works – Durham Region	1-877-678-6333 www.durham.ca
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BREAK THE CYCLE OF VIOLENCE - REACH OUT FOR HELP

The more times the cycle is completed the less time it takes to complete. As the cycle is repeated the violence usually increase in frequency and severity.



**POLICE, FIRE, AMBULANCE (EMERGENCY)
DURHAM REGIONAL POLICE SERVICE**

WWW.DRPS.CA

Vulnerable Persons Unit
Victim Services of Durham Region
Domestic Violence Bail Safety Program
Victim Witness Assistance Program (VWAP)
Crown Attorney’s Office
Probation and Parole Services:
Oshawa/Clarington
Ajax/Pickering/Whitby
North Durham
Youth Justice Services:
Oshawa
Ajax

905-579-1520
1-888-579-1520 ext. 5616
905-579-1520 ext. 1846
905-743-2797
905-743-2790
905-743-2700
905 571-3774
905 831-2600
905 985-9794
905-433-7612
905 683-1250

CALL 911

► **24 HOUR CRISIS NUMBERS**

Assaulted Women’s Helpline (available in 154 languages)	1-866-863-0511
Distress Centre Durham	1-800-452-0688
Durham Mental Health Services Crisis Services	1-800-742-1890
Durham Rape Crisis Centre	905-668-9200
Kids Help Phone	1-800-668-6868
Senior Safety Line	1-866-299-1011

ALL THE WOMEN’S SHELTERS LISTED PROVIDE 24HR TELEPHONE SUPPORT

► **LEGAL SERVICES**

Durham Regional Consolidated Courthouse 150 Bond Street East, Oshawa Law Society Lawyer Referral Service Legal Aid Ontario	905-743-2800 1-800-268-8326 1-866-595-0563 www.legalaid.on.ca
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► **FAMILY LAW SERVICES**

Luke’s Place	1-866-516-3116 www.lukesplace.ca
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Supports abused women and their children throughout the family law process and provides them and their communities with specialized resources and information about family law and women abuse.

Family Law Education for Women (FLEW)	www.onefamilylaw.ca (ONLINE ONLY)
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Family Law Information Centre	150 Bond St. E., Oshawa
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Free walk-in service that supports individuals in need of legal and non-legal information about issues related for separation, divorce and other areas of family law.

► **ADDICTIONS ASSISTANCE**

Alcoholics Anonymous	905-728-1020 www.aa.org
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Ontario Drug & Alcohol Helpline	1-800-565-8603 www.drugandalcoholhelpline.ca
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Ontario Problem Gambling Helpline	1-888-230-3505 www.opgh.on.ca
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Pinewood Centre (Oshawa)	1-888-881-8878 www.pinewoodcentre.org
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► **SPECIALIZED DOMESTIC VIOLENCE SERVICES**

DOMESTIC VIOLENCE / SEXUAL ASSAULT CARE CENTRE (DV/SACC)

DV/SACC consists of a team of nurses and physicians provide medical and emotional support to those who have experienced domestic violence or sexual assault (women, men, teens & children).

WWW.DVSACC.COM	
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24/7 Medical:	905-576-8711
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Lakeridge Health Oshawa, 1 Hospital Court, Oshawa. Attend the emergency department and speak to the triage nurse.

DURHAM REGION INTIMATE-RELATIONSHIP VIOLENCE EMPOWERMENT NETWORK (DRIVEN)

DRIVEN provides victims of intimate-partner violence coordinated access to multiple services at one location. A client can choose which services and agencies are utilized. Services include: help with housing options and financial difficulties; assistance to access legal support; admission to a shelter; counselling (self, children, addiction); documentation of injuries; danger/risk assessment; safety planning; advice from various agencies such as CAS; connection with police if requested.

WWW.DURHAMDRIVEN.COM	905-432-SAFE (7233) 1-877-723-3905
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MONDAYS ONLY (8:30 AM TO 4:30 PM) 1320 Airport Blvd., Oshawa	Walk-in or Appointment
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► **WHAT IF I THINK CHARGES SHOULD BE LAID BUT THE POLICE DON’T?**

When police officers DO NOT form reasonable grounds to believe that an offence has been committed and no charges are laid, the victim of the crime may make a private complaint. Individuals may go before a Justice of the Peace at 150 Bond Street East, Oshawa to request that a charge be laid on their behalf. You may be required to provide a police occurrence number to the Justice of the Peace.

► **RESTRAINING ORDERS**

- A restraining order is an order from the family court that can limit one person’s ability to contact or harass another person.
- You can apply for a restraining order against your current or former spouse or common-law partner
- The court can issue a restraining order if it believes you have reasonable grounds to fear for your safety or the safety of any child(ren) in your lawful custody
- The order may specify that your current or former spouse or common-law partner not contact or communicate with you or your child(ren), not come within a specified distance of one or more locations and any other conditions the court considers appropriate.
- You may apply for a restraining order using a family law lawyer or by going to the family court (150 Bond Street East, Oshawa)
- It is now a criminal offense to breach the conditions of a restraining order if the order was issued on or after October 15, 2009.

► **PEACE BONDS**

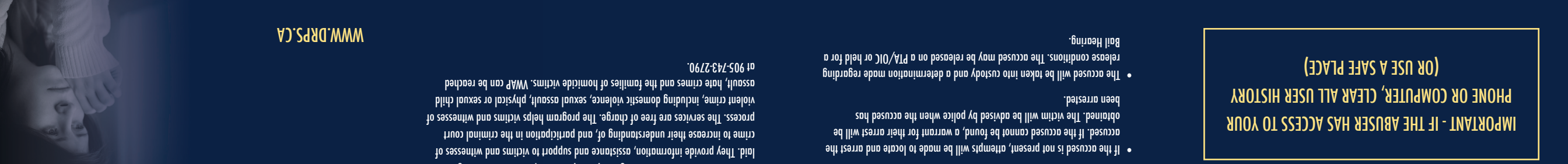
- A peace bond is a court order requiring someone to keep the peace, be of good behaviour and comply with other conditions.
- A peace bond can be obtained to protect you from someone who makes you feel threatened. There does not have to be a family relationship between you and the person.
- In some domestic cases, the Crown Attorney may withdraw a criminal or provincial charge if the accused person enters into a peace bond with specific conditions.
- A peace bond is not a criminal record. Breaching a condition of a peace bond is a criminal offence.
- You may apply for a peace bond by making an appointment with a Justice of the Peace at Provincial Court (150 Bond Street East, Oshawa). If the Justice of the Peace agrees with your concern, they will issue a summons requiring the other person to appear in court on a specific date to determine if a peace bond is required.

► **CHILD CUSTODY**

Be aware that police may be limited when it comes to child access and custody disputes. Assist officers by providing them with the most recent court orders for their review. If an order is not specified to be police enforceable, the parties will be directed to go back to family court or to seek guidance from a family law lawyer. If no court order exists police have no authority to intervene with access issues unless a child is in need of protection.

► **PLEASE REMEMBER**

- Abuse is not your fault, even though your abuser will say it is.
- You are not responsible for the actions of others, including your intimate partner.
- Every person has the right to a safe and violent free life.
- Calling the police is a positive step forward to prevent further violence.



Safety Planning

Preparing in advance for the possibility of future violence is important, whether you choose to remain in the home or leave. Making a safety plan involves identifying actions to increase your and your children’s safety. Victim Services can assist you in creating a personal safety plan, please contact a team member at 905-579-1520 ext 1846.

- Some general safety tips include:
- Trust your instincts. Be vigilant at all times.
 - Be aware of your surroundings and create new routines that are not predictable.
 - Try not to be alone.
 - Carry a charged cell phone. Even if you don’t have minutes or a plan your phone will still be able to call 911.
 - Change/add locks on doors and windows, add a peephole, install an alarm, keep outside lights on at all times.
 - Screen telephone calls.
 - Teach your children to call 911 in an emergency.
 - Tell someone you trust about what is going on. Family, friends and co-workers can help to protect you.
 - Keep copies of important documents, money, keys, prescriptions and clothes at a safe place in the event you need to flee your home.
 - Become familiar with the services of your local shelter.

Behaviour Checklist

The following checklist includes behaviours that may help you decide if you or someone you know is being abused.

- EMOTIONAL OR PSYCHOLOGICAL CONTROL**
- ☐ Calls you names, puts you down, criticizes or humiliates you
 - ☐ Makes it difficult for you to go out or visit family and friends
 - ☐ Behaves in an overprotective way or becomes extremely jealous

- ECONOMIC CONTROL**
- ☐ Denies access to family assets like bank accounts or credit cards
 - ☐ Forces you to account for what you’ve spent or takes your money
 - ☐ Prevents you from getting or keeping a job or education

- MAKES THREATS**
- ☐ Threatens to report you for something you didn’t do
 - ☐ Threatens to harm or kidnap the children
 - ☐ Threatens you with weapons to promote fear

- COMMITTS ACTS OF PHYSICAL VIOLENCE**
- ☐ Destroys personal property or throws things around
 - ☐ Grabs, pushes, hits, punches, slaps, kicks, chokes or bites
 - ☐ Forces you to engage in sexual activities that you don’t want to do
 - ☐ Carry out threats to hurt you, your family, pets or himself



DURHAM REGIONAL POLICE SERVICE
905-579-1520 OR 1-888-579-1520
WWW.DRPS.CA



WWW.DRPS.CA

RECOGNIZING

WHAT IS INTIMATE RELATIONSHIP ABUSE?

Intimate relationships between the opposite sex or same sex partners can vary in duration and legal description, but generally includes current and former dating partners, common-law partners or married couples.

Intimate Relationship Abuse refers to acts of physical, sexual and psychological mistreatment in which one person controls or intends to control another person’s behaviour.

The misuse of power and control is usually involved and often results in some type of harm to the family members involved.

Please see the checklist in this pamphlet for more information.

IMPORTANT - IF THE ABUSER HAS ACCESS TO YOUR PHONE OR COMPUTER, CLEAR ALL USER HISTORY (OR USE A SAFE PLACE)

REPORTING

REPORT RESULTING IN NO CHARGES

When an incident is reported, the Durham Regional Police Service (DRPS) investigates and a report will be filed. The officer in charge determines if a crime has occurred and if an arrest is required. Make sure you obtain your incident report number and the officer’s name and badge number.

IN THE EVENT OF AN ARREST

If the responding officers form reasonable grounds that an offence has occurred and the accused is on scene, the accused will be arrested and charged.

- If the accused is not present, attempts will be made to locate and arrest the accused. If the accused cannot be found, a warrant for their arrest will be obtained. The victim will be advised by police when the accused has been arrested.
- The accused will be taken into custody and a determination made regarding release conditions. The accused may be released on a PTA/OIC or held for a Bail Hearing.

- Contact DRPS immediately by phone or attend a local station.
- Supply any relevant information and documentation.
- An officer will investigate to determine if a criminal offence has occurred.

PROCEDURE FOR REPORTING A BREACH

The Criminal Code of Canada states that any person who violates or assists anyone in committing a violation of a condition of any release, may be charged with a criminal offence.

WWW.DRPS.CA