

**ANISHNAABE KWEWAG
GAMIG INC.**

Regional Women's Shelter

OUTREACH

*Services for all women & children
Outside the shelter setting*



Support for women and children who have
experienced or are experiencing abuse:

- Physical, Mental, Emotional, Sexual •

WE OFFER:

Individual Counselling & Group Support

Information and Referrals

After-care/Court and Legal Support services

Presentations and Workshops on various topics

Native Awareness Workshops

*** Services are Confidential ***

&

FREE OF CHARGE

**MONDAY TO FRIDAY
CALL FOR AN APPOINTMENT**

**OUTREACH
905-352-3898**

WHAT IS ABUSE?

Abuse is when someone tries to have power and control over you. It can be physical, financial, sexual, verbal and emotional.

It includes things like:

PHYSICAL

- ◆ pushing, shoving, hitting, kicking, punching, slapping, choking, pulling hair, squeezing arms, shaking
- ◆ restraining in anyway
- ◆ any unwanted physical contact

FINANCIAL

- ◆ controlling money, food, physical care, medication
- ◆ spending money foolishly/beyond your means
- ◆ withholding money
- ◆ forging another persons signature
- ◆ spending on addictions, gambling, sexual services
- ◆ preventing you from taking a job
- ◆ keeping family finances a secret

SEXUAL

- ◆ forcing you to have sex (rape)
- ◆ total lack of intimacy
- ◆ sleeping around, using sex as a basis for an argument

VERBAL/EMOTIONAL

- ◆ jealously, keeping you from your family/friends
- ◆ scaring you, threats harm or death, stalking
- ◆ name-calling, put-downs, insults, neglect
- ◆ telling you you're crazy/stupid
- ◆ treating you as a child
- ◆ intimidation

24HR. HELP

Emergency 911
O.P.P. Toll Free 1-888-310-1122
Kawartha Sexual Assault Centre 1-866-298-7778
Peterborough/Northumberland
Victim Services 1-888-822-7729
Northumberland Services For Women .. 1-800-263-3757
YWCA Crossroads/Safety Network 1-800-461-7656
Kid's Help Line 1-800-668-6868
Assaulted Women's Help Line 1-866-863-0511

**YOU ARE NOT ALONE
HELP IS OUT THERE**

1-800-388-5171
24 hour