

Take Steps to Protect Yourself

Know your rights: seek support and legal advice.

Do not keep it a secret: you are not to blame for the violence and there are people who will believe you.

If you are hurt get medical help: speak with your doctor about what is happening to you and have them document the abuse in your file.

Call the police: assault, threat of harm and harassment are against the law; ask for protection.

Start with small steps today...

Other Local Support Services

Children Who Witness Abuse

Armstrong	250-546-6744
Vernon	250-558-3850
Community Response Team	250-260-7893
Crisis Line	1-888-353-2273
Downtown Primary Clinic	250-541-1097
Family Resource Centre	250-545-3390
First Nations Family Outreach	250-558-1888
First Nations Friendship Centre	250-542-1247
Immigrant Services	250-432-4177
Pregnancy Outreach	250-542-1247
RCMP Victim Assistance	250-260-7171
RCMP	250-545-7171
Specialized Victim Services	250-542-3322
Street Nurse	250-545-3572
Transition House	250-542-1122
Victim Link	1-800-565-0808
VWTS Outreach	250-542-1185
Whitevalley Community Services	250-547-8866

Break the Isolation

Talk about your situation with people who will believe you...

- You may wonder if you are in an abusive relationship.
- You may not be allowed to have friends, practice your religion or talk to relatives
- You may not be allowed to go to school or work

Stopping the Violence Women's Counselling Services

Vernon Program
2400 46 Avenue
Vernon, BC V1T 9N5
250-558-0334

Armstrong/Enderby Program

Thurs, 9am - 5pm: 3495 Pleasant Valley Road
Armstrong, BC V0E 1B0
Fri, 9am - 4:30pm: 707 - 3rd Avenue
Enderby, BC V0E 1V1

**HOURS AT EACH LOCATION VARY
BY APPOINTMENT ONLY
250-546-6744**

Vernon Women's **Transition House** Society

ADMINISTRATION
2400 46 Avenue, Vernon, BC V1T 9N5
phone: 250-558-3850 fax: 250-558-3856
<http://vwts.ca>



Vernon Women's **Transition House** Society

Stopping the Violence Women's Counselling Services

*For Women Leaving or
Living with Abuse*

Contact

Vernon Program **250-558-0334**
Armstrong/Enderby Program **250-546-6744**



Donations of services, goods and funds are gratefully accepted.
Vernon Women's Transition House Society is a registered charity.

Funded by:
Ministry of Justice





Stopping the Violence Women's Counselling Services

Offers free, accessible and confidential counselling services to women who have experienced violence or abuse.

We work to assist women in their healing with support, awareness and education.

The counselling services available focus on the needs of the woman. We regard her safety and that of her children as paramount.

Services we offer:

- Confidential individual and/or group counselling services to women based on the needs of women.
- A safe environment to look at personal safety, feelings and the effects of abuse.
- Support, information and encouragement to help women discover their strengths.
- Referral services to other support agencies that will help women in their recovery process.

Vernon Women's Transition House Society

Services and Programs for Women and Children

Stopping the Violence Women's Counselling Services

For Women Who Have Experienced Abuse

You are not responsible for your partner's violence.

You may experience feelings of guilt, shame, helplessness, anger and confusion as a result of the abuse.

Your children are witnesses to the abuse and, without intervention, they will be more likely to grow up as abusers or victims of abuse.

You can reclaim yourself from the physical and emotional impact of abuse.

For more information call:

VERNON
Phone: 250-558-0334 Fax: 250-558-3856

ARMSTRONG/ENDERBY
250-546-6744

Physical abuse includes:

- Pushing, shaking, shoving
- Stalking, harassment
- Hitting, kicking, restraining
- Throwing objects, using weapons
- Forced / unwanted sex or touching
- Deprivation of basic needs: food, sleep, shelter
- Threats to harm you, your children, family, pets or possessions

Other forms of abuse that often accompany physical abuse:

- Name calling, obscenities
- Excessive sarcasm
- Jealousy
- Dangerous driving
- Controlling money / finances
- Manipulation
- Mind games / crazy-making
- Isolating you from friends and family
- Not being allowed to go to work
- Isolation from supportive resources