



Resources like Jeffery Hale Community Services can help



Jeffery Hale

You can help

DO (continued)..

- ✓ give her a list of key resources that help abused women and encourage her to contact them;
- ✓ give her time to make up her own mind;
- ✓ respect her need to be discreet;
- ✓ suggest that she prepare a going away bag with: health and social insurance cards and birth certificates for her and her children, marriage certificate, bankbooks and cards, driver's license, address book, personal and legal papers, money, clothes, medications, house keys, and a favourite toy;
- ✓ show her **respect** and **believe in her**

DO NOT...

- ✗ tell her what to do, when to leave or stay;
- ✗ tell her to go back home and try harder;
- ✗ rescue her by trying to find quick solutions;
- ✗ offer to talk to her partner to "settle" things;
- ✗ tell her she should stay for her children's sake.

Resource list

Emergency: call 911 or SOS Spousal Abuse 1-800-363-9010

Shelters

(service in English not always available)

- **Quebec:** Maison des Femmes 418 522-0042, or Maison Kinsmen Marie-Rollet 418 688-9024
- **Charlesbourg:** Maison du Cœur 418 841-0011
- **Sainte-Foy:** Maison des Femmes Immigrantes 418 652-9761; or Maison Hélène-Lacroix 418 527-4682
- **Portneuf:** Mirépi Maison d'hébergement, 418 337-4811
- **Lévis:** La Jonction pour elle, 418 833-8002

Other services

- Viol Secours (rape crisis centre) 418 522-2120
- Violence Info 418 667-8770
- Centre de crise (crisis centre) 418 688-4240
- Centre de prévention suicide (suicide prevention centre) 418 683-4588
- Valcartier Family Centre (military families only) 418 844-6060; Ste-Foy branch 418 649-6505
- Jeffery Hale Community Services 418 684-5333, ext. 1580

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1-888-984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



Jeffery Hale

418 684-JEFF (5333)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org

Couple problems?



Do you feel confused,
abused, scared?
There is help.

02/19/2008

www.jefferyhale.org





Does your partner...

- hold back emotional support, attention or compliments?
- always put you down and make you feel stupid, crazy, or worthless?
- deny the abuse or make it seem like your fault by saying, "You made me do it"?
- threaten to commit suicide or use other forms of self-harm to make you feel bad?
- abuse your trust, break promises, lie, act very jealous, cheat on you?
- stop you from seeing friends or family, or make it hard to see them; listen to your phone calls; tell you where you can and cannot go?
- harass you, follow you, make uninvited visits or calls, embarrass you in public?
- make angry or threatening gestures to hurt you and/or others?
- destroy your things, punch walls, throw and/or break objects?
- use force or threats to make you have sex against your will?
- control the money or give you only a bit?
- pinch, punch, grab, slap, bite, kick, choke, or burn you, your children or your pets?

Does your partner's abuse...

- make you afraid for yourself or your children most of the time.
- make you feel cut off from family and friends.
- make you feel that you are never right no matter what you say or do.
- make you feel guilty or ashamed about what is happening.
- always make you feel tense and anxious.
- drain your energy, while robbing you of a good night's sleep.
- give you health problems, like headaches, backaches, stomach upset, and so on.

If you checked off **some** of these points, you may be in an abusive relationship. Counselling may help.

Abuse can happen to any woman, no matter what her income, level of education, religion, or culture.

The cycle of violence

Hope / Love / Fear keep the cycle in motion and make it hard to end an abusive relationship;

Hope that things will change;

Love for your partner; the relationship is not all bad;

Fear that the threats to kill you or your family will come true.

Violence often becomes a pattern made up of three stages:

Tension Building Phase

Criticism, yelling, swearing, anger, force, threats, arguing.

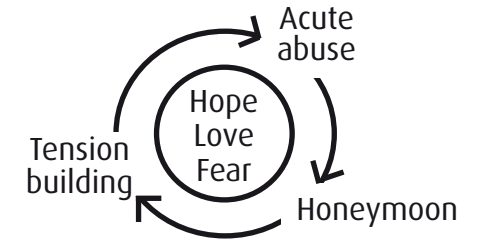
Acute Abuse Phase

Physical, verbal and/or sexual attacks and threats.

Honeymoon / Making up Phase

Apologies, guilt, promises to change, gifts.

You can help end the cycle



How to help if someone you know is being abused:

DO...

- ✓ believe her;
- ✓ listen and affirm her feelings without judging;
- ✓ remind her clearly that:
 - she is not the cause of the abuse; she is not to blame;
 - his apologies and promises will not end the violence;
 - abuse is not loss of control, it is a way to control;
 - she is not alone; she is not crazy;
 - there is no reason for violence; spousal assault is a crime;
 - her safety, and that of her children, is priority;

over...

All of forms of abuse – emotional, verbal physical, sexual, financial – come from the abuser's need for power and control.