

Intimate partner violence, also known as **domestic violence**, is an escalating pattern of abuse where one partner in a relationship, past or present, controls the other through force, intimidation or the threat of violence.

Abuse comes in many forms:

Physical: Slapping, punching, spitting, choking, pushing and any other acts which hurt your body.

Sexual: Sexual harassment, sexual exploitation, rape or any unwanted sexual touching. Even if you are intimate with your partner, NO is NO.

Emotional/Psychological: Name calling, belittling, shaming, blaming, isolation, threatening to leave, threatening to kill themselves, causing you to feel as if you are 'going crazy', stalking, making unwanted repeated phone calls, texts or emails.

Financial/Economic: Withholding money, credit cards, debit cards; withholding basic necessities (food, medicine), preventing you from working, sabotaging jobs; restricting you to an allowance.

Homophobic: Threatening to 'out' you to people who do not know your sexual orientation.

Immigration: Using your immigration status or language barriers to control you.

Destructive Acts: Actual or threatened assault of your property or pets. Any attempt to intimidate and control you.

Spiritual: Attacking or denying your religious or spiritual beliefs.

YOU ARE NOT ALONE
Many women are victims of partner violence and abuse

YOU HAVE A RIGHT TO SUPPORT
There are resources to help you

YOU DID NOT CAUSE THE ABUSE
You are not responsible for the violence of the other person



102 - 506 - 25th Street East
Saskatoon, SK S7K 4A7
Phone: (306) 244-0127
Fax: (305) 244-1201
Email: info@familyservice.sk.ca
Website: www.familyservice.sk.ca

Printed April 2012

SERVICES FOR WOMEN WHO HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE



WHERE TO FIND HELP



LEGAL SERVICES

Aboriginal Resource Officer 975-8400
CLASSIC 657-6100
Domestic Violence Court Case Workers
 975-8212
Elizabeth Fry Society
 201 – 165 – 3rd Avenue North 934-4606
Equal Justice for All
 808 – 20th Street West 653-6260
Family Court Legal Aid 964-2200
Legal Aid (Urban)
 10th Flr., 122 – 3rd Avenue North . 933-7820
Legal Aid (Rural)
 9th Flr., 122 – 3rd Avenue North . 933-7855
Metis Justice Services 242-6886
Police
 130 – 4th Avenue North 975-8300
Pro Bono Students Canada 966-7757
Public Legal Education Association (PLEA)
 653-1868
Saskatoon Tribal Council..... 956-6130
Victim Services (Police) 975-8400
Victim Witness Services 933-5173

INDIVIDUAL AND GROUP COUNSELLING (Adults & Children)

Catholic Family Services
 200 – 506 – 25th Street East 244-7773
CUMFI
 315 Avenue M South 975-9999
Family Service Saskatoon
 (Drop-in group & Abuse and Beyond)
 102 – 506 – 25th Street East 244-0127
Indian & Metis Friendship Centre
 168 Wall Street..... 244-0174
Mental Health &Addiction Services
 715 Queen Street 655-7950
Saskatoon Sexual Assault (SSAIC)
 201 – 506 – 25th Street East 244-2294
STC Urban first Nations Services Inc.
 201 – 7th Street East 659-2500

ADDICTION SERVICES

Addiction Services..... 655-4100
Alcoholics Anonymous..... 665-6727
Al-Anon 665-3838
Larson House De-Tox 655-4195
Metis Addictions Council..... 652-8951

FINANCIAL ASSISTANCE

Ministry of Social Services
 160 – 2nd Avenue South..... 933-5960
 To apply for assistance1-866-221-5200

CRISIS INTERVENTION

Family Service Saskatoon (9:00am – 5:00pm)
 Intimate Partner Violence Outreach
 244-0127
Mobile Crisis..... 933-6200

EMERGENCY FOOD

Food Bank & Learning Centre
 202 Avenue C South..... 664-6565
Friendship Inn
 619 – 20th Street West..... 242-5122
Salvation Army
 339 Avenue C South..... 244-6280
Southridge Outreach Centre
 601 Eastlake Avenue 244-1987

CHILDREN'S SERVICES

Child and Youth Services
 15 Queen Street 655-7950
Children's Advocate
 315 – 25th Street East..... 933-6700
Crisis Nursery
 1020 Victoria Avenue..... 242-2433
Ombudsman
 315 – 25th Street East..... 933-5500
White Buffalo Youth Lodge
 620 – 20th Street West..... 653-7676

EMERGENCY SHELTERS

Infinity House..... 955-2332
Interval House..... 244-0185
Mumford House 986-2157
YWCA Shelter 244-2844

LONG TERM HOUSING

Adelle House 668-2761
Office of the Rentalsman 933-5680
Quint Development Corporation
 202 – 230 Avenue R South 978-4041
Rainbow Housing Cooperative .242-0604
Saskatoon Housing Authority ..668-2700
SaskNative Rentals..... 653-0384

IMMIGRANT SERVICES

Global Gathering Place
 100 – 5th Avenue North 665-0268
International Women of Saskatchewan (IWS)
 230 Avenue R South 978-6611
Newcomer Outreach
 106-129 3rd Avenue 343-8303
Saskatoon Open Door Society
 100-129 3rd Avenue North 653-4464
Saskatchewan Intercultural Association (SIA)
 405 – 230 Avenue R South 978-1818

ABUSE HELP LINES

Abused Women's Info Line (24 hrs)
 1-888-338-0880
Kids Help Phone (24 hrs)1-800-668-6868
Ministry of Social Services
 Child Protection Intake Line 933-6077
 After 5:00 p.m. call Mobile Crisis .. 933-6200
Parents Help Line (24 hrs)
 1-888-603-9100
Saskatoon Sexual Assault (24 Hr) Crisis Line
 244-2224