



THERE IS HELP. THERE IS HOPE.

If you are in an abusive relationship, the most important thing to know is that **you are not alone** and **you do not deserve to be abused.**

Remember:

- There is hope.
- There is help.
- You are not alone.
- It is not your fault.
- Protect yourself & your children.
- End the silence. Stop the violence.
- Changing or leaving an abusive relationship is a process, not an event.

The EPS defines “Domestic Violence” as any physical or sexual force, actual or threatened, in an intimate relationship, between a heterosexual or same sex couple: who are or who have been married, who are or have been in a common-law relationship, or who are or have been dating.

It may include a single act of violence, or a number of acts forming a pattern of abuse through the use of assaultive and controlling behavior. The pattern of abuse may include: physical abuse, emotional abuse, psychological abuse, sexual abuse, stalking, and threats to harm children, other family members, pets, and property.

Financial Support For Albertans Fleeing Abuse

Albertans in abusive situations can get help 24 hours a day, seven days a week through Alberta Works.

780-644-5135 in Edmonton
1-866-644-5135 (Toll Free in Alberta)
www.humanservices.alberta.ca/financial-support/3171.html

Provided the program’s eligibility criteria are met, these are some of the financial supports that are available:

Getting to Safety

- Emergency transportation to a safe place and/or emergency accommodation.
- Relocation costs within Alberta or Canada are covered if a person must move out of their community to escape the threat of violence.

Setting up a New Household

- An allowance to help set up a new home.
- Damage deposit to secure a residence is covered.
- Financial help provides for basic needs such as food, clothing, shelter etc.

Starting a New life

- Financial aid for transportation, employment, phone and training services to help find jobs, ensure access to additional supports, family health coverage.

Additional Support

Family Violence Info Line If You Call, We Can Help.

310-1818 (Toll Free)
www.familyviolence.alberta.ca

Help is available in over 170 languages, 24 hours a day, seven days a week. Call to find out what help is available in your community.

City of Edmonton

Assessment and Short Term Counselling **780-496-4777 8:30am - 4:30pm (Mon-Fri)** **780-482-HELP (4357) After Hours Support Line**

An opportunity to speak privately with a professional social worker about your issues and concerns. Services offered throughout the city include safety planning and counselling (free of charge).

Men’s Groups **780-496-4777**

www.edmonton.ca/mensgroups
Provides opportunities for men to engage in personal change through Men’s Support Services (individual assistance and group programs).

211 Edmonton **Dial 2-1-1 (Available 24hrs)** www.211edmonton.com

Staff provides confidential access to a full range of non-emergency social, health, and government services in the community.

Important Notes:

Contact the Edmonton Police Service

9-1-1 for a life threatening emergency or a crime in progress


Call **780-423-4567** or **#377** from your mobile device for non-emergency

Report Crimes Online:

www.edmontonpolice.ca/reportcrimeonline

END THE SILENCE. STOP THE VIOLENCE.

Shelters for Abused Women (With or Without Children)


A Safe Place (Strathcona Shelter Society Ltd) 
Sherwood Park
780 464-7233
www.asafeplace.ca

An emergency shelter for women with or without children coming from abusive situations. In-house programming is available for both women and children, as well as to the community. The shelter also has follow-up and outreach services, and will offer information, support, and referrals to women to maximize their safety.

La Salle Residence, Catholic Social Services, Edmonton
780-391-3174

www.catholicsocialservices.ab.ca

A second stage shelter for women and children who are leaving a violent and abusive relationship. The shelter offers psycho-educational workshops, child minding service, and extensive community outreach support. Families can live at the shelter for one year while they focus on gaining independence and confidence and learn how to live a life free of violence.

Lurana 
Edmonton
780-424-5875 (24 Hour Crisis Line)
www.luranashelter.com

A high security shelter for women with or without children seeking safety from abusive situations. Programming is available to women and children in-house and follow-up counselling to help with the transition back into the community. The shelter provides immediate crisis assistance to women and children, safety planning, as well as helps connect with other resources as needed. First Stage Shelter – Short term Stay.

WIN House 
Edmonton Women's Shelter
780-479-0058 (24 Hour Crisis Line)
www.winhouse.org

To support women with or without children fleeing from domestic abuse, and gender based violence. We provide women's emergency shelter services, child support program, outreach program and a crisis line. Shelter staff provide information and referrals. Outreach staff provide accompaniment to appointments. Interpreter services provided as available.

Wings of Providence 
Edmonton
780-426-4985
www.wingsofprovidence.ca

A second stage shelter for women with children seeking safety from abusive situations. Programming in the form of supportive counseling is provided in-house for both women and children. The shelter will also assist women by providing information, assisting with safety planning and appropriate referrals as needed. In addition, The Home Next Door provides affordable housing for women with children who have experienced family violence. This affordable housing is for women who are working or in school.



Shelter for Men


Urban Manor 
Edmonton
780-425-5901
www.urbanmanor.net

An emergency shelter that also offers transitional housing for men in need for whom there is no other facility immediately available or for whom there is no other appropriate facility. Urban Manor offers support, information, appropriate referrals and offers access to medical personnel.

Additional Resources

Today Family Violence Help Centre 
Edmonton
780-455-6880
www.thetodaycentre.ca

Offers a safe place for those impacted by family violence to access free, confidential, emotional and practical support. At Today Centre, we will help you or your loved one to make a plan to keep you and your family safe, understand the cycle of violence, connect with other community resources and supports and decide what steps to take next.

Edmonton Protection Order Program (EPOP) 
780-422-9222
www.legalaid.ab.ca/familylawoffice

The Family Law Office, a program of Legal Aid Alberta, helps victims of family violence through its Emergency Protection Order Program (EPOP). This program provides clients with information and lawyers that can help them to obtain and confirm protection orders. This program is free and there are no eligibility requirements. This means that you do not have to apply for legal aid and/or be granted coverage to access this service. The EPOP also provides information, referrals, and safety planning services to victims of family violence.

Contact the Edmonton Police Service

9-1-1 for a life-threatening emergency or a crime in progress

**** ANY CHARGED CELL PHONE WILL CALL 911 ****
If possible keep a charged cell phone with you at all times. Even if you do not have a phone plan or minutes on your pay-as-you-go phone, 911 will still work.

780-423-4567 to request police (non-emergency)
Mobile Device: **#377** (for non-emergency)
Hearing Impaired Line Only: **780-425-1231** (TTY/TTD)
Report Crimes Online:
www.edmontonpolice.ca/reportacrimeonline

Victim Services: Provides support, referral and information to victims of crime and tragedy.

Division	Phone
North	780-426-8160
Southeast	780-426-8260
Southwest	780-426-8360
West	780-426-8060
Downtown	780-421-2760

Visit: www.edmontonpolice.ca



No one should
live in fear in
their own home.



THERE IS HELP & THERE IS HOPE

Domestic violence adversely affects all aspects of society and is a major concern to the Edmonton Police Service (EPS) and to the community. The EPS investigates approximately 7000 reports of domestic violence each year. Violence in the home is a leading cause of injury, and children who grow up witnessing this violence are affected for life. Abusers, unless held accountable for their actions, continue to commit acts of violence and intimidation. The EPS is committed to providing the most appropriate and effective response to domestic violence.

WE ARE HERE TO ASSIST YOU.

You have received this brochure because police responded to a report of domestic violence in your home and are concerned about your safety. This brochure contains vital information about what immediate help is available to you. There are many excellent programs and services offered throughout the city for victims of domestic violence.

Contact : _____

File #: _____

▲ Enclosed you will find a **Family Violence Card** containing phone numbers for Legal Resources, Counselling Services, Shelters, Groups Helping Abusers, Distress and Crisis Line, Seniors, and Immigration Services.