

DEDICATION

*This manual is dedicated to
those who have found the
courage to change their world.*

*Its goal is to support those who
have chosen to live a
violence-free lifestyle.*

ACKNOWLEDGEMENT

Victim Services of Peterborough & Northumberland would like to thank its many community partners and stakeholders for their participation and contributions to the development of this manual.

Disclaimer

While every attempt was made to provide accurate, comprehensive information, we cannot be responsible for any errors or omissions. This manual is not a replacement for professional advice or counselling. Please contact the service providers listed to ensure the information is current and meets your needs.

Victim Services of Peterborough & Northumberland

Emergency Numbers

Police, Fire, Ambulance: 911

Anishinabek Police (Curve Lake): (705) 657-8892

Brighton OPP: (613) 475-1313

Campbellford OPP: (705) 653-3300

Cobourg OPP: (905) 372-5421

Cobourg Police Service: (905) 372-2243

Hiawatha Police: (705) 295-4423

Peterborough/Lakefield

Community Police Service: (705) 876-1122

Peterborough OPP: (705) 742-0401

Port Hope Police Service: (905) 885-8123

Femmes-Aide: La ligne d'écoute du Nord (800) 336-2433



Dial 211: Speak with a 211 Information Specialist.

Free 24/7 & multilingual.

Alternate: (866) 743-7818

TTY Services (888) 435-6086

My Important Numbers...

Name	Number

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*****For italicized terms see Glossary of Terms at the back*****



Peterborough & Northumberland

Take good care of yourself; being subject to abuse is exhausting and emotionally trying.

The process of surviving requires much
courage and incredible energy.

Victim Rights

I have the right not to be abused.
I have the right to be angry because I was injured in the past.
I have the right to change my life.
I have the right to be free from the fear of abuse.
I have the right to request and receive assistance from police and other social service agencies.
I have the right to share my feelings.
I have the right to be with others.
I have the right to be treated as an adult.
I have the right to leave an abusive environment.
I have the right to privacy.
I have the right to express my thoughts.
I have the right to seek and develop my talents.
I have the right to legally prosecute my abuser.
I have the right to be less than perfect and make mistakes.

*Patricia G. Ball and Elizabeth Wyman,
“Battered Wives and Powerless Loss: What Can Counsellors Do?”

What is Domestic Violence?

Domestic violence is defined as a pattern of behavior in a relationship that is used to gain power and control over a partner. The abuse can be physical, emotional, financial or sexual.

Emotional Abuse may look like:

- Name calling or constantly criticizing you.
- Isolates you from family or friends.
- Puts you down in any way.
- Penalizes you by not showing affection.
- Not trusting you.
- Acts jealous or possessive.
- Supervises everywhere you go, tracks who you call and who you are with.
- Threatens to hurt you or your children, family or family pets.
- Expects you to ask for permission to do anything.

Physical abuse may look like:

- Leaves you in a dangerous or unknown place.
- Frightens you by driving irresponsibly.
- Throws objects, punches walls, kicks doors, etc.
- Slaps, kicks, pushes, bites, or chokes you.
- Doesn't permit you to call police or emergency services (e.g. Hospital).
- Does not allow you to leave your home or locks you in.
- Threatens with any use of weapons.
- Uses physical force in attempt to have sex.
- Hurts your children.
- Does not allow you to drive/have a license.
- Does not allow you to work or go to social activities.

Sexual abuse may look like:

- Uses and hurts you with weapons or objects during sex.
- Verbally abuses you in sexual ways.

- Accuses you of cheating.
- Is jealous of other relationships you had/have.
- Tries to make you dress in a sexually provocative or demeaning way.
- Demands sex at any time or after he/she has beaten you.
- Views you as an object and believes firmly in gender roles.
- Holds you down during sex.
- Involves others in sexual activities with you without your consent/pressures you.

Financial Abuse may look like:

- Forces you to stay home instead of working.
- Controls finances or refuses to share money.
- Takes complete control over bank account/cards.

Abuse Checklist

Check the statements that apply to your relationship. This is not a complete list!

Isolation: I am separated from others

- My abuser monitors my movements, use of Internet or telephone.
- My abuser becomes jealous without cause.
- My abuser makes me account for my time.
- My abuser makes it difficult for me to become or stay employed.
- My use of a vehicle is unreasonably restricted.
- My abuser controls or monitors my contact with family or friends.
- My access to medical care is controlled.
- My abuser withholds affection to punish me.
- My abuser tries to turn others against me.
- My abuser doesn't allow me to join clubs or groups.

Privilege: I am treated as less than equal

- My abuser treats me like a servant or child.
- My abuser doesn't allow my input into decisions.
- My abuser says; "You are nothing," or "You can't make it on your own."
- My abuser makes me do things I'm not comfortable with.
- My abuser downplays or ignores my accomplishments.
- My abuser erodes my self confidence.

Economic Abuse: I don't have a say in finances

- My abuser controls all the money and makes me account for every cent.
- My abuser blames me for our financial problems.
- My abuser makes me ask for basic needs.
- My abuser does not allow my input on financial decisions.
- My abuser must give permission before money is spent.
- My abuser over spends or gambles.

Sexual Abuse: Sex is not a mutually agreed act

- My abuser uses sex or withholds sex as punishment.
- My abuser pressures or forces me to have sex or do unwanted sexual acts.
- My abuser flirts with others or has affairs to humiliate me.
- My abuser treats me like a sex object.
- My abuser inflicts pain during sex.
- My abuser misuses contraception purposefully.
- My abuser compares me negatively to other sexual encounters.

Psychological Abuse: Mental stress

- My abuser threatens to turn people against me.
- My abuser threatens to leave the relationship.
- My abuser threatens to take away our children.
- My abuser threatens to harm me and/or others if I leave.
- My abuser threatens to commit me to an institution.
- My abuser threatens to withdraw sponsorship.
- My abuser fakes/exaggerates illness or hurts him/herself to gain attention and control.
- My abuser drives irresponsibly/illegally to frighten me.

Anger and Intimidation

- My abuser has sudden mood changes.
- My abuser gives me the silent treatment or gets “that look.”
- My abuser shouts, yells or pounds on things when angry.
- My abuser hits, throws or kicks things.
- My abuser stomps out of the house/room or slams doors.
- My abuser makes, or threatens to make, false complaints to the authorities and others about me.

Physical Abuse

- My abuser throws things at me.
- My abuser pushes, grabs or shoves me.
- My abuser pulls my hair, twists my limbs.
- My abuser pins me to wall, the floor or furnishings.
- My abuser chokes/strangles me.
- My abuser kicks, hits, punches, pinches or pokes me.
- My abuser strikes or threatens to injure me with an object or weapon.
- My abuser tries to run me down with a vehicle.
- My abuser has physically and/or sexually abused the children.
- My abuser tortures or has killed a pet.
- My abuser deprives me of sleep or food.
- My abuser adds laxatives or purgatives to my food.
- My abuser denies me access to the bathroom.

Emotional Abuse

- My abuser belittles me or puts down my appearance.
- My abuser implies I am “stupid.”
- My abuser calls me names and swears at me.
- My abuser says I am crazy and irrational.
- My abuser falsely accuses me of having an affair.
- My abuser ridicules me in front of family and friends.
- My abuser shows no concern for the children’s needs.
- My abuser gets angry when the children cry or need something.
- My abuser goes through my personal things.
- The children’s friends are frightened so they no longer visit.
- My abuser destroys my things.

Take a look at the boxes that you have checked...ONE is too many.

Possible traits of an abuser

An Abuser. . .

- Often “**blows up**” during small incidents. He/she is often easily offended; they claim that their feelings have been hurt after the blow up.
- May have **unrealistic expectations** and may expect his or her partner to fulfill all of his or her needs. The abusive person may say, “If you love me...”
- Tends to be **moody and unpredictable**. Explosiveness and mood swings are typical of individuals who beat their partners.
- Is **extremely jealous**: At the beginning of a relationship, an abuser may claim that jealousy is a sign of his/her love, however jealousy has nothing to do with love.
- **Isolates** the victim: He/she may try to remove the victim from family/social supports, telling the victim that these supports are wrecking their relationship or “causing trouble”.
- Is **insecure** and usually thinks poorly of him/herself.
- May have a **history of battering**: the abuser may admit to hitting others in the past, but will claim the victim “asked for” it. An abuser will beat any person they are with; situational circumstances do not make a person abusive.
- Will often **abuse alcohol and/or drugs**.
- May say things that are intentionally cruel and hurtful in order to degrade, **humiliate**, or diminish the victim’s accomplishments.
- Often uses **physical force** during arguments.
- May act out instead of expressing themselves verbally.
- **Blames others** for their own problems.
- Is **manipulative**, often saying something like "you made me mad".
- May be **cruel** to animals and/or children.
- May have a **fascination with weapons**.
- Often makes **threats** of violence by breaking things, hitting objects or throwing things.

- Often uses **verbal threats**.
- May see their partner as inferior, stupid, and unable to be a whole person without a relationship.
- May have a family history of violence.
- Is very **controlling**.
- May be quick to become involved in relationships. Many victims date or know their abuser for less than six months before they become engaged or live together.
- May use "playful" **force during sex**, and/or may want to act out sexual fantasies in which the victim is helpless.

Power and Control Wheel

“An Unhealthy Relationship”



The characteristics of an abusive relationship are displayed in the Power and Control Wheel.
Are these characteristics familiar to you?

Equality Wheel

“A Healthy Relationship”



The characteristics of a strong, healthy, respectful relationship are displayed in the Equality Wheel.
Are these characteristics familiar to you?

Why Don't I Leave?

- I hope that my partner will stop being abusive.
- I feel I have no place to go.
- I am fearful of consequences from my abuser.
- I have children/pets that make it harder to find housing.
- I have concerns about my finances/unemployment.
- I am afraid of being alone.
- I (or others close to me) see divorce as shameful.
- I fear the police will not help me.
- I fear calling the police will make things worse.
- I feel no one will come to my aid.
- I feel responsible for the abuse "If only I had not...."
- I fear the threats of taking the children will come true.
- I fear my abuser will retaliate on the children.
- I fear the religious, family and social pressures if I leave.
- I am unsure/unaware of the community and other resources available.
- I feel all children should be raised by two parents.
- I feel I have no control over my own life.
- I view the violent outbursts as isolated incidents.
- I fear for the safety of those who would help me.

- I blame myself for the abuse.
- I believe that he/she loves me, didn't mean it, or it won't happen again.
- I feel it is safer to stay rather than face the unknown.
- I feel that there is a lack of understanding/support by professionals.

Notes:

Things to consider if you decide to stay...

- Identify your support system. These people make you feel safe, support you, listen to you, don't pass judgment and don't criticize.
- Find a support group/counsellor.
- Consult a legal expert about your rights.
- Become involved in community activities so that you are not isolated and you can gain self-confidence.
- Open a bank account in your own name.
- Make a safety plan - plan an emergency exit for yourself and your children.
- List all incidents with details including dates, times and witnesses. Take photos of injuries or damages and keep them in a safe place.
- Go to the doctor/hospital and ask them to document your injuries and how you got them.
- Ask neighbours to call the police if they hear fighting.
- Involve yourself and your partner with family and friends who do not use violence in their arguments.
- Take a part-time job outside the home.
- Upgrade your education or skills with part-time or correspondence courses.

Notes:

You may feel more anger after separation than you have ever felt before. You may suddenly experience all of the anger that you may have denied that accumulated during your relationship, along with the built-up frustration of not having your needs met, as well as the powerlessness of the position you were in. It is safe to feel angry now that you are leaving and you should know that your anger is normal. Anger can give you power and motivation, and you can use this to your advantage. The goal of letting yourself feel anger is to express it constructively so that you free yourself from a potentially hazardous mindset.

Feelings of Failure

You may feel that admitting "failure" in your relationship means that you are inadequate, but this is far from the truth. You have undoubtedly made a lot of sacrifices in your relationship and it was not your efforts that failed, but rather the lack of effort made by the abuser to stop abusing. Recognize your success in making the decision to leave. Give yourself credit for making this commendable decision!

Anxiety & Loss of Control

Feelings of loss of control are normal during transition periods. Essentially, you are relocating the centre of control from your partner to yourself. This instantaneous exposure to complete control can be as frightening as it is freeing and becoming comfortable with this ability takes time.

Disorientation

Because your perspective on your relationship has changed, you may see your past, yourself as an individual, and your partner differently. This can make you feel disoriented and you may doubt your memories and the decisions you have made. You may selectively remember only the good or only the bad times, which is normal.

Loneliness

Your interests and concerns change over time which inevitably leads to changes in friends. In some situations, it is possible that your friends will take sides with your partner when you decide to leave. It may take you awhile to trust others or another partner, or to even have energy to even consider another partner. This is a normal and a means of self-protection. However, it is important to remember that friends are especially important at this time, especially those who are nonjudgmental.

Temptation to Reconcile

Many individuals who leave their abuser return on a number of occasions before leaving permanently. This cycle of abuse is characterized by the "honeymoon" period that is a tactic of manipulation used by the abuser to continue to maintain power and control, and a subsequent return to the abuse. The promises that the abuse will stop and the apologies for their behaviour, coupled with the abuser being on their best behaviour and showering you with praise or gifts has enticed many women to stay. If you think that your relationship is worth saving, take the time to be sure that your partner is sincere about wanting a healthy relationship and that there is now a strong foundation of mutual respect for you to build your lives on.

New Relationships

It is entirely possible and quite common that a new relationship may trigger memories of your old relationship, no matter how different your new partner is from the abuser. It takes hard work, a great deal of commitment, and good communication skills to be in a relationship. It is important to be sure that you feel strong enough to live independently before you make the choice of living inter-dependently again. Life has its ups and downs, you will have good days when you are feeling strong and capable, and bad days, when you are feeling depressed and vulnerable.

WAYS YOU CAN HELP YOURSELF

1. Consciously explore your emotions and allow yourself to express them. Do not judge yourself for having these emotions as everyone experiences situations differently. These emotions may be initially intense, but they will subside in due course.
2. Take time for your own self-care. Take part in nurturing activities (e.g., take a hot bath, go for a walk).
3. Eat small, nutritious meals regularly, rest when you can (even if you cannot sleep) and exercise on a regular basis.
4. To reclaim a feeling of control, develop a daily routine; set and accomplish small goals each day.
5. Find out about and use community resources for support/support groups.
6. Holidays and special occasions, such as anniversaries can be especially hard times. It is important to establish new customs for yourself and your children.

YOU ARE NOT RESPONSIBLE FOR THE ABUSE

- Abusers are responsible for their own behaviour.
- The abuser's tactics are designed to control you.
- Any act that limits another person's rights is abuse.

Remember: Abuse escalates and can be lethal by way of homicide, stress-related death or suicide.

HOW TO DOCUMENT ABUSE:

- Keep a detailed record of the assault and any witnesses that may have been present (store this in a secure place);
- See a doctor or go to the hospital and write down the practitioner's name and the date;
- Photograph any bruises and injuries you receive;
- Tell the Police if you have safety concerns.

WARNING: Please remember when you are experiencing emotional or psychological abuse you can be in as much danger of being a victim of homicide as victims of physical abuse are.

Facts

- Abusers can be male or female.
- Abusers are not always the product of an abusive childhood.
- You cannot spot an abuser "from a mile away." In fact, many former victims can tell you that they had no suspicions about their abuser until it was too late.
- An abuser is not restricted to inflicting only physical pain. In many cases, the psychological damage far exceeds the physical damage.
- 11-23% of Canadian children will witness some violence against their mother in the home. *
- Unhealthy lessons that children raised in an abusive environment may learn include; unhealthy relationships are normal or to be expected, victims are to blame for violence, and violence and threats get you what you want. **

* Sudermann, M. & Jaffe, P. *A Handbook for Health and Social Service Providers and Educators on Children Exposed to Women Abuse/Family Violence*, 1999.

**Cunningham, A. & Baker, L. *Little Eyes Little Ears; How Violence Against a Mother Shapes Children as They Grow*, 2007.

DO ABUSERS KILL?

Life Threatening Signs: Check all that apply

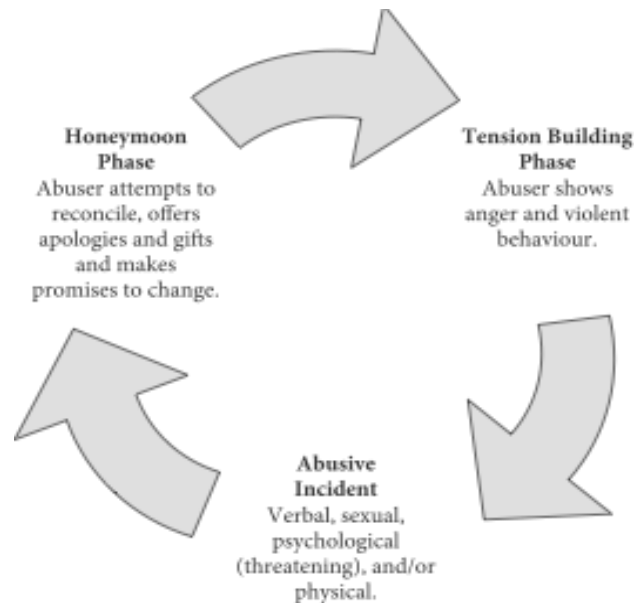
- My abuser has access to weapons: guns, hunting/kitchen knives, household tools, crossbows, bats, plastic bags, rope and poisons.
- My abuser threatens me with weapons.
- My abuser threatens to torture, mutilate or kill my pet.
- My abuser confines me/my children against our will.
- My abuser threatens to kill me, my family, friends and/or pets.
- My abuser daydreams or talks about death and dying. Write down the details of your abuser's fantasies with dates and times.
- My abuser follows me.
- My abuser might know that I plan to leave.
- I recently left my relationship with my abuser.

The more checks you make in this section, the greater your risk!

WARNING: The most dangerous time for a victim is when the victim is attempting to leave the relationship or has just left the relationship.

The Cycle of Violence

There is a pattern in an abusive relationship which repeats itself.



Most victims don't want the relationship to end; they want the abuse to stop. Promises of change may give hope and the reassurance needed for the victim to remain (or return to) the relationship.

Introduction to Safety Planning

It is extremely important to create an emergency escape plan, as your life may depend on it.

You are the best one to assess your situation and it is important to ALWAYS trust your own instincts, judgment and experience.

Some strategies might help enhance your physical safety or feelings of safety when coupled with the strategies you are already utilizing. REMEMBER – no strategy guarantees safety, but may decrease your vulnerability and increase safety and security.

If a strategy feels like it will increase your risk DO NOT DO IT – no matter what anyone else might say, everyone's circumstances differ.

It is important that you keep your written safety plan in a safe place.

Here are some the things for you to consider:

- Create a list of important phone numbers (e.g. police, shelter) for yourself and/or your children, and always have change for a phone call 24 hours/7 days a week (you do not need coins for the pay phone to dial 1-800 #'s or 911). If you have a cellphone, carry it on you at all times.
- You may want to review the abuse checklist and other related information before preparing a Safety Plan.

I'm preparing a Safety Plan. How will it be of use to me?

Your safety plan will assist you with pre-thought out strategies for different situations, such as:

- How to escape in the event of an emergency.
- How to stay safe in a new home or accommodations.
- How to keep your children safe.
- How to protect your belongings.
- How to stay safe both at work and in public.
- How to keep in touch with community supports and services that will help you when you are in need.

Note: Take a look at the community service providers listed in the back of this manual.

Safety Planning

You are the best one to assess your own situation and it is important to ALWAYS trust your instincts, judgment and experience. The following are guidelines only.

- Make and practice an escape plan to get out of your home or other places where violence might occur.
- Know what doors, windows, elevators, stairwells are available for a quick getaway.
- Know the quickest route out of your home.
- Determine which rooms could be potentially dangerous and avoid them during a confrontation.
- Keep a fully charged phone near you at all times (SupportLink Program provides 911 cellphones for these situations).
- Back your car into the driveway to make for a quick getaway and make sure that there is always plenty of gas in it.
- Develop a visual or verbal code to let others know to call police.
- Keep clothes, money, medications and other things you may need in an emergency at a friend or family member's home.
- If you are being assaulted, curl up in a ball and cover your head, neck, and ears.
- Take a self-defense course.
- Review the Internet/Communications Safety practices in a subsequent section.
- Create a list of safe places you and/or your children can go (e.g. family member's home, friend's home, shelter).

- Find safe places to store documents and valuables such as train and bus station lockers, U-Store it lockers, or bank deposit boxes.
- Write down descriptions of incidents; including dates, times, witnesses, and documentation of any injuries.
- Tell your neighbors to call 911 immediately if they hear a disturbance. Ask neighbors if your children may run to their home for help or safety.
- Hide duplicate house keys and car keys, clothing, money, important documents (or copies), etc. or store them at a friend or family member's home. Keep your identification in a safe, easily accessible place and make copies.
- Open a bank account in your own name (at a bank different from your partner's) and arrange that calls and bank statements go to a trustworthy friend or family member.
- Save and set aside as much money as you can (e.g. from grocery budget).
- Have \$20 to \$30 cash available for cab fare or an emergency.
- Be aware of possible weapons in the home (including kitchen knives, firearms, heavy objects).
- Tell people you trust about the abuse.
- Create safety plans for your children and make sure they understand (e.g. safe place to go, how to use the phone to call for help, emergency exits).
- Create a code word with your children and family so they know when to call for help.

SAFETY WITH A PROTECTION ORDER
(Release/Bail Conditions; Probation Order; Recognizance with Conditions)

It may be a good idea to obtain a protection order against your abuser. However, it is important to remember that you can never be sure that your abuser will follow the rules laid out in the order. If necessary, you may need to ask the police and the courts to enforce your protection order. Some important points to remember include:

- Always keep your protection order on or near you. If you change purses/wallets, ensure you include this document in the switch.
- Give a copy of your protection order to the OPP Detachment/Police Service in the community where you work, in the communities where you usually visit friends or family, and in the community where you live.
- Inform your employer, friends, colleagues, trusted others, and you child(ren)'s school that you have a protection order in effect.
- If your protection order is destroyed, you can get another copy from the Victim Witness Assistance Program (VWAP).
- If your abuser in question violates the protection order, immediately call the police and report a violation. You may also contact your local women's safety network or shelter and advise them of the violation and ask for their assistance in reporting it.
- If you feel that you have not been assisted, contact Victim Services for further assistance and information about the next steps.

SAFETY WITH COURT ORDERS, POLICE & THE JUSTICE SYSTEM

- Request that any personal information about you listed on documents that are available to the accused be removed (e.g. address, phone number).
- Keep a detailed journal of every time you have contact or suspect you have had contact with the accused.
- If the police charge the accused, find out if he/she will be held in custody or released. Provide input into release conditions to the investigating officer and ask for a copy of the release conditions as well as request that you be able to write a Victim Impact Statement.
- If the accused is held in custody, contact the Victim Support Line or Victim Witness Assistance Program to advise you when he/she gets released and ask to be notified of any updates. If you require further assistance, contact other relevant community agencies (see list at end of book).
- The Victim Witness Assistance Program can also help you prepare for court and provide court support during your testimony.

Safety in the Home

- Make sure your phone is connected before moving into a new residence.
- Make sure your street address is clearly visible and well lit for emergency workers to respond.
- If you live in an apartment building, do not put your name on the residence listing in the lobby.
- Keep a record of unusual phone calls.
- Leave a radio/TV playing or a light on while you are away.
- Prepare an evacuation plan.
- Be very careful about what you throw in the garbage (e.g. mail, medical/banking information).
- Put bells on your doors to hear people enter and exit.
- When away from your home overnight, have a trusted neighbor pick up mail and newspapers.
- Be very cautious about who you give your address or phone number to.
- Create a child safety plan with your children, review it often and revise if necessary and have your child keep a copy with them at all times.
- Keep your court orders near you at all times.
- Give the school, day care, your place of employment and police a copy of court documents, including restraining orders, custody/access orders and a photo of the accused. It's also a good idea to give these documents to individual group leaders (e.g. a sports coach) involved in your family's life.
- If the accused doesn't live with you, tell people such as your neighbours about your situation. Show them a recent photo of the accused and ask them to call police if the accused is seen near your home or children.

- Have an unlisted telephone number and block your number when calling out (dial *67 before the number).
- Tell someone at work about your situation so that they can help you screen calls.
- Avoid places the accused is likely to go (e.g. stores, banks, bars).
- Have a cellular phone and keep a cordless phone in the house.

Email

- Change your email address if you are being harassed.
- Be selective about who gets your email address.
- Print off and keep harassing emails from the accused. These can be given to the police to support breach of probation or stalking charges.
- Block email addresses as needed.

Internet

- Learn about the privacy settings of the social networking sites you use (e.g. Facebook).
- When creating a password, don't use words found in the dictionary. Instead use a combination of numbers and upper/lower case letters.
- Be aware of what you have posted online about yourself and your children (e.g. pictures, tagging yourself at certain locations on Facebook, address) as these may be accessible to the accused.
- If you do any Internet research or emailing regarding your safety plan, clear all history and empty the computer's trash can. If you don't know how to do this ask your internet provider or a computer technician.
- Cyberstalking is defined as using the internet to harass/stalk. Be aware that this is a crime and report it.

Safety in the Home (Cont)

Cell Phones

- If your phone is lost/stolen, be aware of what information is compromised (banking information, address, etc).
- Stalking can be enabled by someone tracking your location in real time with Google latitude through your phone's GPS.
- Geotagging is enabled by default in many devices, turn it off or disable your GPS. Geotagged photos uploaded to websites can appear on Google Maps, and therefore a search of your name might bring up the location of your home.
- Some phone apps have the capacity to operate things in your home (e.g. unlock doors, start car). This could be helpful in an emergency situation, but also means that others can have access to these programs if your phone is lost/stolen.

Safety Outside the Home

- Inform your boss, security personnel, friends, teachers, and/or co-workers about your situation.
- Request all visitors and/or phone calls to you be screened.
- Park your car in a secure, well lit area.
- Ask someone to walk you to your car, especially at night.
- If you use public transit, sit by the driver or door.
- Carry a cellphone with you at all times. If you are using it to dial 911, tell the operator your location first and then if you have time you can explain why you are calling.

- You can dial 911 from any cell phone, even if it is not activated for regular cellular use, as long as it is charged within service range.
- Beware of areas in which you do not get cell service.
- Change the places or alter your routines (time of day) when you shop, bank etc.
- If you feel you are being followed or do not feel safe, go to the nearest service station, police station, 24-hour gas station or drive-thru window to get assistance.

Car Safety

- Never run low on fuel.
- Back into driveways wherever possible.
- Make sure your horn works.
- Lock all valuables in your trunk.
- If possible leave the split seat folded over to ensure no one is in your trunk.
- Plan your route before leaving.
- In case of a breakdown, drive slowly to a safe area on the shoulder if possible and put your 4 way hazard lights on. Be sure to only open your window 1-2 inches and tie a cloth to the antenna or left door handle to signal distress.
- Know your location at all times!
- Keep an emergency kit in your car with a flashlight, blanket, snacks, first aid kit, rope, booster cables, sand, etc.
- If you feel in danger or like you being followed, press the horn repeatedly and drive to the nearest safe place (e.g. police station, gas station).
- Write down the license plate number of the vehicle you are concerned about.
- When leaving anywhere have your keys in your hand (keys can also be used as a weapon).
- When inside the car, lock all doors as soon as you get in.

Safety Plan (Child)

- Make sure your children know how to use the phone and can **dial 911**.
- Tell your children their only job is to stay safe, they should not try to protect you.
- Practice and role-play safety plans with your children including what to do and where to go if something violent or scary happens.
- Instruct your children never to answer the door or the phone unless you give them permission. If so teach your children how to answer the phone and what to say if it's your abuser. Practice these lessons.
- Inform your children's school, doctors, and child care providers of your situation and give them a copy of any and all court orders.
- Inform these same people about who is allowed to pick up your children, and/or who is allowed to have contact with them.
- Ensure that your children are accompanied to and from school and any other places they may go.
- Talk to a lawyer about the possibility of getting supervised access or having access denied.
- Keep emergency numbers by all phones.
- Monitor your child's use of the Internet.

Notes:

Child Safety Plan

WARNING: FIRST PROTECT YOURSELF

DO NOT TRY TO STOP THE FIGHTING!

TAKE A PHONE AND GO TO YOUR SAFE PLACE

MY SAFE PLACE IS _____

CALL 911 – an operator will answer

“POLICE, FIRE, AMBULANCE?”

Then you say “POLICE!”

COME TO: The address here is _____.

The phone number here is _____.

I need help.

My name is _____.

I am _____ years old.

**REMEMBER DON'T HANG UP OR LEAVE
YOUR SAFE PLACE UNTIL THE POLICE ARRIVE!**

Safety Plan (Elderly)

It is important to protect your personal documents and think about what to do in case of an emergency. You may want to consider putting together an emergency kit which should consist of:

1. Emergency phone numbers written out.
2. Emergency cash (for a cab, hotel etc.). This should include quarters for phone calls or a phone card.
3. A change of clothing.
4. A list of medications, name and phone number of pharmacy you use, and at least three days worth of medications.
5. An extra set or old pair of glasses, hearing aids and other assistive devices such as canes, walkers, or wheelchairs.
6. Choose and write down a safe place to go in the event of an emergency (in and outside the house).
7. Choose and write down your escape route from the house.
8. Copies of relevant documents such as:
 - Identification (e.g. birth certificate, driver's license)

- Health Card
- Social Insurance Card
- Passport
- Marriage certificate or record of common law relationship
- Notice of assessment from most recent income tax return
- Cheque books and credit cards
- Lease, rental agreement, or house deed
- Bankbook and recent statements

There are some steps that you can take to increase your safety:

- If someone is hurting you or you do not feel safe you can turn to the police for assistance. Call 911 or your local police service.
- Tell someone you trust what is happening to you. This may be a family member, friend, neighbour, a personal support worker who may be helping you around the house, your doctor, or any other service provider.
- Ask others for help if you need it. Be specific, if you can, about what type of help you need.
- Keep copies of important keys (house, car, safety deposit box) in a safe, accessible location in case you need to leave.

My Safety Plan

My Child(ren)'s Safety Plan

Exit Plans

Before You Leave

- Be prepared to **dial 911** whenever and wherever you are.
- Immediately after making a call, dial a “safe” number like a friend, family, weather network or store as your abuser can press redial or *69 to determine who has called you or whom you have called.
- If you do any internet research or emailing about your plans, clear all history and empty the computer's trash can. If you don't know how to do this call Victim Services or your Internet provider or a computer technician.
- Speak to your telephone/internet service provider about safety options. Consider a cellphone, call blocking, an unlisted number, trace features, call home plans for your children, caller identification or using an answering machine to screen your calls.
- If you have an unlisted number, tell your children not to give the number to anyone and only reveal the numbers to people you trust.
- Keep your cellphone accessible (not at the bottom of your purse or in the back seat of the car). If you need additional 911 cellphones, call Victim Services.
- If your area has 911 and it is not safe to speak to the dispatcher just leave the phone off the hook. ****This does not work with cell phones****

- Sleep with your cell phone charging next to your bed. Land lines are easily disabled by cutting the lines or taking a phone in a different room off the hook.
- If you use a cordless home phone, know the extent of its reception.

Documents and Other Important Items

Identification

- Social insurance card(s)
- Driver's license
- Birth certificate(s)
- Immigration/Citizenship papers
- Passport(s)
- Ontario's Senior's card
- First Nation's status card/documentation
- Ident-a-kid cards (contact Victim Services for a kit)

Health

- Health card(s)
- Health and Dental Plan information
- Medical/vaccination records
- Prescription(s) and medication(s)
- Medical supplies such as additional insulin and needles if diabetic
- Medical Alert bracelet and information
- Family Doctor's contact information
- Other medical professionals information: physiotherapist, counsellor, health care provider, etc.

Documents and Other Important Items Cont...

Legal

- Copies of court orders (restraining orders, peace bonds, probation/parole conditions)
- Pictures/videos of contents of home (television, jewelry, appliances, etc.)
- Any evidence of abuse (pictures, hospital records etc.)
- Marriage certificate or record of common law relationship
- Divorce/separation agreement
- Child custody papers or access agreements
- Child support/spousal support payment agreements
- Wills and funeral arrangements
- Power of Attorney papers
- Lawyer's contact information

Financial

- Lease/rental agreements, mortgage agreements
- Most recent income tax return
- Employment/pension documentation, work permits

- Insurance information
- Credit/debit cards
- Stocks and bonds
- RRSP, retirement pension plan, investments
- List of assets and liabilities (home, automobile, boat, cottage, etc.)
- Financial Income
 - Employment pay stubs
 - Support payments
 - Ontario Works
 - Ontario Disability Support Program
 - Old Age Pension
 - Pension income
 - Baby Bonus/Child benefits
 - Other
- Financial Expenses
 - Phone/internet/cable/satellite
 - Heat/hydro
 - Rent (home, appliances)
 - Subscriptions (online, magazine, papers, etc)
 - Credit cards
 - Banking
 - Loans
 - Insurance policies (car, home, life)
 - OSAP and other student payments

Other

- Car registration
- School records
- Keys (house, car, work, safety deposit, storage etc.)
- Valuable jewelry, pictures, sentimental objects
- Address book/day planner/journals, personal contact information, next of kin information
- Clothing for approximately two weeks
- Pictures of children, family, pets, vehicle, and abuser (if possible)
- List of usernames and passwords for such things as online banking, memberships, etc.

Making the Move

*****Refer to your Safety Plan page*****

Here are some things to consider when planning your move:

- This is the most dangerous time in your relationship, so please be cautious! Think twice before you write down or share your plans with anyone. Avoid contact with your abuser (do not meet for coffee, etc.)
- Remember your plans must change suddenly if things escalate. Therefore, is it necessary to have a back-up plan. Leave nothing laying around for your abuser to find (notes, this book, computer sites etc.).
- Copy all important documents (immigration, financial documents, health cards, etc.). Store them away from home.

- Keep your (and your children's) health cards, social insurance cards, birth certificates, statement of live birth etc. handy to take with you. Take copies if you cannot safely take the originals.
- Do not tell your children of your plans. Children may sometimes feel obligated to tell.
- Plan for a safe place for you and your children. Your partner will likely look for you with family and friends. Plan a safe shelter for your pets (Safe pet program or your local humane society).
- Plan what and how you will pack to make the move as fast as possible.
- If you work, plan new routes to and from your workplace. Plan how to get in and out of work safely.
- If you are not working, call Social Services to discuss financial assistance and how to apply for it when you leave.
- Speak with a family lawyer, as some of the paper work can be done ahead of time.
- Move and store anything that won't be missed by your abuser. Consider an extra tooth brush, medication, jewelry, essentials and clothing. You can store these items in a locker at your local bus station, train station or gym.
- Make sure your escape route or vehicle can't be blocked. Never run low on fuel and always back into your driveway.
- If you have to leave suddenly and don't get everything you need, you can ask the police to arrange a "Keep the Peace." This allows you a few minutes, on another day, to pack.
- If things escalate, get out with your children and call 911.

WARNING: For your children's and your own personal safety, do not tell your abuser about your plans to leave or where you plan to go. This is the time of greatest risk!

Moving Onward

As you continue on your life's journey, there will be many new relationships. Some may be romantic or sexual, while others will be casual, business or short term.

There are many people who have controlling and domineering personality characteristics. Some are commissioned sales people doing their job; others are relatives with a lifetime of bad habits; while some are bosses or long term friends. Each situation is different, but all are opportunities for you to practice taking back control of your life in a positive manner.

It is important to recognize how the abuse you experienced will affect how you feel and respond to people. Learning how to tell the difference between who is abusive and who is not takes

practice. Give yourself time to heal and learn new habits. Give yourself praise for being persistent and trying over and over again to make things work.

Committing to Safety

Check all statements that apply to your situation.

I am leaving my abuser:

- To protect myself
- To protect my children
- To protect my pets
- To live in safety
- To allow my children to live in safety
- Because our relationship is hurtful and unhealthy
- Because I am moving on
- Because I am starting a new life
- Because I am seeking safety, joy and success
- Because I don't deserve to be abused

Signed _____

Dated _____

Involving the Police . . . What to Expect

Domestic Violence in a policing context is **defined** as: “Domestic violence is any use of physical or sexual force, actual or threatened, in an intimate relationship, including emotional/psychological abuse or harassing behavior” (Policing Standards Manual 2000).

Criminal Code offences include, but are not limited to: homicide, assault, sexual assault, threatening death or bodily harm, forcible confinement, harassment/stalking, abduction, breaches of court orders and property-related offences.

It is a common misconception that whomever called the police can “drop” a charge, as they are the one who “laid” the charge. However, it is actually the police who decide to charge someone (unless an individual lays a private complaint with a Justice). Once the police have laid a charge, the complainant does not have the ability to drop the charges. This ability lies solely with the Crown Attorney.

As a result of a telephone call to the police, the police will come to your home to investigate the allegation of domestic abuse.

The police officers will separate you and your partner and make sure everyone is safe. They will check to see if anyone needs immediate medical treatment and if someone does, they will call an ambulance.

The officers will speak with you and your partner separately, asking questions about what happened. They will make observations of any injuries or damage, if any, to you or your property.

They will speak to anyone who may have witnessed the incident, asking them questions about what they saw or heard.

If, after completing their investigation, the police officers are satisfied that a criminal offence has occurred, the **officers are mandated to arrest the person who committed the offence and take that person into custody.**

The officers will ask you to provide a videotaped statement at their office about the incident. They will also ask the other witnesses to provide a statement. If children were present, the officers will ask for a statement from the children as well.

You may not feel comfortable about your children giving a statement, but children need to be able to talk about what happened. The police officer can reassure the child who does not understand what is happening, that they are safe now, and that it is not their fault.

The officers are required by law to contact the Children’s Aid Society and advise them about what has happened. The Children’s Aid Society will contact you to ensure you and the children are all right. They are there to protect the best interests of the children while working with the strength of the family.

The officers may take photographs of your injuries or any damage to your property. They will ask you to help them complete a “Domestic Abuse Report.”

With your consent the officers will call **Victim Services of Peterborough and Northumberland** for you so that someone can support you as soon as possible.

REMEMBER, YOU ARE NOT ALONE!

NOTE: You have rights under the law. Physical and sexual abuse are criminal acts. Your abuser could be charged.

Peterborough/Northumberland Police Stations

Anishinaabe OPP Curve Lake (705) 657-8892	Brighton OPP 95 Dundas St., Brighton (613) 475-1313	Campbellford OPP 20 Industrial Dr., Campbellford (705) 653-3300
Cobourg OPP 1165 Division St., Cobourg (905) 372-5421	Cobourg Police Services 107 King St. W, Cobourg (905) 372-2243	Hiawatha OPP 123 Paudash St., Keene (705) 295-4423
Peterborough Lakefield Police 500 Water St., Peterborough (705) 876-1122	Peterborough OPP 453 Landsowne St. E, Ptbo. (705) 742-0401	Port Hope Police Services 230 Walton St., Port Hope (905) 885-8123

The Offender

Once the police officers are satisfied that a criminal offence occurred, the officers will arrest the offender. The offender will be taken to the police station and held in custody for a **Bail Hearing** or, depending on the matter, the offender may be released from custody with a **Promise to Appear** and an “Officer in Charge Undertaking” (e.g., the offender is released by the police – usually the same day).

Bail Hearing:

A bail hearing must be held at the earliest opportunity, or within 24 hours. The bail hearing is in a court room before a Justice of the Peace.

A police officer will file a paper called **Information** stating what charges were laid. The police officers also provide the Crown Attorney with all the **evidence** that they gathered to support the charges.

There will be a *Justice of the Peace*, a *Crown Attorney/a Duty Counsel* or a *Defense Attorney* and the offender in the courtroom for the bail hearing.

The Crown Attorney will tell the Justice of the Peace what the offender is charged with and then reads the facts of the case collected by the police officer. This may include the offender's *criminal record*; previous domestic violence related criminal charges and if the offender has other charges still before the court.

The Surety

The *surety* is a person who says they will be responsible for the person who is charged. They will answer questions *under oath* or by *affirmation* to the Justice of the Peace and lawyers. If the offender is released on a *bail recognizance* with *conditions*, the surety is responsible for the offender and must promise money or assets as a security.

If the Justice of the Peace decides that the surety is suitable and the offender agrees to abide by the conditions, the offender may be released from custody on a Bail Recognizance. If the offender does not obey the conditions of release, and the surety does not report the *breaches* of the conditions, the money or assets used as security may be forfeited to the court.

If the Justice of the Peace decides that the offender should remain in custody, the Justice of the Peace will issue a *detention order* and the offender will remain in custody until the entire matter has been dealt with in court.

Promise to Appear and an Officer in Charge Undertaking:

In cases where an offender is released by police at the station, they are released with a *Promise to Appear* which lists the offender's court date for their *First Appearance* and an *Officer in Charge Undertaking* which lays out the conditions of release to be followed.

Direct and Non-direct Contact

It is important to understand the differences between direct and non-direct contact. Direct contact refers to the perpetrator attempting to contact Indirect contact refers to attempts to contact the victim by third party means

Notes:

Victim Support



Crown Attorney's Office

Peterborough: (705) 755-5360
270 George St. North, 2nd Floor
Cobourg: (905) 372-8784
860 William St. (Lower level)

If, after a police investigation, an officer believes there are reasonable and probable grounds to lay a criminal charge the subject of the complaint will be charged. A brief of material related to the complaint,

the investigation and the evidence gathered, will be forwarded to the Office of the “Crown Attorney” once the offender has been charged.

The Crown Attorney reviews the Crown Brief to determine if there is a *reasonable prospect of conviction*. This means the evidence gathered is compared with the essential elements of the offence. A prosecution will not proceed unless there is a reasonable prospect of conviction. If the prosecution decides the evidence should be taken to a court hearing, a letter will be sent to the complainant/victim/witness with contact information. The Crown Attorney will want to know if the victim would like to provide a *Victim Impact Statement*.

The Crown Attorney will have discussions with the Defense Counsel (offender’s lawyer) retained by the defendant. Sometimes matters can be resolved during these meetings, while other times a *Judicial Pre-Trial* is held to hear the opinion of a judge. In most cases involving offences of violence or threatened violence against a person, the possible resolution is reviewed with the victim to obtain their opinion and to determine if modifications are required. However, sometimes the prior level of communication with Crown Attorney or Victim Witness Assistance Program is sufficient to know what the victim desires.

No matter how the resolution is determined and communicated, it is the right of every victim to write a Victim Impact Statement and to either have it filed with the court or to read it into the court record. The Victim Impact statement must be disclosed to the offender and his/her lawyer. The details of the resolution remain the discretion of the Crown Attorney.

The Crown Attorney represents the public interest on behalf of Her Majesty in the courts. Sometimes the interests of the victim are the same. There can be conflict decisions taken against the wishes of the victim as the Crown Attorney does not represent the victim. However, the victim is always entitled to participate in the process as outlined.

The **Victim Support Line (VSL) 1-888-579-2888** is a province-wide, multilingual, toll-free information line providing a range of services to victims of crimes. The VSL offers:

- Information and referral to support services in your community.
- Pre-recorded information about the criminal justice system.
- Access to information about provincially sentenced offenders.
- You can also register for automated notification when an offender’s status changes.



Victim Witness Assistance Program (VWAP)

Contact: (705) 755-5150

311 George St North, Suite 205, Peterborough

Satellite officer in both Cobourg and the City of Kawartha Lakes

Website: <http://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.asp#vwap>

The Victim/Witness Assistance Program provides information, assistance, and support to victims and witnesses of crime to increase their understanding of, and participation in, the criminal court process. Services are provided on a priority basis to the most vulnerable victims and witnesses of violent crime, such

as domestic violence, child abuse, sexual assault, homicide, and hate crime. Families of traffic fatality victims are also eligible. Services begin once the police have laid charges and continue until the court case is over.

The services provided to the victim/witness vary from person to person and are geared to the needs of the individual. Some of the services provided are:

- Case specific information (bail conditions, court dates etc.);
- Information on the criminal justice process;
- Courtroom orientation and preparation;
- Court accompaniment;
- Referrals to community agencies for counselling and/or other support services;
- Act as liaison on behalf of victim/witness with police and Crown (bail input);
- Assistance with Victim Impact Statements and with the Criminal Compensation Board;
- Needs assessment.

Notes:



Victim Services of Peterborough and Northumberland

Contact: (888) 822-7729
Peterborough: (705) 748-0324
453 Lansdowne St East.
Cobourg: (905) 372-2255
Email: support@vcars.on.ca
Website: www.vcars.on.ca

Victim Services of Peterborough/Northumberland (VSPN) is a confidential, non-judgmental community-based service, which will assist you by **providing immediate emotional and/or practical support**. VSPN offers support to victims of crime, tragedy and/or disaster, **24/7**.

On your consent, the police or other emergency personnel will contact this agency. VSPN can mobilize crisis responders to assist with your immediate emotional and/or practical needs and offer referrals to SupportLink, Victim Quick Response Program and other community services. VSPN also provides criminal and family court accompaniment, assistance with Victim Impact Statements as well as Criminal Injuries Compensation forms.

SupportLink is geared toward individuals who are at a high risk of personal danger as a result of domestic violence, sexual assault and/or criminal harassment.

There are three significant components to the program:

1. A personal safety plan developed by/for the client with the assistance of a client service coordinator;
2. For those who meet the criteria, a cellphone that is pre-programmed to dial 911;
3. On-going, follow-up support for the client including court support and updating their safety plan.

Victim Quick Response Program (VQRP) offers immediate assistance to provide limited financial support to victims of violent crime that include homicide, serious physical assault, domestic violence, sexual assault and hate crimes.

Victims may be eligible for limited financial assistance to cover such items as:

- Short-term immediate counselling and related transportation costs.
- Funeral expenses for victims of homicide.
- Immediate emergency expenses in certain defined categories (e.g. to secure home safety, emergency accommodations).
- Crime scene cleanup (to a maximum) where a specialized company is required.

Eligibility:

- If you require emergency expenses, crime scene cleanup and/or funeral expenses, you must apply no later than **45 calendar days after** the date that the crime was reported.
- If you require counselling services and related transportation costs, you must apply no later than **90 calendar days after** the date that the crime was reported.
- If you are a victim of a **violent Criminal Code offence that occurred in Ontario** and you have not been charged as a result of that crime.
- If you have no other financial resources to assist you in funeral expenses; and/or emergency expenses; and/or crime scene cleanup; and/or short-term counselling services.

	Peterborough Lakefield Community Police Service:	
	Victim Services Unit	
	Peterborough: (705) 876-1122 ext. 268	Lakefield: (705) 652-3307
	500 Water St	12 Queen St
	Website: www.peterboroughpolice.com	

The PLCPS remains committed to addressing the needs of persons victimized by crime and affected by circumstance and tragedy.

The Victim Services' mandate:

- Providing post incident and long term information and referral needs to victims of crime.
- Maintaining high quality services to crime victims by reinforcing officer awareness of victim concerns.

- Maintaining liaison with community support network.
 - Implementing and maintaining a comprehensive program to address the broad needs of victims.
-



Probation and Parole Services

Campbellford: (705) 653-2339

Peterborough: (705) 745-1929

Northumberland County: (905) 372-8739

Website: <http://www.mcscs.jus.gov.on>

Probation & Parole Services works with both victims and offenders.

Conditions typically mandated by the courts are:

- Report to Probation & Parole Officer (PPO);
- Not to change address or employment without first notifying the PPO;
- Abstain from alcohol and non-medically prescribed drugs;
- Perform community service hours;
- Pay restitution to the victim as order by the court;
- Not allowed to use/own fire arms;
- Attendance for assessment and counselling (e.g. substance abuse, etc.) as directed by PPO.

With House Arrest, the offender might have the following conditions: only leave their residence for specific purposes such as employment, medical/dental appointments, counselling, to meet with PPO; a curfew, maximum 3 hours out of the home once a week to attend to personal needs (shopping, banking, etc.); and/or an electronic bracelet so their location can be monitored.

Community Supervision Orders typically have a **No Contact Order** when victims are involved. This means that contact with the victim (direct or indirect) is not allowed; the offender is to remain a set distance away from the victim, members of their immediate family, their house and place of employment/education.

If a victim is allowed to file a **Written Revocable Consent** to the supervising officer (this is to allow the offender some contact with them), a meeting is set up for the victim at the office of the PPO. The victim should provide a letter outlining why they need to see the offender and if there are any conditions. Restrictions may be placed on the contact (e.g. it may be for the purpose of arranging child access or only telephone contact).

They are to ensure the victim is:

- Not feeling pressured or coerced by the offender to have contact;
- Not afraid for their safety;
- Supported in the community;
- Aware of various community agencies that may be able help with Safety Planning.

They also make sure information on the offender's status is made available to the police.



Office of the Federal Ombudsman

Contact: (866) 481-8429

Email: victimfirst@ombudsman.gc.ca

Website: www.victimfirst.gc.ca

The Office of the Federal Ombudsman for Victims of Crime is an independent, federal government office to help victims of crime and their families. They respond to your calls, emails and letters as victims of crime and work to ensure the federal government meets its responsibilities to you, the victim.

They can:

- Answer questions about the rights of a victim;

- Inform victims about the federal programs and services that exist to help them address complaints about federal government departments, agencies, laws or policies;
- Refer victims to programs and services in their city or province that may be able to assist them;
- Identify issues that have a negative impact on victims and make recommendations to the federal government on how it can enhance its policies and laws to meet their needs;
- Educate federal law and policy-makers about the needs and concerns of victims;
- Promote the principles set out in the Canadian Statement of Basic Principles of Justice for Victims of Crime with decision and policy-makers.
- Identify issues that have a negative impact on victims and make recommendations to the federal government on how it can enhance its policies and laws to meet their needs;
- Educate federal law and policy-makers about the needs and concerns of victims;
- Promote the principles set out in the Canadian Statement of Basic Principles of Justice for Victims of Crime with decision and policy-makers.



Ontario Parole Board – Victim Services

Central East Region: (705) 324-4184

Ontario Victim Support Line: (888) 579-2888

Website: www.opb.gov.on.ca/english/vitim/victim.html

The Ontario Parole Board welcomes input from, and the participation of, victims of crime.

Victims may call the Ontario Victim Support Line if the offence is **provincial** (sentence is less than 2 years) to get support and information. By calling the Support Line victims can listen to a recorded message that will help them to:

- Get information on victim supports and services available in the community;
- Speak to someone about a specific adult provincial offender;
- Find out about releases and re-incarcerations of a specific offender including release and parole, escapes, parole suspensions and recaptures;
- Register with the Victim Notification System to receive automated voice messages by phone any time there is a change in the status of the offender.



Highland Shores Children's Aid

Contact: (800) 267-0570

&

Kawartha/Haliburton Children's Aid Society

Contact: (800) 661-2843



Highland Shores
Northumberland: (905) 372-1821

Kawartha/Haliburton
Peterborough: (705) 743-9751

1005 Burnham St, Cobourg
Website: www.highlandshorescas.com

1100 Chemong Rd.
Lindsay: (705) 324-3594
42 Victoria Ave. N
Haliburton: (705) 457-1661
1 Maple Ave., HALCO Plaza
Website: <http://www.khcas.on.ca>

Children's Aid screens all referrals for the potential of domestic violence. When domestic violence is identified, Children's Aid obtains information about the family to assess the impact of the abuse on the child(ren).

They become involved when:

- There is reason to believe the child will intervene, or is intervening, in a violent situation;
- The child is likely to be harmed during the violence;
- The abusive partner is not allowing the adult caregiver and child access to basic needs;
- The abusive partner has killed, committed "substantial harm" or is making threats to kill or harm anyone in the family including extended family members and pets;
- The child is displaying symptoms of emotional or psychological harm.
- They believe that the safety and well-being of children can be enhanced by the safety of their non-abusive parent.

They work collaboratively with the non-abusive parent and other supportive people in order to ensure the safety and well-being of the child(ren) and of the non-abusive parent. They assist victims of domestic violence in a supportive manner.



Public Safety Sécurité publique
Canada Canada

National Office for Victims

Contact: (866) 525-0554
Website: www.publicsafety.gc.ca

When an offender is sentenced to 2 or more years, they are serving **federal** time. The National Office for Victims is a central resource for victims of offenders under federal responsibility. It provides: general information for victims and the public; referrals to the Correctional Service of Canada and the National Parole Board for specific enquiries; and a victim's perspective in national policy development. The office responds to complaints about the services provided to victims by the Correctional Services of Canada and the National Parole Board. The National Office for Victims is designed to complement other victim services at the Department of Justice.

Victims can obtain financial assistance to travel to National Parole Board hearings of the offender who harmed them.



BOOST

Contact: (877) 322-8977
(705)743-9200

140 King St, Peterborough

Boost provides services to the children and youth of the Brighton, Cobourg, Port Hope Peterborough and Lindsay areas who are involved in the criminal justice system as victims or witnesses, and their families. If transportation is an issue, the child witness advocate can visit the child's school or other suitable location. After a referral is made, a child witness advocate will contact the family of the child/youth to set up a court preparation session. They help guide the child/youth through the entire criminal justice process, help with court accompaniment, support, Victim Impact Statements, navigating the Criminal Injuries Compensation Board process and providing general help to understand the system. When needed, they make referrals to other agencies and services, including counselling.

Helpful websites:

- www.CourtPrep.ca
- www.corysCourthouse.ca



Correctional Service of Canada – Victim Services

Contact: (866) 806-2275

Website: www.csc-scc.gc.ca/victims-victimes/index-eng.shtml

A victim is defined as someone to whom harm was done or who suffered physical or emotional damage as the result of an offence. As the victim of a **federally**-sentenced offender, you have legal entitlements.

You must contact Correctional Service of Canada and register to receive information if the offender is incarcerated federally as they do not automatically inform victims about an offender's case. The request must clearly identify the offender.

A registered victim shall receive the following information:

- The offender's name;
- The offence of which the offender was convicted and the court that convicted the offender;
- When the sentence began and the length of the sentence;
- The eligibility and review dates of the offender for unescorted temporary absences, day parole and full parole.

Court Systems

(Custody/Access/Restraining Orders/Spousal & Child Support/Divorce)

Finding a Lawyer

It is suggested that you retain a lawyer specializing in family law.

If you are in financial need you may qualify for a free two-hour legal visit. Forms are available at the Legal Aid office and local shelters. A list of lawyers who accept family law legal aid certificates are provided by the Legal Aid office. If you do not qualify for the two-hour legal

visit, try shopping around calling law offices to ask if you may have a free consultation session. Neither of these sessions is designed to resolve your legal issues, rather, they can help you make an informed decision about the next steps you wish to undertake.

When you go for your session, it is important to take a list of questions so that you do not forget any pertinent questions you may have.

Note: Legal Aid is usually "first come, first served", so be prepared to wait.



Family Law Information Centres (FLIC)

**Peterborough: (705) 876-6915
470 Water St.**

**Cobourg: (905) 372-3751 ext. 128
860 William St.**

Email: info@familycourtmediation.com

Website: www.familycourtmediation.com

FLIC is staffed by qualified family mediators who have the expertise to provide information relating to separation, divorce, other community services and the court process.

Each FLIC office has a variety of publications and guides available about court procedures and legal forms. Staff and Advice Lawyers are available at designated hours and these individuals can help translate the legal vocabulary into simple terms and guide you through the court system. They suggest that you consider a visit to the Family Law Information Centre if you decide to separate.

Note: FLIC's operate on a "first come, first served" basis so be prepared to wait.



Northumberland Community Legal Centre

Contact: (905) 373-4464

Toll free: (800) 850-7882

1005 Elgin Street West (Fleming Building) Suite #200, Cobourg

Website: <http://www.thehelpcentre.ca>

The Northumberland Community Legal Centre provides clients with legal advice and representation in common areas of the law related to income, employment and housing. Where there is a gap in services for low-income County residents, THCN strives to create innovative programs to fill those gaps.

Legal Centre Services

- Provides pamphlets and other information on tenants' rights and responsibilities.
- Advice and help with tenants' rights, getting repairs done, and other tenant issues.
- Tenant Duty Counsel, and representation at landlord tenant board hearings and appeals.
- Help in organizing tenants' associations.

- ****Assistance with Criminal Injuries Compensation Board****



Legal Aid

**Peterborough: (705) 743-5430
364 Water St.**

**Cobourg: (905) 377-0627
860 William St.**

Website: www.legalaid.on.ca

Legal Aid Ontario (LAO) provides legal assistance for low-income people.

You may be eligible for Legal Aid if you have very little expendable money left after you pay for basic necessities. Even if you have a job and own a house you may be eligible, so do not discount yourself before checking it out the simple financial test online.

Legal Aid may provide a range of legal services such as:

- Duty counsel;
- Information, referral, and advice through the toll free telephone service and from LAO staff in courthouses;
- Summary legal advice;
- Community legal clinics;
- Representation by a lawyer through the certificate program.

The provide help for many legal issues such as domestic violence, criminal court, youth criminal court, family court, immigration/refugee cases, civil cases, housing cases, government assistance, out of province issues.

At Family Court, Duty Counsels can give immediate legal assistance to low-income people who appear in court without a lawyer and can provide assistance until clients retain a lawyer. Legal assistance is also available through the Family Law Information Centres. They provide services for poverty law issues related to landlord/tenant disputes, disability support, family benefit payments and more.

Legal Aid can also provide a certificate to retain a private lawyer. This certificate, subject to limitations, is the lawyer's guarantee of payment from the Legal Aid Office. It entitles a client to receive advice and representation from the lawyer of their choice or a Legal Aid staff lawyer. If clients are a victim of domestic violence, shelters can provide a legal aid certificate that entitles them to 2 hours of consultation.

The main way of applying for a legal aid certificate is by phoning 1-800-668-8258 Monday-Friday between 8 a.m. & 5 p.m. It is best to use a landline, as the wait times can be long. Clients can also apply in person at the Peterborough or Cobourg offices.

If you are approved, a Legal Aid Certificate will be mailed to you or your lawyer within two weeks. Start your legal process immediately upon receipt of the Legal Aid Certificate.

Items to take to Legal Aid include:

- Social insurance card;
- Driver's license;
- Source of income, amount of income and any assets;
- Proof of debts;
- Copy of deed/rental agreement;
- Bank book with updated balance information;
- Proof of your need to take legal action.
- Make sure you get copies for your personal information.

NOTE: If you do not have these documents, proceed to the Lost or Stolen Cards section to get replacements.



Ontario Court of Justice – Criminal Division

Peterborough: (705) 876-3846

70 Simcoe St.

Cobourg: (905) 372-3751

860 William St.



Peterborough Community Legal Centre

Contact: (705) 749-9355

150 King St, Peterborough 4th floor

www.peterboroughcommunitylegalcentre.org

The Peterborough Community Legal Centre provides free, confidential legal help for low income residents of Peterborough County. They provide help for problems with: Ontario Works, Ontario Disability Support Program, Employment Insurance, Canada Pension Plan, disability pensions, and housing-tenant issues.



Superior Court of Justice

Family Division - Unified Family Court

Peterborough : (705) 876-3815

470 Water St.

Cobourg: (905) 372-3751

860 William St.

The Unified Family Court hears all family law matters, including divorce, division of property, child and spousal support, custody and access, adoption, child protection applications and restraining orders.

If you and your spouse cannot agree on how to resolve your family law issues, you can go to court and ask a judge to decide for you. If you are married, you will need to apply to a court to obtain a divorce order in order to end your marriage.

**FOUR COUNTIES
FAMILY MEDIATION**



Four Counties Family Mediation

Contact: (888) 605-1393

349A George St. N Suite 205, Peterborough

Website: www.familycourtmediation.com

Mediation is a voluntary method of resolving disagreements that arise out of separation or divorce. It is a cooperative alternative to, or a complement to, the court process and has the potential benefits of saving time, money, reducing conflict and helping to preserve relationships.

Mediators are professionals who are trained to act as neutral third party facilitators. Their role is not to give legal advice or to take sides or make judgments, but rather to help parties explore the issues and find solutions to help them reach an agreement. Mediation is never advised when there was abuse in a relationship. ****Free Service****

Mediation can negotiate a settlement with respect to issues including:

- A parenting plan for children
- Child support
- Spousal support
- Division of property

Going to Court without a Lawyer

If you don't have a lawyer, but must attend Unified Family Court, there are Duty Counsels available to assist you. They can assist for that day and advise if you need your own lawyer. If no Duty Counsel is available, ask the judge for time to apply to Legal Aid and/or obtain a lawyer.

Remember:

- The lawyer works for you.
- Lawyers provide accurate legal information and explain your legal options, but ultimately you decide what to do.
- Take time in making the decisions that will affect you and your children.
- If you are uncomfortable with your lawyer you can call another lawyer.
- You must speak with Legal Aid before changing lawyers.
- Tell your lawyer the extent of your abuse.
- Lawyers are not counsellors.
- Go to each meeting prepared with a written list of questions and ask questions as they arise.
- Ask if there are things you can do to save money such as obtaining a copy of the land registry deed.
- Every time you call or speak with your lawyer it costs money.

Notes:

Shelters and Housing

Shelters are there to help and support you through the tough decisions in your life. They are an interim resource and a place away from home where you can feel safe to make informed decisions based on the information shared with you. Shelters have outreach services available while you are making your decisions or planning your move.

If you're leaving in an emergency situation, call 911 and the police will assist you in contacting a safe place for you and your children. Transportation can also be provided when fleeing to a shelter.

Victims of abuse receive priority status with Ontario Housing, but you may need temporary housing while you wait for a unit to become available. Call your local shelter and discuss your options. Shelters operate 24 hours a day, 7 days a week and can support you as you make your choices.

Second Stage Housing is a residency program that offers support services to individuals **after** a crisis. They are a bridge to self-sufficiency and permanent housing. Second Stage Housing offers a range of services designed to assist you and your family with establishing goals to work toward economic stability. Whatever your housing needs, call the agencies in your area and find out what services they offer and if there are any costs. Most of the agencies offer referrals to other service agencies, so if they can't assist they might know someone else who can.

Remember help is just a phone call away.



Anishnaabe Kwewag Gamig Inc.

Contact: (905) 352-3708

Toll Free: (800) 388-5171

Alderville

Website: www.akgshelter.com

Access: 24 hrs/7days a week

Anishnaabe Kwewag Gamig Inc. provides a safe, short-term residence for women and their children who are seeking safety from partners, families or selves.

The shelter provides **stays up to 8 weeks for both Aboriginal and Non-Aboriginal women** and their children (16 yrs. and under) who have experienced family violence. The shelter has 14 beds and can accommodate a combination of 15 women and children.

The services include advocacy, referrals, court accompaniment, confidential crisis intervention, emergency transportation and a children's program facilitated by a child/youth counsellor. They also assist clients in accessing legal, financial, housing, and medical resources. They provide a blend of Aboriginal traditional healing techniques and conventional forms of counselling. Anishnaabe Kwewag Gamig Inc. recognizes that abuse in all forms exist in the world today. Change begins when the truth is accepted and we walk a healing path together for the seven generations past and the seven generations yet to come.

Anishnaabe Kwewag Gamig Inc. is committed to ensuring the provision of a safe and healthy place for women and children who are seeking freedom from abuse.

They also accept pets.



Cornerstone

Contact: (800) 263-3757

Support Line: (905) 372-0746

Community Service: (905)372-1545

Cobourg

Website: www.cornerstonenorthumberland.ca

Women's Shelter Program

The Women's Shelter Program provides a variety of services including:

- A safe and secure **short term place to live**;
- Supportive, short-term, individual counselling available 24 hours a day;
- Educational information about women abuse;
- Referrals to outside community agencies;
- Development of safety plans;
- 2-hour free legal advice certificates;
- Referrals to **long-term affordable housing**;
- Accompaniment and advocacy for women to hospitals, lawyers, police and court;
- Emergency transportation from your place of residence to the shelter in order to access their services;
- Emergency relocation services.

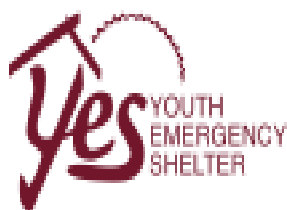
Children's Shelter Program

They provide support to children entering a new environment at the shelter and to their mothers including:

- Support for moms regarding parenting issues;
- Individual counselling regarding issues related to the effects of witnessing/experiencing abuse;
- Occasional parent relief/childcare;
- Referrals to other community agencies, and support and advocacy for moms and children when working with other agencies.

Second Stage Housing

This program offers transitional support to clients such as connecting them with necessary community supports. They have 14 individual apartments: bachelors; one bedroom, and two bedrooms. Women can live there for one year or longer depending on individual needs. Service plans are developed between the transitional and housing support counsellor and each individual woman.



Youth Emergency Shelter

Contact: (705) 748-3851

196 Brock St, Peterborough

Email: general@yesshelter.ca

Website: www.yes-shelter.org/

This agency provides **emergency and transitional** shelter 24/7 for youth ages 16 to 24 years, women and men, as well as their families. They also provide longer term transitional housing at Abbott House, assistance adapting to independent living through the Transitional Life Skills Program, alternative high school education at The Carriage House, assistance with housing and employment searches, an emergency food cupboard, as well as vocational, educational, and recreation programs.



YWCA-Crossroads Shelter

Crisis and Support Line: (800) 461-7656

Contact: (705) 743-4135

TTY: (705) 743-4015

Website: ywcapeterborough.org/crossroads-shelter

The YWCA connects with women who have been, or are currently experiencing abusive situations with a crisis and support counselor. Furthermore, they will provide **emergency shelter services** for these women and their children. Their number will not appear on your telephone bill or on your call display and they will not know where you are calling from unless you wish to disclose this information.

Call if: you want to talk to a counsellor anytime of the day or night; you want immediate support and assistance to deal with a dangerous situation; or you feel that you and your children are ready to leave and wish to go to a safe place. Crossroads Shelter counsellors are available 24 hours a day. Crossroads Shelters are TTY and wheelchair accessible and are located in both Peterborough and Haliburton. There is also **long term affordable housing** available.

They will provide free emergency transportation to the shelter, food, clothing, and basic personal necessities, legal and court support, assistance with special priority for rent geared to income housing, and help finding community resources and supports.

YWCA-Haliburton Emergency Rural Safespace (HERS) : (705) 286-6442 or 1-800-461-7656

Safespace is a private, safe, and comfortable place designed for independent single-family living with access to support staff. Length of stay is flexible at this shelter. YWCA also has a Family Court Support Worker who gives information about the family court process, safety planning, court accompaniment, referrals, and assistance in documenting the history of abuse for family court proceedings.



Canadian Mental Health Association

Contact: (866) 990-9956

(705) 748-6711

466 George St. N, Peterborough

Email: info@peterborough.cmha.on.ca

Website: www.peterboroughcmha.on.ca

CMHA provides a variety of services and supports to help people who are experiencing mental illness, either personally or indirectly through a family member. The main goal at CMHA is to assist people with mental illness develop the tools to lead productive lives.

Services include:

- Improving mental health
- Integration into the community
- Becoming more resilient
- Support in their recovery from mental illness.

All programs assist individuals with employment, housing, early intervention for youth, peer support, recreation services for people with mental illness, stress reduction workshops and public education campaigns for the community.



Four County Crisis

Contact: (705) 745-6484

Crisis Line: (866) 995-9933

Website: www.4countycrisis.com

They provide 24/7 telephone crisis intervention, mobile crisis intervention, crisis stabilization and safe beds, as well as short-term case management. A short stay in their residential safe beds will provide an individual with a safe, supportive environment to help them through their crisis. Individuals are assisted in connecting with community supports through information and referrals. Individuals must have independent self care, and are expected to fully participate in activities of daily living such as preparing meals, grooming and laundry. Individuals must be 16 years of age or older and reside in one of the four counties of Haliburton, Northumberland, Peterborough, or City of Kawartha Lakes.



Brock Mission Men's Shelter

Contact: (705) 748-4766 Ext. 1

217 Murray St, Peterborough - South side of the building

Website: www.brockmission.ca

Brock Mission provides **short-term emergency** accommodation for men over the age of 19. They also provide meals, snacks, personal items, clothing, and support. There are 40 beds available and an individual can stay up to 6 months. An addictions counsellor is available and will provide clinical services, access to medical services and assist mission staff.



Cameron House

Contact: (705) 748-4766 Ext. 2

738 Chemong Rd, Peterborough

Website: www.brockmission.ca

Cameron House provides emergency lodging for women over the age of 19; 24 hours a day, 7 days a week. **Length of stay is negotiable.** Food, snacks, personal hygiene products and laundry are provided. The shelter consists of 10 beds. Cameron House, Too! has 8 semi-independent living suites for a modest rent.



Transition House

Contact: (905) 377-0378

10 Chapel St., Cobourg

Website: www.transhouse.ca

Transition House provides emergency **shelter for up to 3 months** for the homeless and those at risk of losing housing including single parents, two-parent families, single women/men and cohabitating couples. It is open 24 hours a day, 7 days a week and is a 6 bedroom, 24 bed shelter. Residents participate in programs provided and at the same time they are supported through an action plan that supports their housing, income support, money management and other goals.

Transition House also provides:

- Coupons;
 - Workshops;
 - Individual counselling;
 - Employment assistance;
-

- Assistance finding permanent housing
-

The Help Centre
Northumberland
Community Legal Centre

The Help Centre of Northumberland

1005 Elgin Street West (The Fleming Building) Suite #200

Cobourg

Contact: (888) 698-3382

(905) 372-2646

Website: www.thehelpcentre.ca

Access Hours: 8:30am to 4:30pm

The Help Centre provides programs in income security and housing security. The Northumberland Community Legal Centre provides clients with legal advice and representation in common areas of the law related to income, employment and housing. Services are free and confidential.

Help Centre Services

- Housing Listings
 - Community utility trust fund
 - Referrals to rent bank and other necessary community resources
 - Rent geared to income housing applications
 - Intent to rent forms/last month rent agreement forms
-



Housing Access Centre

Contact:

Peterborough: (705) 742-4499

Cobourg: (800) 354-7050 ext. 295

(905) 372-3329 ext. 295

860

526 McDonnell St.

William St.

Website: www.onpha.on.ca

www.northumberland.com

Housing Access services for Peterborough and Northumberland County provide applications and wait lists for all rent-geared-to-income housing providers in their counties that are provincially funded.

Those identified as victims of abuse receive special priority and are arranged at the top of the wait lists.

Additional information and applications may be obtained by contacting the Housing office or online.



Housing Resource Centre

Contact: (800) 274-1611

(705) 743-2272

540 George St. N, Peterborough

Website: www.housingpeterborough.com

This agency provides free service to help individuals apply for affordable housing, and also assists in finding emergency shelter. The Resource Centre provides assessment, individual support and advocacy for people who face significant barriers related to finding, or maintaining affordable housing. They also

provide financial assistance for needs such as overdue rent or utility bills. Sometimes funds are available to assist with last month's rent, moving, storage, or emergency transportation to find shelter or housing.



Landlord and Tenant Board

Contact: (888) 332-3234
300 Water St, Peterborough
Website: www.ltb.gov.on.ca

Provides assistance with landlord-tenant disputes about rights and responsibilities under the Residential Tenancy Act (RTA) including rent increases, evictions, and privacy issues. They will help to guide you to resolve disputes between most residential landlords and tenants.



Nijkiwendidaa Anishnaabekwewag Services Circle

Contact: (800) 663-2696
(705) 741-0900
164 Hunter St, W, Peterborough
Website: www.nijki.com

Nijkiwendidaa is operated by Anishnaabekwewag and provides counselling and healing services for Anishnaabekwewag and their families. The services that Nijkiwendidaa provide enable Anishnaabekwewag and their families who have been abused, are being abused or are at risk of being abused to heal, build healthy relationships and a healthy community.

NASC has a Transitional Housing Support Program that assists women who have experienced domestic violence and are trying to establish lives separate from their abuser in their community and may be residing in emergency shelters, second stage transitional housing, social housing or other accommodations. They also have a violence against women counselling service, child witness program, strong woman program, and aboriginal healthy babies healthy children program.

Please call to find out more about their services.



Otonabee Native Homes Inc. / Kawartha Native Housing Society

Contact: (705) 742-5698
(705) 743-1728
254 Brock St, Peterborough.

Provides rent-g geared-to-income housing throughout the city of Peterborough for Native families with dependent children. Housing includes 131 apartments and houses throughout Peterborough.

Notes: _____

Finances

If you are able to do so safely, you will need to start organizing your finances. Whether you have assets such as bank accounts, mortgage, or bills, how you manage your finances will impact your future. It is important to become familiar with your financial obligations.

If you are unaccustomed to handling your own money, do not hesitate to ask for assistance. If debt is a problem or you need financial advice you can find help by contacting Credit Canada or a Personal Financial Manager at your financial institution/bank.

If you already manage your own finances it is important to contact your bank or financial institution's personal financial planner and update your financial records. Advise them of your relationship status change or future change. The banking representative will help you explore your options.

Take control of your finances

When taking control of your financial options consider the following:

- If you and your partner have a joint account you may want to discuss with the bank about transferring some money into an account in your name in another financial institution where you can safely attend.
- Establish a line of credit (apply for a credit card or loan).
- Call your creditors regarding accounts in your name and develop a plan to pay bills owing. Tell them you may be late making payments for a short period. Request all calls for collection be held for a couple months. Have automatic payments come out of your new account.
- If you leave your home, call all services including phone, internet, heating etc. and remove your name from all bills.
- If you stay in the home, remove the abuser's name from bills so they can not change the level of service. Ensure there are usage limits on all accounts. Regularly check all household bills for unnecessary/unknown charges.
- Always have some cash available and in a safe place for emergency purposes.

Notes:



Victim Services of Peterborough and Northumberland

Contact: (888) 822-7729

Cobourg: (905) 372-2255

Peterborough: (705) 748-0324

Website: www.vcars.on.ca

Email: support@vcars.on.ca

Victim Quick Response Program (VQRP) offers immediate assistance to provide limited financial support to victims of violent crime that include homicide, serious physical assault, domestic violence, sexual assault and hate crimes.

Victims may be eligible for limited costs to cover such things as:

- Short-term immediate counselling and related transportation costs.
- Funeral expenses for victims of homicide.
- Immediate emergency expenses in certain defined categories (e.g. to secure home safety).
- Crime scene cleanup (to a maximum) where a specialized company is required.

Eligibility:

- If you need emergency safety expenses, crime scene cleanup and /or funeral expenses no later than **45 calendar days after** the date of the crime.
- If you are needing counselling services or related transportation costs no later than **90 calendar days after** the date of the crime.
- If you are a victim of a violent **Criminal Code offence that occurred in Ontario** and you have not been charged as a result of that crime.
- If you have no other financial resources to assist you in funeral expenses; and/or emergency expenses; and/or crime scene cleanup; and/or short-term counselling services.



Criminal Injuries Compensation Board (CICB)

Contact: (800) 372-7463

Website: www.cicb.gov.on.ca

The CICB reviews applications when someone was injured as a result of a *violent* crime committed in Ontario. Application forms are available on-line (CICB website), by phone or through Victim Services of Peterborough and Northumberland (VSPN), who can also assist you in completing these forms. Claims should be filed within two years of the incident. However, an extension request can be made and the time limit may be extended in certain circumstances.

You may be eligible for compensation if:

- You were injured as a result of a *violent* crime committed in Ontario;

- You are responsible for the care of a victim and suffered a loss of income or expenses due to the victim's injury or death;
- You are a dependant of a deceased victim (homicide);
- You were injured while trying to prevent a crime or while helping a police officer make an arrest.
- You gave birth to a child as a result of a sexual assault.

Expenses and losses arising from an injury or death that can be recovered include:

- Medical, dental or therapy costs and travel costs for medical treatment;
- Funeral and burial expenses;
- Income loss – if the claimant is unable to work due to their injuries and lost income;
- Loss of support - if the claimant was dependent on a victim of homicide for their livelihood, or if the claimant is raising the children of a homicide victim;

Awards are made at the discretion of the CICB.



Ministry of the

Attorney General

Financial Assistance for Families of Homicide Victims Program

Contact: (855) 467-4344

Website: www.attorneygeneral.jus.gov.on.ca/english/OVSS

Financial Assistance for Families of Homicide Victims (FAFHV) program helps eligible parents and spouses/common-law partners of homicide victims by providing up to \$10, 000 per homicide.

Eligibility requirements:

- Homicide occurred on or after January 1, 2012;
 - You were the victim's parent or spouse (common-law partner) at the time of death;
 - The homicide occurred in Ontario;
 - You currently live in Ontario;
 - You did not receive an award of \$10, 000 or more from the Criminal Injuries Compensation Board for pain and suffering related to this homicide;
 - The victim did not contribute to his or her death through criminal activity or other behaviour that could reasonably have been expected to lead to the homicide;
 - You do not have a conviction or any pending charges against you related to the homicide.
-

Lost or Stolen Cards

American Express	(800) 668-2639 or (800) 869-3016
Bell Calling Card	(800) 561-8888
Birth Certificate (Service Ontario)	(800) 461-2156
BMO Card	(800) 361-3361
Canadian Passport	(800) 567-6868
CIBC Card	(800) 663-4575
Citizenship Card	(888) 242-2100
Driver's License	(800) 387-3445
Firearm License	(613) 993-7267 OR (705) 329-5623
Health Card Ministry of Health	(800) 664-8988
Mastercard	(800) 307-7309
Outdoor Card, License	(800) 288-1155
Permanent Resident Card	(888) 242-2100
Royal Bank Card	(800) 769-2512
Scotia Card	(888) 823-9657
Sears	(800) 819-9000
Senior's Card	(800) 277-9914
Social Insurance Card (SIN)	(800) 206-7218
Status Card	(416) 973-6234 or (888) 414-4340
TD Card	(800) 983-8472
Visa	(800) 847-2911

All pieces of lost or stolen identification should be reported to the local police.

Notes:

Transferring Utilities

A Telnet Communications	(800) 813-9315
April Fuels	(705) 340-5997
Bell	(888) 759-3474 or 310-2355 or 310-7873
Cogeco	(866) 264-3262 or (800) 267-9000
Cook's Fuels	(905) 797-2429
Deeth & White	(705) 745-0521
Distributel	(877) 309-3088
Enbridge	(877) 362-7434
Endicott Fuels Ltd.	(705) 745-5492
Esso Home Heat	(866) 749-ESSO
Fitzgerald Fuels Ltd.	(705) 743-3531
Freedom Phone Lines	(866) 884-RING
Hutchinson Fuels	(613) 475-3334 or (800) 465-0449
Hydro One	(888) 664-9376
Kawartha Furnace Ltd	(705) 742-7414
Kelly's Propane	(705) 745-4629
Lakefront Utilities (Northumberland)	(905) 377-1284
Nexicom	(705) 775-6394 or (705) 749-0091
Paul Lizotte Fuels Ltd.	(705) 741-4069
Peterborough Utilities	(705) 748-6900 or (705) 748-9300
Primus Canada	(800) 670-2266
Ross Chalmers Fuels Ltd.	(905) 355-1981
Rural Routes	(705) 745-4607

Tardiff Fuels	(705) 743-1772
Thompson Fuels	(705) 745-9094
Union Gas	(905) 372-2141 or (888) 774-3111
Upper Canada Fuel	(705) 742-8815

**** Additional Service Providers can be found in your local phone book****

Debt Management

What to do if you and your abuser have joint debts:

Contact a lawyer or financial advisor to ensure these debts are divided fairly; discuss your options and the next steps that need to be taken. Taking immediate control of past debts can ensure your abuser does not continue to abuse you by increasing your bills. If you aren't proactive, you could end up paying the entire amount owed and your credit could be seriously damaged.

It is important for you to contact all your creditors such as your phone company, heating supplier, landlord and mortgage company, and inform them of your status.

If you have left home, you need to contact any utilities that are in your name so your name can be removed as an account holder.

If you are staying in the home, call the utilities to ensure your partner or former partner does not shut off or increase the level of services.

It is important to make arrangements to manage your debt. Keep all receipts, as you will need them if you divide the family assets.

Note: Check the yellow pages or Internet for a list of Credit Counselling Services in your area.



Credit Canada

Contact: (800) 267-2272

Website: www.creditcanada.com

Credit Canada is a not-for-profit charity assisting with money management, financial goal setting and free debt counselling.

It takes time to establish a credit rating, so don't be in a hurry. However, if you must establish a credit rating quickly, make sure you have a job first. Try to get a retail or department store credit card and manage it responsibly for one year. Other options include; if you have an established relationship at a

bank, discuss with the manager about obtaining a small loan or borrow from your RRSP and pay it back within one year.

They can provide assistance with:

- Collection calls;
 - Past due loans;
 - High interest rates;
 - Debt and avoiding bankruptcy;
 - Retirement;
 - Stress with bills;
 - Budgeting;
 - Surviving layoff.
-



Website: www.ccrc-ptbo.com

Community Counselling & Resource Centre

Contact: (705) 743-2272

(800) 274-1611

540 George St, Peterborough

Credit Counselling Services counsellors provide assistance in a professional, relaxed, and fully confidential manner. Some of the services provided are:

Budgeting Advice and Assistance: They provide information on money management, debt reduction options, and collection agency practices.

Preventative Education: They promote the wise use of credit and money management skills on an individual, family and community basis. Workshops are available by request.

Debt Repayment Programs: They may be able to get your payments lowered based on your ability to pay, and have your interest charges substantially reduced. This program is an alternative to bankruptcy and helps reduce stress by stopping collection calls and worries of legal action.

Credit Counselling: Services can give you the information you need to make a plan and get back on track so please give them a call to find out more about their services.

Bankruptcy Counselling: They provide counselling to individuals who have filed for personal bankruptcy and/or consumer proposal, as required by the Bankruptcy Act.

Insurance

Make sure your insurance company(ies) know of your address change. Remember that if you have jointly held auto, life, home, boat, farm equipment, recreational vehicles or other types of insurance policies with a partner, mailings may be in that person's name, in which case they will not be redirected to you. Contact your insurance company and ask them to make a note on their file to ensure that no changes are made to your policies without your approval.

If you own or co-own your home or vehicle, do not cancel insurance coverage even if you are not using them for a period of time. They are your assets and if they are damaged or stolen while they are not covered by insurance, you will not be compensated for it.

It is a requirement of most home insurance policies that the home not be left unattended for more than a few days. If you are out of your home for more than a few days, ask someone you trust to check on it periodically, or request a police escort so that you may safely check it.

If you have life insurance, either through your employer or on your own, you may need to consider changing your beneficiary. (A beneficiary is the person named in your policy who would receive payment in the event that something happens to you.)

Record of Debts

Date	Creditor	Monthly Payment	Total Amount of Debt

Think of the bills you owe and that are outstanding. Bring this chart with you when meeting with financial advisors, debt consultants, credit counselors or lawyers. This will give you, and them, a better understanding of what to expect when going through your financial records.

Government Financial Assistance



Ontario Works

Contact: (705) 740-6222 (After hours emergency)
Peterborough: (705) 748-8830 @ 178 Charlotte Street
Cobourg: (905) 372-6846 @ 860 William St.
Website: <http://www.mcass.gov.on.ca>

If you are in temporary financial need, Ontario Works (OW) could provide you with financial assistance and help you find a job.

To be eligible to receive help from Ontario Works you must:

- Live in Ontario;
- Need money right away to help pay for food and housing costs;
- Be willing to take part in activities that will help you find a job.

If you qualify, Ontario Works can provide you with:

- Financial assistance to help you cover the cost of your basic needs, food and housing;
- Employment assistance to help you prepare for and find a job;
- Health benefits for yourself and your family, including medication and dental coverage;
- And more.

You may receive OW while earning wages from a job or training program. Furthermore, if you have a child, you can claim some of your child care costs.



Ontario Disability Support Program (ODSP)

Contact: (800) 663-8560

(705) 742-9292

360 George Street North, 2nd Floor Peterborough

Website: www.mcass.gov.on.ca

ODSP provides income and employment supports to individuals who have a substantial physical or mental impairment that is documented by a health professional. You may be eligible for: Income Support such as housing related benefits, health benefits, and Transition Child Benefit and/or Employment Support.

Please note that there is not an ODSP office in Northumberland County, however you can request to have an ODSP appointment in Northumberland County if transportation is an issue.

Everyone's situation is different. This is a general guidance only. Please contact Ontario Works or Ontario Disability Support Program for more details.

How to apply for Social Assistance with Ontario Works

There are three ways you are able to apply for Ontario Works: over the telephone, in person and online.

Gather the following information about yourself, your spouse and any children before applying.

- Birth Certificate
- Social Insurance number
- Health card number
- Immigration number and date of landing
- Full address, postal code and telephone number
- Cost of rent or mortgage
- Landlord's name and address
- Cost of utilities (gas, hydro, water)
- Bank account information
- Addresses and employment history for the past 12 months
- All money you received (wages, pensions, child tax credit, etc.)
- Life insurance details
- List of assets (house, car, and or any investments)
- Marriage/divorce certificates
- School verifications
- Current resume, grade 12 diploma
- Void cheque or direct debit form

1) Telephone

See the numbers for your local Ontario Works office on the previous page.

2) In person

Call your local Ontario Works office to make an appointment at their office or, if transportation is difficult for you, at a prearranged location. Remember to bring all necessary identification/paperwork with you.

3) **Online**

You can find the online application by going to the following website:

www.mcsc.gov.on.ca/en/mcsc/programs/social/apply_online.aspx

If you have difficulty with the online application, please call Service Ontario 1-855-231-1255 for help Monday to Friday 8:30am to 5:00pm

Changing Your Address

Human Resources and Skills Development Canada (HRSDC) clients must contact each HRSDC program separately in order to make a change of address safely.

Contact HRSDC/Service Canada programs and services at **1-800-OCANADA(622-6232)** and information officers will assist in identifying the different programs and services that may need to be notified and will provide all appropriate contact information for the programs in order to resolve the enquiry.

Clients may change their address using a variety of methods including telephone, in-person at a Service Canada Centre, Internet and mail. On-line: If clients have a My Service Canada Account with a Personal Access Code, they can use Service Canada's online service to update their change of address.

You can also make requests for a change of address by mail to the nearest Service Canada Processing Centre. The list of addresses for the Processing Centers is provided on the Service Canada website www.servicecanada.gc.ca or by calling **1-800-OCANADA**.

Individuals receiving Employment Insurance (EI) are able to complete an address change by visiting their nearest Service Canada Centre. These locations can be found on their website at servicecanada.gc.ca using the link, "Find a Service Canada Centre Near You", or by dialing **1-800-206-7218**.

For more information on how to change your address, you can visit the website and access a list of contact information by clicking on "life events" and then "moving." This site will also give you information on other federal departments and provincial/territorial departments, along with their programs and services.

Make sure that you contact organizations, businesses and agencies that need to know you have moved. You may want to contact such places as:

- Doctors/Dentist
- Social agencies (therapist, social worker)
- Insurance companies
- Phone/internet/cable providers
- Government agencies
- Postal service
- Bank
- Utilities e.g.: Hydro, water
- Credit companies e.g. Visa, Mastercard
- Lawyer
- Employer
- Children's schools

Counselling

Need someone to talk to? Whether you are in a medical crisis, overwhelmed with life, just need to talk for a minute or have a specific question, there are professionals available to listen.

The following pages cover agencies in your area that can support you through your time of need. Some of the services are free, while others might be covered if you have private insurance. Take the time to contact the agency of your choice and inquire about the services offered and costs involved.

Some counsellors specialize in certain areas such as: cultural issues, employment, gender issues, parenting, children who have witnessed abusive situations and more.

Don't forget that there are counsellors in many of the shelters listed in the "Shelters and Housing" section.

Questions to consider when choosing a counsellor/therapist:

- Can I afford this persons fee?
- Do they have a sliding scale fee for low income or students?
- Would I feel more comfortable with a male/female?
- Is religion a factor?
- Is background or community (LGBTQ) important to me?
- Can I easily get an appointment? OR Is there a waitlist?
- Do I have any specific accessibility needs?
- Would I feel comfortable sharing my personal information with this person?
- Would I feel safe?
- Are they a good fit for me?

Notes:

General Services



Community Counselling & Resource Centre

Contact: (705) 742-4258
459 Reid St., Peterborough
Website: www.ccrcc-ptbo.com

Community Counselling & Resource Centre (CCRC) provides a range of services that are available to anyone in the community. Group counselling is offered for adults and children whose lives have been impacted by violence. They help people facing challenges related to personal well-being, relationships, family issues, parenting, aging, grief and loss, care giving, separation/divorce, or any form of abuse including elder abuse and domestic violence. They offer the following groups: caregiver support; choices and changes; expressive arts therapy; managing change effectively; mothers in mind; peaceful families; personal growth; healthy self esteem; managing stress; managing anger; and assertive communication.

Fees are geared to income and no one is turned away due to inability to pay.

Please contact them to find out more about the different services they provide in the community.



New Canadians Centre

Peterborough: (705) 743-0882 **Cobourg: (905) 377-8100**
205 Sherbrooke St. Unit D **50 Covert St., 2nd floor**
Website: www.nccpeterborough.ca

The New Canadians Centre provides immediate assistance and orientation to immigrants, refugees and other newcomers when they arrive in the area. This includes community orientation, counselling, language training, referrals, immigration support, employment services, translation and interpretation, and computer classes.

The centre provides free language assessments and referrals to English as a Second Language programs. The centre also provides a diversity of programming including English conversation circles, children's activities, group trips, and a host program that matches newcomers with volunteers to build friendships and provide support.

Clients can call for an appointment or simply drop by. The centre wants to hear how clients are doing. The centre can talk with you about what you are going through, and provide help with advocacy, information and referrals. Some things clients talk about are school, work, family, depression, financial issues, violence or getting involved in the community.



Northumberland Community Counselling Centre

**Contact: (866) 748-5720
(905) 372-6318
(905) 372-6425**

**12 Elgin Street East, Unit D, Cobourg
Email: info@northumberlandccc.com
Website: www.northumberlandccc.com**

This agency can provide or facilitate counselling, information/education, support and/or advocacy programs and services to all residents regardless of age or gender of Northumberland County. They provide free, professional individual and group counselling services to women, men, youth and children who have witnessed, experienced or are currently experiencing family violence. Fees are based on a sliding scale of income level.

Support to current and previous partners is offered when a person is referred by the Court or Probation to attend the **Partner Assault Response Program (PAR)** as a result of a charge of domestic violence. This service is free of charge.

A comprehensive list of their programs and services can be found on their website or you can contact them at the phone numbers listed above. Programs include: Violence against Women; child witness Counselling; community counselling program; PAR Program; Women Survivors group; child/youth groups; Moving Beyond Anger; Managing Change Effectively; Nurturing Within; and Male Survivors of sexual abuse/sexual assault. Many of these are specialized groups and counselling programs that are available throughout the year. Part-time services are available based on need in Campbellford, Port Hope, Colborne, and Brighton.



PARN-Your Community Aids Resource Network

**Contact: (705) 749-9110
(800) 361-2895**

159 King St. Suite 302, Peterborough

Website: www.parn.ca/
Email: getinformed@parn.ca

PARN-Your Community Aids Resource Network is a community based agency that provides support and health promotion for people living with, and affected by, HIV. PARN provides education and works to increase community awareness of AIDS-related issues.

PARN, works to serve the needs of people HIV-infected and the HIV-affected in a manner that promotes independence and dignity. There are a variety of programs and services offered including a food bank, a lending library, referral to a variety of other supportive community agencies, and opportunities for people infected and affected by HIV/Aids to meet together and share information. They also provide counselling, practical assistance, a harm reduction program, a prison support program, and other steps towards prevention. They also have onsite clinic services.



TeleCare Peterborough

Contact: (705) 745-2273

Email: info@telecarepeterborough.org

Website: www.telecarepeterborough.org

Telecare is a 24/7 hotline that you can call if you need someone to talk to. Trained volunteers encourage callers to talk through their distress. Telecare is non-judgmental, anonymous and confidential.

Call as frequently as you like. "They are an emotional first aid station. They won't tell you what to do but they will always support you through your decision-making process and after, as you deal with whatever comes your way."

Addictions/Mental Health Services



Al Anon/Alateen (District 32 Kawartha South)

Contact: (800) 4AL-ANON

Website: www.al-anon.alateen.on.ca

Friends and families of problem drinkers find understanding and support at Al-Anon meetings. It is a mutual support group in which members share their personal experiences and stories, and invite other members to "take what they like and leave the rest." Personal contact is an important element in the healing process so the best place to learn about how Al-Anon works is by attending a meeting and taking part. Meetings are held at different locations, check the website for a current list of meetings and locations.



Alcoholics Anonymous

Contact: (705) 745-6111

625 Cameron St.

Email: district86aa@hotmail.com
Website: www.peterboroughaa.org

Alcoholics Anonymous is "a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism." The only requirement for joining is a desire to stop drinking, there are no dues or fees.



Canadian Mental Health Association (CMHA)

Contact: (705) 748-6711
(866) 990-9956

466 George St. N, Peterborough
Website: www.peterboroughcmha.ca

CMHA works with individuals, families and community partners in providing services to promote and enhance the mental health and wellness of those living within the communities we serve.

Mental Health: Help those living with serious and persistent mental illnesses to achieve and maintain a quality of life and thrive in the community.

Dual Diagnosis: a 24 hour support program for individuals who live with a serious mental illness and a developmental disability.

Court Diversion: Those accused of minor offences can be directed away from the Criminal Justice System.

Court Support: Available for people who are charged with a criminal offence that is not eligible for Court Diversion.

Release from Custody: Short-term support, case management and service linkage is provided to reintegrate discharged offenders into their community.

Making It Work: Develop and nurture your educational and employment goals.



FourCast

General Contact: (800) 461-190
Peterborough: (705) 876-1292

130 Hunter St. W. Unit 200
Website: www.fourcast.ca

Campbellford: (705) 653-3352
146 Oliver Rd, Rm
246 Campbellford Memorial Hospital
Cobourg: (905) 377-9111
975 Elgin St. W

Fourcast is a community addiction treatment agency that offers professional counselling services for anyone concerned about substance use or problem gambling, whether it is for themselves or someone they care about. Programs include: individual and group counselling; community withdrawal management;

problem gambling; umbrellas; services for pregnant and/or parenting women; back on track; for those convicted of impaired driving; and Ontario Works-Addiction Services Initiative.



Four County Crisis

Contact: (705)745-6484

Crisis: (866) 995-9933

Website: www.4countycrisis.com

Email: 4cc@peterborough.cmha.on.ca

Access to the Four County Crisis Program services is centralized throughout the four counties and offers a toll free crisis intervention line 24 hours a day, 7 days a week.

The mobile crisis intervention is comprised of community outreach, intervention, and follow-up to individuals and families. The crisis stabilization/safe beds program has 6 residential crisis support beds and all clients are assessed by a Crisis Team prior to admission. They will be provided a safe, supportive environment to help them through their crisis. Short-term case management is provided for individuals who require longer-term support which may last up to 10 weeks.

Narcotics Anonymous



Helpline: (888) 811-3887

Meetings held at Murray St. Baptist Church (179 Murray St.), Peterborough

Website: www.cloana.org

Narcotics Anonymous is a "nonprofit fellowship or society of men and women for whom drugs had become a major problem." They are recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership, the desire to stop using. You don't have to be clean when you attend your first meeting, but it is suggested that you keep coming to meetings and come clean.

Domestic Violence/Elder Abuse Services

Abuse Prevention of Older



Adults Network

Crisis Line: (705) 742-7778

Contact: (705) 745-9155

(800) 743-6255

360 George St. N. Suite 25, Peterborough

Website: <http://www.olderadultabuse.org/>

This agency works to empower victims and offers education, information and advocacy on the issues of older adult abuse. They also provide support and referrals on issues related to older adults experiencing abuse.



Cornerstone

Crisis: (800) 263-3757

(905) 372-0746

Contact: (905) 372-1545

Website: www.cornerstonenorthumberland.ca

Community Counselling

This program provides: strength based short-term individual counselling to women who have experienced family violence. In addition they provide group counselling, referrals, risk assessment, safety planning, and psycho-educational workshops.

Children and Youth Counselling

This program offers individual and group counselling for children and youth living in the community who have been impacted by witnessing family violence or experienced abusive dating relationships. Many of these services are offered within the school environment.

Child Witness Program

Cornerstone offers a 10-week program for mothers and their children ages 5-16 who have been witness to, or have experienced family violence. This program covers a different topic each week. The goals are to provide early intervention for children who have witnessed abuse, provide a safe place for children/youth to discuss the violence they have experienced and to support children/youth so that they understand that family violence is not their fault or their responsibility.



Northumberland Elder Abuse Resource Network (NEARN)

**Contact: (888) 822-7729 Peterborough
(905) 372-2255 Cobourg**

Website: www.northumberlandcounty.ca/en/nearn_about_us.asp

NEARN is a special network that was created to assist victims of elder abuse. NEARN facilitates the planning and coordinating of services related to elder abuse prevention and to provide education and awareness about elder abuse in the community.



The Ontario Network for the Prevention of Elder Abuse

**Peterborough contact Lisa Hughes: (705) 745-9155 ext. 6443
Northumberland contact Sherry Gibson: (905) 885-9860
Safety Line: (866) 299-1011
Website: www.onpea.org**

ONPEA is dedicated to raising awareness about the abuse and neglect of older adults. ONPEA's mission is to create an Ontario that is free from abuse for all seniors, through education, training, collaboration, service coordination and advocacy.

Seniors, families, or friends who have a concern about the well-being or safety of an older adult can access the 24/7 Toll Free Senior Safety Line available in over 150 languages. The Safety Line will provide information, counselling and referrals to community resources/services that may be able to assist in resolving situations of elder abuse.



YWCA

Crisis Line: (800) 461-7656

Contact: (705) 743-3526

TTY: (705) 743-4015

216 Simcoe St, Peterborough

Website: <http://ywcapeterborough.org/>

Crisis and Support Counselling Services: They listen to and support women and their children who are living in, or wondering about leaving, an abusive situation.

Call if:

- You are unsure if your relationship is healthy;
- You are wondering what to do or what can be done;
- You are looking for counselling to understand the effects of abuse on you and your children;
- You would like staff support to go to legal and court appointments;
- You would like counsellors to provide more information and referrals to other community and social services.
- You would like to create a safety plan for you and your family.

There are many programs available, contact them for information on current programs. Counsellors are available by appointment during office hours. Office locations are wheelchair accessible.

For the Offender (but not limited to)



Elizabeth Fry Society

Contact: (800) 820-7384

(705) 749-6809

223C Alymer St. N, Peterborough

Website: www.efryptbo.org

This agency offers gender responsive services and programs that empower women who are, have been, or may be in conflict with the Criminal Justice System. Their services include court support, prisoner advocacy and supportive counselling. The programs include: anger solutions; women and integrity; wellness and self-esteem; peer support; taking control; 1:1 programs; and cooking classes.



John Howard Society

Contact: (705) 743-8331

305 Stewart St, Peterborough

Email: jhsptbo@jhsptbo.com

Website: www.jhsptbo.com

The John Howard Society (JHS) of Peterborough offers a range of services for adults, youth and families to help them reduce the incidence of criminal behaviour through support, counselling, courses, and programs and to better understand and cope with the criminal justice system.

Youth Services include:

- Pre-charge Diversion
- SAFE: a pre-employment training program for those aged 15-30.
- Extra judicial measures and sanctions: supervision in Peterborough City and County.
- Court Support: for accused youth and their families.

- Restorative Justice Circles: a process in which all individuals affected by a crime meet to discuss the offence and its consequences.
- School Suspension Program: a program available for students who receive long term suspensions.

Adult Services Include:

- Healing from within (male sexual assault survivors).
- Community Intake and Aftercare: advice and referrals for individuals in need of support.
- Institutional Services: support, advocacy and advice for men at Warkworth Institution.
- Pardon applications.
- Partner Assault Response (PAR) Program.

Partner Assault Response Program is a component of Ontario’s Domestic Violence Court program, and includes specialized counselling and educational services offered by community-based agencies to people who have assaulted their partners. The philosophy of the PAR program is to provide offenders the tools they need to make, and keep, healthy relationships. Offenders can be ordered to attend the PAR program by the court and/or as a condition of probation. PAR programs aim to enhance victim safety and hold offenders responsible for their behaviour.

The 16-week long program gives people who have been violent or abusive toward a spouse/partner the chance to realize that abuse is a choice and to take responsibility for their actions. While a client is in the PAR program, staff contacts the victim to ensure that they have a safety plan, and will assist by referring them to community resources and discuss the content of the program.

Sexual Assault Services



Kawartha Sexual Assault Centre

Contact: (705) 748-5901

**Crisis Line: (705) 741-0260
(866) 298-7778**

411 Water St, Suite 102, Peterborough

Website: www.kawarthasexualassaultcentre.com

Email: ksac@nexicom.net

The Kawartha Sexual Assault Centre is a not-for-profit, charitable organization established to provide sexual assault services and public education for the community. Through qualified specialists, men and women survivors of past and recent sexual assault receive professional, well-developed and responsive, healthy support.

Services include: 24-hour crisis line, individual and group counselling, outreach services, advocacy, referrals, accompaniment to medical and legal appointments, and public education.

All services are immediate, free and confidential. Services are available throughout the City of Peterborough, City of Kawartha Lakes, and the counties of Haliburton, Northumberland and Peterborough.



Male Survivor.org

Washington, DC, USA

Website: www.malesurvivor.org

MaleSurvivor.org is an on-line group committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy and activism. You can connect to other survivors, professionals, find resources, join discussion boards, and have the option to attend conferences or weekends of recovery.



The Men's Project

Contact: (613) 230-6179

180 Argyle Ave., Suite, 321, Ottawa

Website: www.themensproject.ca

The Men's Project provides mental health services to men and their families in the areas of childhood trauma recovery, recent sexual assault, emotional integrity, and anger management. They address men's psychological, emotional, physical, and spiritual needs within a community-based framework. They run programs such as an anger management, emotional intelligence, fathering, concurrent disorders and men and healing programs.



Women's Health Care Centre

Contact: (800) 419-3111

(705) 743-4132

Crisis Line: (705) 876-5022

157 Charlotte St, Peterborough

Website: <http://www.prhc.on.ca/cms/women-s-health-care-centre>

The Sexual Assault/Domestic Violence Program at the Women's Health Care Centre has a team of specially trained nurses that are on call 24/7 who are available to the hospitals serving Peterborough and Northumberland counties, City of Kawartha Lakes, Haliburton and the city of Peterborough. If anyone, including your partner or ex, forces you to perform a sexual act against your wishes, this is sexual assault. They can also help if you have been injured during a domestic violence assault.

The WHCC is holistic in its approach. They provide information, support, counselling, and treatment.

The team can provide (all services are free and confidential):

- Emergency and follow-up medical care for injuries and testing for sexually transmitted infections.
- Collection of information (forensic evidence) that may be necessary for use in a criminal investigation, if the client wishes.
- Crisis emotional support.
- Longer term follow-up counselling.
- Arrangements to talk to the police, if the client wishes.
- Information about any or all of these areas.

****None of these things will occur without your consent.****

If there are concerns that a child under the age of 16 has been sexually assaulted there is a specially trained Nurse Practitioner who examines children. In these circumstances, it is required by law that the Children's Aid Society is notified to keep the child safe.

Children/Youth Services



Kids Help Phone

Contact: (800) 668-6868

Kids' website: www.kidshelpphone.ca

Website: <http://org.kidshelpphone.ca/>

Available by phone and web, in English and in French, any time of the day or night, Kids Help Phone's counsellors offer compassionate, non-judgmental support to kids in need, no matter the question, no matter the problem.

Kids Help Phone is the go-to resource for kids in Canada aged 5 to 20 when they need help or trustworthy information on issues that are difficult to discuss with anyone else. The organization promises complete anonymity and confidentiality.

Their Community Referral Database, Canada's largest catalog of local services, connects kids to resources and social services in their own community.

Kids Help Phone's kids' website has several sections including: "Ask Us Online" where kids post questions to counsellors and get a reply; "Info Booth" where kids find reliable information on all sorts of topics; and "Your Space" where kids can express themselves and play games.



Kinark Child and Family Services

Central Intake Number: (888) 454-6275

Website: www.kinark.on.ca

Cobourg: (905) 372-4361
20 Strathy Rd Unit 3

Peterborough: (705) 742-3803
380 Armour Rd. Suite 275

Campbellford: (705) 653-4208
146 Oliver Rd 2nd floor
By appointment only

Kinark provides mental health services for children from birth to 18 years of age living in Peterborough and Northumberland Counties.

Services include individual and family counselling, intensive in-home services, day treatment, residential care, clinical consultation, supervised access, parent education, life skills, educational crisis services, autism services, youth justice services and respite services.

Treatment of mental health symptoms including hyperactivity, anxiousness, fearfulness, depression, sadness, low self esteem, aggression, and behaviour problems at home, school, or community.

Children and teens that have experienced trauma including physical abuse, sexual assault, or have been victims of crime or have witnessed a crime may be treated for mental health issues arising from the experience.



Rebound Child and Youth Services

Contact: (905) 372-0007

700 D'Arcy St. N Unit 20, Cobourg

Rebound offers unique skill-based, positive mentoring and justice system diversion programs. Programs may be delivered in "neutral" locations (schools, libraries, community centres) during the day, evenings, or weekends.

Their programs and services include:

- READbound tutoring program
 - CHOICES (teen social skill development group)
 - P.A.S.S. (Positive Alternatives for School Suspensions)
 - Youth Justice Committees
 - Youth Referral Program
 - Y.O.U.R.S. (Youth Outreach Under 18 Responsive Services)
 - P.L.A.N.S. (Positive Learning and New Start behavioural intervention)
 - D.E.A.P. (Drug Education and Awareness Program)
 - Warkworth - exploring the reality
 - Enrichment programs
 - Lending library
 - Case management
-

Grief/Bereavement Services



Bereaved Families of Ontario: Peterborough Branch

Contact: (705) 743-7233

(866) 887-2912

403 McDonnell St., Peterborough Unit 4

“We can help the healing begin.”

In Peterborough, Bereaved Families of Ontario has a professional counsellor available to help those grieving a loss, especially of a child, to either natural or accidental death. They also support the families of those who have committed suicide.

They offer one-on-one counselling, telephone support, small group sessions and support groups. Their “Support and Share” group is for those who wish to find support in sharing their grief with others who have or are experiencing the same feelings. A lending library is on site for those who wish to borrow reading materials.

Referrals are available to professional counsellors if requested. Contact is best when you are ready and continues as long as you want.

Aboriginal Services



Lovesick Lake Native Women's Association

Contact: (705) 292-5759

2520 Chemong Rd. Unit 1, Smith Ennismore Lakefield

Website: www.llnwa.ca

At the Lovesick Lake Native Women's Association they are dedicated to the social economic and well-being of the native and non-native community. Their services and programs include: Aboriginal prenatal nutrition program; long-term care program; and community action programs for children.



Nijkiwendidaa Anishnaabekwewag Services Circle

Contact: (800) 663-2696

(705) 741-0900

164 Hunter St. W, Peterborough

Website: www.nijki.com

Nijkiwendidaa is operated by Anishnaabekwewag and provides counselling and healing services for Anishnaabekwewag and their families. The services that Nijkiwendidaa provide enable Anishnaabekwewag and their families who have been abused, are being abused or are at risk of being abused to heal, build healthy relationships and a healthy community.

NASC utilizes a blend of Traditional Indigenous Healing methods and contemporary Western counselling and healing practices. Foremost, NASC provides a cultural-based approach and other appropriate methods to meet the needs of clients.

Please call to find out more about their services such as: Crisis Support; One-to-One Counselling; Child Witness Program; Transitional Housing Support; Employment Counselling; Good Life Skills; and Healthy Babies, Healthy Children Program.



Nogojiwanong Friendship Centre

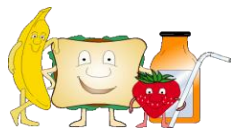
Contact: (705) 775-0387

304-306 George St. Suite 202, Peterborough

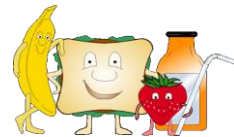
Website: http://www.ofifc.org/centres/Nogojiwanong_Friendship_Centre.php

This is a First Nation service agency that focuses on social support, outreach to youth, health and physical development, educational services, justice interventions, and anti-violence. It provides services that are reflective, responsive and accountable to children, family, and the Aboriginal community's strengths and needs. The staff is sensitive to social, linguistic and cultural diversity of families and communities, and is supportive based on the child and family's assessed needs and preferences. Services are offered individually, in a group setting, and/or may include participant based activities.

Notes:



Food and Clothing



Name	Location	Contact Number
7 Hills Community Pantry	66 Main St, Warkworth	705-924-2077
Alderville Community Food Bank	8467 County Rd, Alderville	905-352-2140
Blessing Cupboard	75 King St E, Colborne	905-355-1488
Brighton Fare Share Food Bank	39 A Elizabeth St, Brighton	613-475-4190
Community Works, More than a Food Bank	7060 Lake St, Bewdley Arena	905-797-2535
Cramahe Food Bank	1 Church St. E, Colborne	905-355-1388
Curve Lake Food Bank	38 Whetung St E, Curve Lake	705-657-8045
Fare Share Food Bank	28 Doxsee Ave, Campbellford	705-653-2623
Hastings Food Bank	88 Victoria St, Hastings	705-696-1105
Havelock Food Bank	1 Mathison St, Havelock	705-778-3361
Millbrook Food Share	1 Dufferin St, Millbrook	705-932-7066
North Kawartha Food Bank	175 Burleigh St, Apsley	705-656-1748
Northumberland Fare Share Food Bank	Northam Industrial Park, Unit 17S, Cobourg	905-372-5308
Norwood Food Bank	78 Colborne St, Norwood	705-639-5846
Peterborough Food Bank	263 Simcoe St, Peterborough	705-749-0918
Salvation Army	73 Ranney St. N, Campbellford	705-653-4185
Salvation Army	66 Swayne St, Cobourg	905-373-9440
Salvation Army	219 Simcoe St, Peterborough	705-742-4391
Salvation Army	74 Queen St, Unit H, Port Hope	905-885-2323

Salvation Army	53 King St, Port Hope	905-885-4071
St. Vincent de Paul	103A Lyle St. S, Grafton	905-377-3263

Some locations provide meal programs, emergency food, food cupboards (if you are a client of their organization) and/or is a food bank. Certain places also provide other emergency assistance such as clothing, temporary shelter, help with heat/hydro or medical expenses and a place to do your laundry.

****Contact Victim Services of Peterborough and Northumberland for a full list of food banks in your area****

Peterborough County-City Health Unit

Contact: (705) 743-1000

10 Hospital Drive, Peterborough

Website: www.pcchu.ca

The health unit is a part of many different programs in the city such as collective kitchens, food boxes, frozen meal programs, etc. Call for more information about programs in your area.



Pets



Many agencies are working together in recognition of the link between family violence and keeping pets safe. Researchers have documented that violence toward animals can be a component and a symptom of child, spousal and elder abuse. Studies show:

- Over half of families living with domestic violence have abused or neglected their pets;
- In many of the families with physical abuse of the children, there was also animal abuse;
- Women pet owners seeking refuge in women's shelters report that their abuser had threatened or had harmed their pet. Of these women with children and pets, over half believed the children were aware of the abuse, and impacted by it;
- Women delay leaving abusive situations because of fears for a pet's safety.

This information was condensed from the Canadian Veterinary Medical Society. For more information see: www.canadianveterinarians.net/animal-abuse.aspx or call your local veterinarian.

Check with shelters for arrangements with local animal shelters or veterinary hospitals to provide temporary housing for pets. Some shelters themselves provide temporary accommodations for animals.

Violence towards pets is one way abusers exert power and control over other victims, including children, spouses or elders. Do you recognize any of these behaviours?

- Threatening or hurting the pet may be used as a warning e.g., "next time it could be you."
- Threats may be used as leverage. Fear for the pet keeps family members (spouse, child or elder) from disclosing the abuse and exposing the abuser.



- Forcing victims to witness cruelty to their pet is emotional abuse.
- Children who hurt animals may be acting out of their own experience, e.g. what they observe, or what they undergo themselves, at home.



Humane Society

Peterborough: (705) 745-4722

Northumberland: (905) 885-4131

385 Lansdowne St. E.

371 Ward St, Port Hope

Website: www.peterboroughhumanesociety.ca

Website: www.northumberlandhumanesociety.com

Working in cooperation with many agencies and departments, the Humane Society continues to promote responsible pet ownership concepts through community outreach.

To report Animal Abuse in Peterborough call (705) 745-7676 ext. 202 or 204



Ontario Society for the Prevention of Cruelty to Animals

Website: www.ontariospca.ca

The Ontario SPCA's Provincial Anti-Violence Coalition conducted a women's shelter survey to explore the connection between the abuse of pets and domestic violence. Sixty-one per cent of respondents had pets harmed and/or killed by an abusive partner. As well, 48% confirmed that they had delayed leaving an abusive situation for fear of leaving helpless pets behind.

As a result of the survey the society launched the Family Violence Assistance Program. Working with participating shelters, the Ontario SPCA provides safe emergency shelter on an interim basis to the companion animals of families entering shelters.

To report suspected animal abuse call the SPCA, Crime Stoppers at 1-800-222-8477, your local POLICE or Humane Society



SafePet Program

Email: safepet@ovma.org

Website: www.ovma.org/pet_owners/safepet

The program is dedicated to help women leave abusive partners by providing temporary housing (2 week period) and care for their pets. The shelter that you choose should be registered with Safe Pet and can contact them on your behalf to find a foster parent.

Veterinarians

Some veterinarians will provide temporary shelter for pets while the family is also in a shelter. You can try to contact a local veterinarian listed in the Yellow Pages of the phone book. Others maintain lists of volunteers who provide foster homes for pets as needed.

Notes:

How to find a Doctor

When you move to Peterborough, you should try to find a family doctor as soon as possible. There will likely be a wait list so it is important to get you and your family's names on it quickly.

To find a family doctor you could:

- Contact the Primary Health Care Services of Peterborough and register with the Family Health Team on a family doctor waiting list. Please email: **info@peterboroughfht.com** or call **(705) 740-8020**.
- Register with Health Care Connect which is a service that is offered by the Ontario Government to help residents find a family doctor.
- Visit the College of Physicians and Surgeons' website for a listing of family doctors: **www.cpso.on.ca/docsearch/** or call them at **(416) 967-2603** or **(800) 268-7096 ext. 626**
- Look in the Yellow Pages of your phone book under *Physicians and Surgeons*. Contact different doctors and ask if they are taking new patients.

If you don't have your own doctor, you can go to:

- The Peterborough Clinic: 26 Hospital Drive, Peterborough. (705) 740-6880
- Peterborough Regional Health Centre Emergency Room: 1 Hospital Dr, Peterborough. (705) 743-2121
- Telehealth: You may talk to a registered nurse at any time. You do not need an OHIP card to phone Telehealth. (866) 797-0000
- Northumberland Hills Hospital: 1000 DePalma Dr., Cobourg. (905) 372-6811
- Campbellford Memorial Hospital: 146 Oliver St, Trent Hills. (705) 653-1140

You cannot contact a specialist (a cardiologist for heart disease or dermatologist for skin problems) directly; it has to be done via a referral through your family doctor. As soon as you receive your OHIP card you should look for a family doctor.

Notes:

Other Services of Interest

Assaulted Women's Helpline: Provides crisis counselling, safety planning, and referrals to community agencies. These services are provided over the phone, however there is a website to access as well.

Contact: 1 866 863-0511

Website: www.awhl.org

Canadian Women's Foundation: The foundation has a campaign entitled "Stop the Violence" and this page has links to success stories, facts about violence, and an online learning series.

Website: www.canadianwomen.org/stop-the-violence

Court Prep: This is an interactive website that was developed for youth in the court system. However, this site is extremely helpful to anyone who has never had experience, or has had limited experience, with the court system.

Website: www.courtprep.ca

Family Law in Ontario: This page has links to dealing with violence in the home.

Website: www.yourontariolaw.com/violence-in-the-home

Family Service Toronto, Violence Against Women: This website has a section on family violence including violence against women with lots of information about recognizing abuse.

Website: www.familyservicetoronto.org

Luke's Place: Luke's Place is a centre for change devoted solely to improving the safety and experience of abused women and their children as they proceed through the family law process. This site contains a wealth of information about the family law process.

Website: www.lukesplace.ca

Metrac: Provides information and resources related to domestic violence.

Website: www.metrac.org

National Clearing House on Family Violence: Provides information and resources about all aspects of violence within relationships.

Website: www.phac-aspc.gc.ca/ncfv-cnivf

National Office for Victims: This is a central resource for victims of offenders that are under federal responsibility. They provide general information to victims and the public as well as a victim's perspective in national policy development among other things.

Contact: 1 866 525-0554

Website: www.publicsafety.gc.ca/prg/cor/nov/nov-bnv-eng.aspx

Neighbours, Friends and Family: This is a public education campaign to raise awareness about the signs of women abuse so that the general population can recognize the signs of abuse.

Website: www.neighboursfriendsandfamilies.ca

Ontario Forms Assistant: This site provides 8 different family court forms that you may fill out online with information, tips, and assistance throughout the process. At the end, the site returns your information to you in the proper format so that you may print it out and submit it. You may also save your information and continue filling out the form at another time.

Website: <https://formsassistant.ontariocourtforms.on.ca/Welcome.aspx?lang=en>

Ontario Victim Services Secretariat: Is a division of the Ministry of the Attorney General whose job is to ensure that all victims of crime are treated with respect and receive the information and services they need.

Website: www.attorneygeneral.jus.gov.on.ca/english/ovss

Ontario Women's Directorate: Promotes equality for women with a focus on ending violence against women and increasing women's economic security.

Website: www.women.gov.on.ca

Shelternet: Provides current information and resources for women who have been abused as well as maps of shelters in each province.

Website: www.shelternet.ca

The Canadian Women's Health Network: This is a national organization that is dedicated to improving the lives and health of women and girls in Canada. The site contains materials and information on domestic violence.

Website: www.cwhn.ca

The Farm Line Support Service: It is a confidential telephone and emotional support and referral service for farmers and farm families in Ontario. They provide access to peer support on agricultural subjects, addressing issues and situations ranging from financial and legal to personal, family, and mental health.

Contact: 1 888 451 2903

White Ribbon Campaign: Is an inspiring campaign of men working to end violence against women through public education.

Website: www.whiteribbon.ca

True Stories

17 Years Ago

Today I realized I have to leave. I have tried to understand and change my partner but the harder I try, the worse it gets. My children are getting older and asking questions and I don't have all the answers.

I am scared and I feel so alone, but I have no choice but to put my children before me. I have come to learn that if I don't leave my relationship with my partner, my children will think it is ok to allow their future partners to verbally and physically abuse them or worse, they could become the abuser. I placed a call to a shelter. I took my three children and then left behind my yesterday dreams.

February 2010

Today I am happily married with six children. I remember returning to school and later finding a great job that provided a living for me and my children. I took charge and set my own route on the path of life. I am able to look back with understanding of the woman I was, while celebrating the woman I am today.

Recovery takes time and lots of healthy choices. Remember, I did it and so can you. Believe in yourself and know that all is possible. ~ Anonymous

Eight years later

It's 8 years since Angelina left Mark. She now has her education, profession, a job, a home and friends, and as she says: "I have joy!" "I was crazy to believe he meant it when he would say he was sorry each time." "I didn't see myself as abused. They had money. I had my own vehicle. I

didn't understand I was a victim until I was cleaning my own blood off the walls." "There is a lot of emotional and psychological abuse before a human will accept physical abuse."

Angelina's voice rises and falls, breaks and she sighs. She expresses anger, frustration, and sadness. Her pain is real.

The abuse didn't stop. "He still calls. He used the family court system to abuse me. He had money. I didn't. He dragged it out. I had to represent myself because I couldn't afford the lawyer."

"A thousand times I considered going back. He used the kids to control and abuse me. They would leave me notes. 'If you want us in your life you have to take daddy back.' I don't have contact with them at all now. I took them with me when I left but they returned to their abuser...I stayed too long."

"The best thing I did was write down everything as it happened. I re-read it, remembering I am not crazy. It really did happen. I was able to give accurate notes to his parole officer. It took a long time before I realized that it is my right to live without abuse; all those years seem so bizarre when I look back. The worst thing I did was stay too long. My kids are forever changed because of their concept of a 'normal' family." ~ Anonymous

Listen

When I ask you to listen to me and you start giving advice you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

LISTEN! All I asked, was that you listen, not talk or do—just hear me. Advice is cheap; 25 cents will get you both Dear Abby and Billy Graham in the same newspaper. And I can do for myself; I am not helpless. Maybe discouraged and faltering, but not helpless.

When you do something for me that I can do and need to do for myself, you contribute to my fear and weakness.

But, when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling. And when that's clear, the answers are obvious and I don't need advice. Irrational feeling make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people because God is mute, and he doesn't give advice or try to fix things. "They" just listen and let you work it aloud for yourself. So, please listen and just hear me. And, if you want to talk, wait a minute for your turn; and I'll listen to you.

Anonymous

I Remember When....

I remember when I would curl up in a ball on the floor as the blows were being delivered to protect my unborn child..
I remember when I would hide behind the couch hoping he would go away...
I remember when I wore turtlenecks to hide my bruises..
I remember when his hands were around my throat until I blacked out..
I remember when fear paralyzed me..
I remember when the man at church saw a bruise and when our eyes met he looked away..
I remember when I showed the marks to mom and she said sometimes that happens..
I remember when I called his brother and he said he did not want to get involved..
I remember when I stood with the bottle of pills in my hand thinking it may be the only way out..
I remember the moment I decided it was time for me to make a change..

Author Anonymous

Glossary of Terms

Accelerated Parole is only available to some first time offenders and it is only used when they are convinced the offender will not commit a violent offence. The offender may receive parole earlier than normal.

Affirmation is a non-religious oath given by a witness/victim before testifying, promising that the evidence they offer is, to the best of their knowledge, the truth.

Appeal is a process for requesting a formal change or a review of an official decision.

Appearance Notice is a legal document that states that the person is charged with an offence and must appear in court on the date named in the notice.

Bail Hearing occurs when a judge decides if an accused person will be released before the case is heard in court. Victims are entitled to a copy of the bail order and to know of any conditions that are placed.

Breach means that an individual has not complied with their Conditions. This is a criminal offence.

Concurrent Sentences are sentences that are served at the same time.

Conditional Releases allow an inmate to work or volunteer under supervision in the community for a specific time. This is one of the first steps in the gradual reintegration of an offender back into society.

Conditions are actions that are set by the court that must be followed when an individual is released on bail/parole/probation. Conditions could include such things as: staying away from certain locations; not being in possession of firearms; or they must report at a certain time to the police.

Consecutive Sentences are two or more sentences that are served one after another.

Criminal Harassment is when anyone makes you reasonably afraid for your safety by watching, following, threatening, or other means.

Crown Prosecutors/Attorneys are lawyers who deal with wrongs against society, not individuals. They are not the victim's lawyer. They are acting on behalf of all the public.

Day Parole requires the offender to return to the institution every evening unless there are separate specifications. Victims have the legal right to obtain these specifications.

Defense Lawyers/Attorneys represent the accused and ensures their rights are not violated.

Detention Order means that the individual is ordered into custody, possibly while awaiting a court decision.

Duty Counsel is a lawyer available to accused individuals held in the cells and in court to give advice and to help with the accused's court appearance. This service is free.

Evidence is the information you give in court about what happened during an incident. Evidence may also include such things as photographs, property, etc.

Federal Penitentiaries are for sentences that are 2 years or more in length.

First Appearance is a short court attendance where the parties and their lawyers meet to schedule the first Case Conference, ensure that both parties have served and filed all of their pleadings, and possibly discuss an interim order to deal with more sensitive or urgent issues in the matter.

Full Parole means the offender is no longer required to return to the institution, but they are under specific conditions. Victims have the legal right to obtain these specifications.

Information is a piece of paper which sets out the charge against the accused in Provincial Division. All of the dates of court appearances and the final outcome of the case are recorded on this document and kept on file in the court office.

Input Statement also called Victim Impact Statement.

Judicial Pre-Trials are meetings with the Crown possibly discussing guilt or innocence, weaknesses and strengths of the case, alternate lesser charges, the admissibility of certain evidence, if there have been any Charter infringements, and any applications that need to be brought to assert those infringements.

Justices of the Peace are individuals who preside over bailing hearings and provincial offences courts, issue search warrants, etc. In other words, a Judge.

Long-Term Offender classification is similar to dangerous offender. These offenders have a special sentencing hearing and can be sentenced to incarceration for up to 10 years after their first sentence is complete.

No Contact Order restricts a person's behaviour so they may not: go near or contact you, your family or friends; go to certain places; or carry a firearm. There are three different types: Retraining Orders; Peace Bonds; and Terms of Release.

Parole is either "day" or "full." It is a conditional release that allows offenders to serve part of their sentence in the community. It is a privilege, not a right and is determined by the parole board after a review is done of the information available. The biggest factor in determining parole is the safety of society. This includes the safety of victims and witnesses.

Peace Bonds are a criminal court order that sets out specific conditions to protect the safety of others or property. It can be ordered if there is a reasonable fear that another person will cause personal injury to them or their family, will damage his/her property, or where there is a reasonable fear that another person will commit a sexual offence against them. If the agreement is broken, criminal charges can be laid.

Preliminary Inquiry is a hearing where a judge will determine if there is enough evidence to justify a case going to trial. Witnesses and victims may be called to testify.

Promise to Appear is a legal document signed by the accused person in which the person promises to appear in court on a named date.

Provincial Prisons are for sentences that are less than 2 years long.

Publication Bans are used when a victim/witness is under 18 years of age or there is a special need for protection. There are several ways a judge can protect witnesses such as the witness testifies behind a screen, or outside the court room using a closed circuit TV. A publication ban also means that the media is not allowed to use the victim/witness's name when reporting about the trial/case.

Reasonable Prospect of Conviction is when they are considering whether or not to continue the prosecution of a charge. If the Crown determines there is no reasonable prospect of conviction, at any stage of the proceeding, then the prosecution of that charge must be discontinued.

Recognizance requires an accused to follow certain conditions, with a financial penalty if they do not comply. If there are no conditions, then the recognizance just requires the accused to attend court as directed by the recognizance.

Statute of Limitations does not apply to most crimes in Canada. You can report an offense that happened in the past to the police at any time.

Statutory Release occurs for some offenders after they have served two-thirds of their sentence.

Summary Conviction has no preliminary hearing and the penalties are less severe than with criminal charges.

Surety is a person who gives or promises security for another person. The security acts as a promise that conditions imposed in a proceeding or obligations will be fulfilled, or else the surety risks losing the security provided.

Temporary Absences can be occasional or a series of releases to help inmates return to society. They can be granted for medical, family contact, compassion or many other reasons. Offenders may be escorted or unescorted depending on their release date.

Trials involve lawyers presenting and questioning evidence, questioning witnesses and/or the accused in order to come to a decision.

Under Oath means that the individual has sworn or affirmed that what they are saying is the truth. If someone is knowingly lying while Under Oath, then they are committing **Perjury**; it's a criminal offence.

Undertaking to an Officer in Charge is similar to Conditions but has been put forth by the Officer in Charge instead of the courts. Failure to comply with the undertaking is a criminal offence.

Victim Impact Statement is a description of how the crime has affected a victim, physically, emotionally, and financially. The Crown Attorney or arresting police officer may ask you to prepare such a statement. If the accused is convicted, the judge may consider the VIS when determining a sentence.

Witness/Victim's role in a criminal court is to tell the truth and give their evidence as completely and accurately as is possible.

Written Revocable Consent means that a party may give their consent to have contact with another party by filing a letter with the police and Crown Attorney. The party allowing the contact may revoke their consent at any time without providing a reason by informing both family and civil litigation files.