#### WINNIPEG

WINNIFLO	
Alpha House Project (D)	982-2011
Elder Abuse Resource Centre (A)	956-6449
Elizabeth Hill Counselling Centre (A,F)	
Couple's Counselling	956-6563
Men's Resource Centre	956-9528
Toll Free	1-866-672-3422
Evolve Program (A)	784-4208
(Klinic Community Health Centre)	784-4090
(Drop in Counselling)	784-4067
Fort Garry Women's Resource Centre (A)	477-1123
Ikwe-Widdjiitiwin Inc. (B,C)	987-2780
Toll Free	1-800-362-3344
Immigrant Women's Counselling Services (A)	940-2172
L'Entre-temps des Franco-Manitobaines (D)	925-2550
Toll Free	1-800-668-3836
North End Women's Centre (A)	589-7347
Nor'West Co-op Community Health Centre (A)	940-2080
Osborne House (B.C)	942-3052
TTY	942-5209
Pluri-elles (Manitoba) Inc. (A)	233-1735
Toll Free	1-800-207-5874
Spirit of Peace Program (A)	925-0300
(Ma Mawi-Wi-Chi-Itata Centre Inc.)	
The Laurel Centre Inc. (A)	783-5460
Manitoba Justice - Domestic Violence	
Support Services (A)	945-6851
Wahbung Abinoonjiiag Inc. (A)	925-4610
Winnipeg Children's Access Agency (E)	284-4170
Toll Free	1-866-886-6153
WISH Inc. (Women in Second Stage Housing) (D)	275-2600
A Women's Place: Domestic Violence Support &	
Legal Services (A)	940-6624

#### WESTMAN REGION

WEST MAIL REGION		
Brandon Access/Exchange Service (E)	729-8115	
Samaritan House Ministries (D)	726-0758	
	727-1268	
The Counselling Centre - Men's Program (A)	726-8706	
The Women's Resource Centre (A)	726-8632	
Toll Free	1-866-255-4432	
Manitoba Justice - Domestic Violence		
Support Services (A)	726-6515	
YWCA of Brandon - Couple's Program (F)	571-3680	
YWCA Westman Women's Shelter (B,C)	727-3644	

#### As a general rule:

- (A) Specialized counselling, not crisis-oriented.
- (B) Short-term crisis services.
- (C) Shelter emergency residential accommodation and counselling services.
- D) Residential Second Stage programs.
- (E) Supervised Access Services.
- (F) Couples Counselling for those with a history of domestic violence.

# THERE'S HELP AVAILABLE

The Manitoba government is committed to increasing awareness of domestic violence. The province supports shelters and services for women and children around Manitoba. There's a list of them on the back of this brochure.

### Help for Men

If you're a man who is in crisis or you know a man who needs help, please call today.

Toll Free in Manitoba 1-877-977-0007

Evolve Program (Klinic Inc.) 784-4208 Drop in Counselling 784-4067 24 Hour Crisis Line 786-8686

Ma Mawi Wi Chi Itata Centre, Inc. 925-0349

Men's Resource Centre 956-6560 (office) 956-9528 (intake)

Toll Free 1-866-672-3422

## Call Today

If you are in crisis or you know someone who may be, don't delay. Call the nearest shelter or call toll free in Manitoba

#### 1-877-977-0007

for free, confidential information about shelters and support services available in your community.

# LEARN HOW YOU CAN HELP STOP DOMESTIC VIOLENCE

Toll-Free Province-Wide Crisis Line (24 hours)
1-877-977-0007

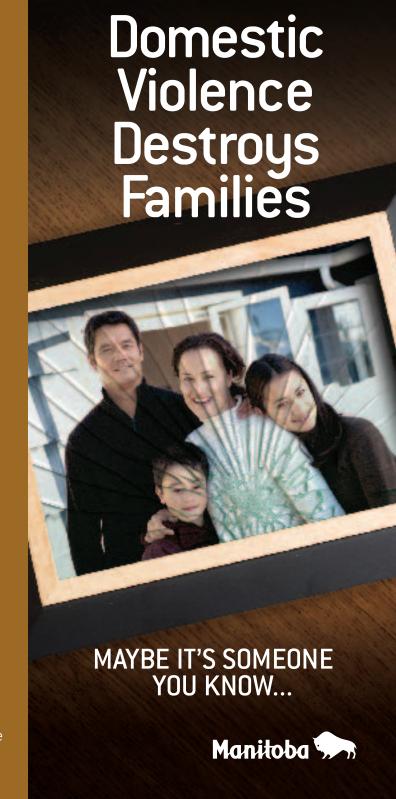
Local Winnipeg Crisis Lines (24 hours)
Osborne House
942-3052

OR

1kwe-Widdjiitiwin Inc. 987-2780 Toll-Free

1-800-362-3344

Veuillez noter que vous pouvez également obtenir ce dépliant en français en appelant le 204 945-1709.



# Sounds like anyone you know?

Domestic violence follows a vicious cycle that often explodes in violence or other abuse. Afterward, the abuser is full of sadness, promising "it will never happen again."

But it does happen again.

And again and again.

# THE CYCLE OF VIOLENCE

#### **TENSION BUILD-UP**



Tensions reach a certain point, explosion or fight occurs.

HONEYMOON
A period of great remorse
and apology. Often promises
are made that it will never

happen again.

Maybe it's someone you know...

Domestic violence happens to people who are married, single, old, young, rich, poor, professional, blue-collar, unemployed, heterosexual, homosexual, drinkers and non-drinkers and of every ethnic and religious group. It could be happening to someone you know, someone you care about...

Everyone in our community has a role to play in ending domestic violence, so it's important to know the signs:

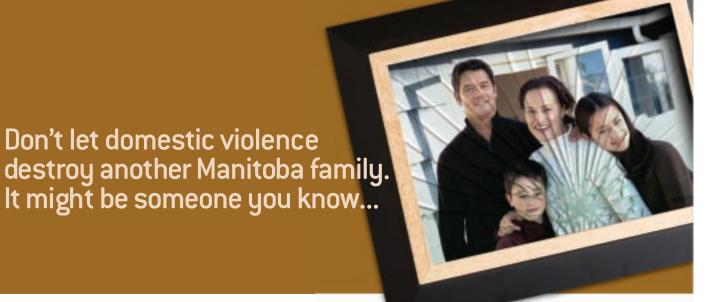
- frequent injuries from "accidents"
- increased isolation from family and friends
- jumpiness
- depression
- fear of the partner
- dwindling self-esteem
- partner's jealousy or possessiveness
- constant criticism from partner

# Why doesn't she just leave?

Some of the reasons why victims of emotional or physical abuse stay in abusive relationships are fear, low self-esteem, a sense of helplessness, economic dependence, or "for the children's sake."

#### The littlest victims

Sadly, children who are exposed to violence may grow up believing abuse is part of a normal relationship. As they learn what they live, many may grow up to be abusers or abuse victims themselves.



## IF YOU NEED HELP, OR IF YOU WANT TO HELP...

#### **CENTRAL REGION**

Portage Family Abuse Prevention Centre (B,C)

South Central Committee on Family Violence	
(Genesis House) (B,C)	325-9800
Manitoba Justice - Domestic Violence	
Support Services (A)	239-3378
	746-8249

239-5233

#### **EASTMAN REGION**

Eastman Crisis Centre (B.C) 346-0028

#### INTERLAKE REGION

Interlake Women's Resource Centre (A,B)	642-8264
Lakeshore Women's Resource Centre (B)	768-3016
Nova House Inc. (Selkirk) (B,C)	482-1200
Manitoba Justice - Domestic Violence	
Support Services (A)	785-5213

#### PARKLAND REGION

Parkland Crisis Centre (B,C)	638-9484
Swan Valley Crisis Centre (A,B,D)	734-9368
Manitoba Justice - Domestic Violence	
Support Services (A)	622-5080

#### NORMAN REGION

Show take centre on ramily violence (A)	330-1141
The Pas Committee for Women in Crisis (B,C)	623-5497
Manitoba Justice - Domestic Violence	
Support Services (A)	627-8483
Women's Safe Haven/Resource Service (A,B,D)	681-3105

#### **THOMPSON REGION**

YWCA Thompson Access/Echange Program (E)	118-634
Thompson Crisis Centre (B,C)	778-7273
Manitoba Justice - Domestic Violence	
Support Services (A)	677-6368

AND AGAIN AND AGAIN. AND AGAIN AND AGAIN. AND AGAIN AND AGAIN. AND AGAIN. AND AGAIN. AND AGAIN. AND AGAIN. AND