

WINNIPEG

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
(Klinik 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

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 (Klinik 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

Ikwe-Widdjiitiwin Inc.
987-2780

Toll-Free

1-800-362-3344

Domestic Violence Destroys Families



MAYBE IT'S SOMEONE YOU KNOW...

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

Manitoba 

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 gradually build.

EXPLOSION

Tensions reach a certain point, explosion or fight occurs.

REMORSE OR 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

Don't let domestic violence destroy another Manitoba family. It might be someone you know...

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)	239-5233
South Central Committee on Family Violence (Genesis House) (B,C)	325-9800
Manitoba Justice - Domestic Violence Support Services (A)	239-3378 746-8249

EASTMAN REGION

Eastman Crisis Centre (B,C)	346-0028
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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

Snow Lake Centre on Family Violence (A)	358-7141
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/Exchange Program (E)	778-6341
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 AGAIN.