

## Seek help!

If there is violence in your life, remember there are people who care and are ready to listen.

Healing restores the harmony of mind, body and spirit.

Talk to someone:

- ♦ Choose to Change worker;
- ♦ RCMP;
- ♦ Minister, pastor, religious leader;
- ♦ A friend, family or extended family member;
- ♦ An elder or leader in your community;
- ♦ Teacher, principal or school counsellor;
- ♦ Doctor, nurse, care aide or social worker;
- ♦ A member of a Metis local or First Nations support group.

If you or someone you know is in immediate danger, call 911.

Safe shelters for women and children:

Shelwin House Yorkton  
1-888-783-3111

Project Safe Haven Yorkton  
1-877-444-2836

## Choose to Change

Room 103B  
SIGN on Broadway  
345 Broadway Street West  
Yorkton SK S3N 0N8

Phone: 306-782-0673

Fax: 306-782-0674

Email:

[choosetochange@signyorkton.ca](mailto:choosetochange@signyorkton.ca)

Website: [www.signyorkton.ca](http://www.signyorkton.ca)  
Facebook/Instagram: @signyorkton



# Choose to Change



## 306-782-0673

## What is family violence?

It is when someone uses abusive behaviours to control and/or harm a member of their family, or someone with whom they have an intimate relationship.

Family violence comes in many different forms, and can include elder abuse and neglect.

It may include a single act of violence or a number of acts that form a pattern of abuse.

Forms of violence and abuse include:

### **Physical:**

Any intentional act causing injury or trauma to another person by way of bodily contact;

### **Sexual:**

Unwanted sexual activity forced on a person by another through coercion or threats;

### **Financial:**

The improper, illegal or unauthorized use of an adults' resources for the benefit of another.

**Help is available for those who are currently experiencing or have experienced abuse. If you choose to change your situation, let's talk.**

Choose to Change services are free and available to youth, adults and couples.

Services include counselling, support, education, information, advocacy, safety planning, accompaniment, outreach, referrals to community agencies and cultural programming.

Choose to Change presentations to groups are available upon request.

**Please call 306-782-0673.**



Society for the Involvement of

**Good**

**Neighbours CHOOSE TO CHANGE**

Family violence can have serious and sometimes fatal consequences for those who have experienced or witnessed abuse.

Abuse can happen to anyone, regardless of their age, gender, sexual orientation, marital status, religion, culture, country of origin, ethnicity, education level, career path or socio-economic status.

It happens to Canadian citizens, refugees, immigrants, stay at home parents or single individuals, young or old.

Abuse knows no barriers, it can impact anyone. Abuse can happen at any stage of any relationship. It can happen to children, youth, adults and elders.

Family violence is...

- \* A person's suffering
- \* A family's destruction
- \* A community's responsibility
- \* A nation's struggle to heal