

## Seek help!

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

*Talk to someone:*

- *Choose to Change worker*
- *RCMP;*
- *Minister, pastor, religious leader;*
- *Friend, family or extended family member;*
- *Elder or community leader;*
- *Teacher, principal or school counsellor;*
- *Doctor, nurse, care aide or social worker;*
- *Member of a Metis local or First Nations support group;*
- *Safe shelters for women and children: Shelwin House in Yorkton, 1-888-783-3111 and Project Safe Haven in Yorkton, 1-877-444-2836*

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

## **SIGN Choose to Change**

*Family violence education, advocacy and support*

SIGN on Broadway  
345 Broadway Street West  
Yorkton SK S3N 0N8

306-782-0673

Fax 306-782-0674

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

[www.signyorkton.ca](http://www.signyorkton.ca)

  
[@signyorkton](https://www.instagram.com/signyorkton)



March 2026



# Choose to Change

## 306-782-0673



[signyorkton.ca](http://signyorkton.ca)  
[@signyorkton](https://www.instagram.com/signyorkton)

## Signs of abuse

### *Emotional/Psychological:*

- Constant criticism or humiliation;
- Fear of partner's reactions;
- Feeling controlled or isolated.

### *Physical:*

- Unexplained injuries;
- Frequent "accidents".

### *Financial:*

- No access to money;
- Forced to account for spending.

### *Sexual:*

- Pressure or force into sexual activity;
- Lack of consent not respected.

*Abuse knows no barriers. It can happen to anyone.*

*If your group wants to learn more about family violence, contact us about making a presentation.*

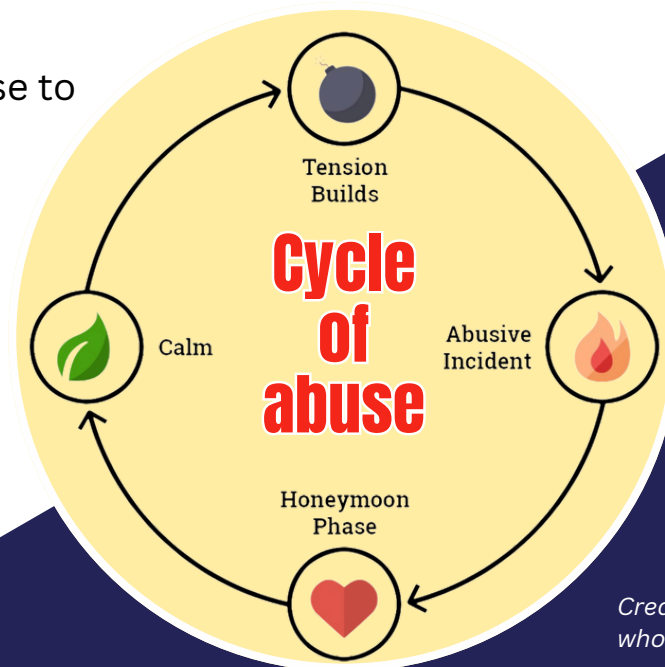
*Call 306-782-0673 or email [choosetochange@signyorkton.ca](mailto:choosetochange@signyorkton.ca).*



Choose to Change offers one-on-one support, education, awareness, safety planning, referrals and advocacy related to family violence, and is offered in a safe, secure and confidential space to adults and youth, and in certain situations may be available to couples.

Family violence is a pattern of behaviour used by one person to gain power and control over another. It can affect anyone regardless of age, gender, sexual orientation, marital status, religion, culture, ethnicity, education level, career path or socio-economic status. It can happen in any relationship.

Referrals to Choose to Change can be made by an outside agency or by self-referring. Contact us directly by phone or email. We are here to offer support.



*Understanding this cycle can help explain why it can be difficult to leave a relationship.*

*Credit: [wholewellnesstherapy.com](http://wholewellnesstherapy.com)*