

Dealing with Domestic Violence or Family Violence?

Learn the signs of an unhealthy or abusive relationship and **BREAK THE SILENCE.**

For confidential information and help, call:

1-877-977-0007
TTY 1-888-987-2829

For more information, visit:
manitoba.ca/stoptheviolence



Are you being abused?

Do you know someone who is being abused?

If you are:

- in crisis
- just want to talk about your situation
- or want to talk about the situation of someone you care about

call the provincial 24-hour domestic violence crisis/information line for free, confidential help.

1-877-977-0007
TTY 1-888-987-2829

How do i know if it's happening to me?

You could be a victim of domestic violence if someone close to you is:

- threatening to hurt you, your children, other family members or pets
- hurting you physically
- forcing you to have sex, or do things you don't want to do
- yelling or humiliating you (ex: calling you names, insulting you)
- isolating you from friends and family
- keeping track of your emails, phone calls and Internet use
- not allowing you food, clothing, medication or other things you need
- controlling your finances
- controlling where you go, or what you do

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What is domestic violence?

Domestic violence happens when people in intimate relationships (currently or previously dating, married or living together) use abusive behaviour to control or hurt their partners.

Domestic violence happens to women and men of all ages, cultures, income levels, religions, professions and abilities. It can happen in heterosexual and same-sex relationships. Women, younger adults, people with disabilities, and recently separated women and men, are even more at risk for abuse.

What is family violence?

Other forms of abuse that happen within families can also have serious affects, for example elder abuse, abuse by immediate and extended family members, etc. Services are also available if this is happening in your family.

Who does it affect?

Domestic violence can affect many others besides the victim. These include other family members, friends, neighbours, co-workers and pets.

Domestic violence often affects children. They are more likely to develop behavioural problems, and may grow up believing abuse is part of a normal relationship.

This information is available in alternate formats upon request.
Contact: msw@gov.mb.ca

Help is available

CENTRAL REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H)	204-239-3378 or 204-746-8249
Toll Free	1-866-484-2846
Portage Family Abuse Prevention Centre (B,C,G)	204-239-5233
South Central Committee on Family Violence (Genesis House) (B,C,G)	204-325-9800

EASTMAN REGION

Eastman Crisis Centre (B,C,G)	204-346-0028
Survivor's Hope Crisis Centre Inc. (I,J)	204-753-5353

INTERLAKE REGION

Interlake Women's Resource Centre (A,B)	204-642-8264
Lakeshore Women's Resource Centre (A,B,G)	204-768-3016
Manitoba Justice – Domestic Violence Support Service (A,G,H)	204-785-5213
Toll Free	1-866-484-2846
Nova House Inc. (Selkirk) (B,C,G)	204-482-1200

PARKLAND REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H)	204-622-5080
Toll Free	1-866-484-2846
Parkland Crisis Centre (Dauphin) (B,C,G)	204-638-9484
Swan Valley Crisis Centre (A,B,D,G)	204-734-9368

NORMAN REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H)	204-627-8483
Toll Free	1-866-484-2846
Snow Lake Centre on Family Violence (A,G)	204-358-7141
The Pas Committee for Women in Crisis (Aurora House) (B,C,G)	204-623-5497
Women's Safe Haven/Resource Service (Flin Flon) (A,B,C,D,G,I,J,K) ...	204-681-3105

THOMPSON REGION

Manitoba Justice – Domestic Violence Support Service (A,G,H)	204-677-6368
Toll Free	1-866-484-2846
Men are Part of the Solution (MAPS)	204-778-6040
Thompson Crisis Centre (B,C,G)	204-778-7273
Toll Free	1-800-442-0613

FIRST NATIONS SHELTERS IN MANITOBA

First Nation Healing Centre (Fisher River Cree Nation Kooostataak)	204-645-2750
Toll Free	1-800-692-6270
Jean Folster Place (Norway House)	204-359-3444
Mamawehetowin Crisis Centre (Pukatawagan) Toll Free	1-866-432-1041
Wechin Waskigan Crisis Centre (Shamattawa)	204-565-2548
.....	204-565-2551

Each resource listed above, has the services noted by these letters:

(A) Specialized counselling, not crisis-oriented	(F) Couples counselling for people with a history of domestic violence
(B) Short-term crisis services	(G) Wheelchair accessible
(C) Shelter – emergency residential shelter and counselling	(H) Services for men
(D) Residential second stage programs	(I) Public education
(E) Supervised access services	(J) Sexual assault crisis intervention
	(K) Adult survivors of childhood sexual abuse

WINNIPEG

A&O: Support Services for Older Adults	204-956-6440
Toll Free	1-888-333-3121
Seniors Abuse Support Line (Toll Free)	1-888-896-7183
Alpha House Project Inc. (D)	204-982-2011
A Woman's Place: Domestic Violence Support & Legal Services (A,G)	204-940-6624
Bravestone Centre Inc. (D)	204-275-2600
Couple's Counselling Project (A,F,G,H)	204-790-7221
Fort Garry Women's Resource Centre (A,G)	204-477-1123
Ikeve-Widdjittwin Inc. (B,C,G)	204-987-2780
Toll Free	1-800-362-3344
Toll Free TTY	1-888-987-2829
Immigrant Women's Counselling Services (A,G)	
Access NorWest	204-938-5900
Downtown	204-940-6624
Klinic Community Health Centre	
Evolve (Domestic Violence) (A,G,H)	204-784-4070
Sexual Assault Crisis Program (B,G,H,I)	204-784-4049
L'Entre-temps des Franco-Manitobaines (D)	204-925-2550
Toll Free	1-800-668-3836
Manitoba Justice – Domestic Violence Support Service (A,G,H)	204-945-6851
Toll Free	1-866-484-2846
Men's Resource Centre of Manitoba (A,C,G,H,K)	204-415-0777
Toll Free	1-855-672-6727
North End Women's Centre (A,G)	204-589-7347
NorWest Co-op Community Health (A,G)	204-938-5912
Willow Place Inc. (B,C,G)	204-615-0313
Crisis Line	204-615-0311
Pluri-elles (Manitoba) Inc. (A,G)	204-233-1735
Toll Free	1-800-207-5874
Rainbow Resource Centre: Serving Manitoba's GLBT Communities (A,G,H,I)	204-474-0212
Spirit of Peace Program (Ma Mawi-Wi-Chi-Itata Centre Inc.) (A,G)	204-925-0300
The Laurel Centre Inc. (A,G,K)	204-783-5460
The Winnipeg Children's Access Agency (E,G)	204-284-4170
Toll Free	1-866-886-6153
Walbung Abinoojijag Inc. (A,G)	204-925-4610

If you are leaving an abusive relationship and require temporary accommodations for your pet please call **1-877-977-0007**.

WESTMAN REGION

Brandon Access Exchange Service (E,G,H)	204-729-8115
Manitoba Justice – Domestic Violence Support Service (A,G,H) ...	204-726-6515
Toll Free	1-866-484-2846
Samaritan House Ministries (D)	204-726-0758 or 204-727-1268
The Counselling Centre – Men's Program (A,H)	204-726-8706
The Women's Resource Centre (A,G)	204-726-8632
Toll Free	1-866-255-4432
YWCA of Brandon – Couple's Program (F,H)	204-571-3680
YWCA Westman Women's Shelter (B,C,G)	204-727-3644