

Family Law Education for Women (FLEW)

<http://www.onefamilylaw.ca/>

Dealing with issues such as divorce, custody or support. Plain language legal information on women's rights under Ontario family law is available in **14 languages** and in multiple formats. Including resources for Women with disabilities and deaf Women.

The Metropolitan Action Committee on Violence Against Women & Children (METRAC)

<http://www.metrac.org/>

416-392-/ Toll-free: 1-877-588-5570

3135 / TTY: 416-392-3031

A not-for-profit, community-based organization that works to prevent and end violence against diverse women, youth, and children. METRAC has three main program areas: Community Safety, Community Justice, and Community Outreach and Education. Many booklets and resource guides on legal options, prevention and dealing with violence including for particular communities of women such as Immigrant women, Deaf women, women with disabilities, Aboriginal women and youth – often in multiple languages.

The Woman Abuse Council of Toronto

<http://www.womanabuse.ca/>

Launched in 1991 to develop a coordinated community response to woman abuse in Toronto. The Council is a policy development and planning body that coordinates an efficient and effective approach to providing services for assaulted women and their families.

Springtide Resources

<http://www.springtideresources.org/>

Promotes healthy and equal relationships by engaging diverse communities in shared educational strategies designed to prevent violence against women and the effect it has on children. Includes resources for same sex domestic violence.

Ontario Women's Justice Network

<http://owjn.org>

A range of information about the law and violence against women including information about Restraining Orders, Peace Bonds and Terms of Release.

The Ontario Victim Services Secretariat

<http://www.attorneygeneral.jus.gov.on.ca/english/ovss/>

Victim Services (for all genders) is a division of the Ministry of the Attorney General that works to ensure that victims of crime are treated with respect and receive the information and services they need. They don't provide treatment or counselling directly, but have a database of service providers across Ontario – you can search by town or city and kind of service you need.

The Centre for Children and Families in the Justice System

<http://www.lfcc.on.ca/index.htm>

A nonprofit social service agency helping children and families involved with the justice system as victims of crime, witnesses of crime, parties in custody disputes, subjects of child protection proceedings, litigants in civil suits for compensation, teenagers in therapeutic care settings, or youthful offenders. Includes a thorough list of resources across Canada.

HELPGUIDE.Org

http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm

An American website but provides many checklists and guides to recognizing and addressing domestic violence.

Canadian Association of Sexual Assault Centres

www.casac.ca/

Pan Canadian group of sexual assault centres who have come together to implement the legal, social and attitudinal changes necessary to prevent, and ultimately eradicate, rape and sexual assault. Includes a list of Anti-Violence Centres (places that provide direct service to women across Canada).

Domestic Violence / Intimate Partner Violence Resource List



Compiled by Human Resources CAMH
2011

~

Comments about this resource?
Please contact janet_mawhinney@camh.net

Places to go for help
Places that provide information

This list starts with places that provide **direct services** such as crisis support, counselling, and housing; the second part lists places that provide **helpful information**. Many of these places can provide further referrals, information or resources. Most services are free or OHIP covered, many provide services in multiple languages. This list is intended as a quick reference tool, it is not comprehensive. For more information CAMH staff can see the Workplace Violence Prevention resources on Insite (this list is also available on Insite); contact the Occupational Health and Safety Office or Human Resources; and consult the Employee Assistance Program.

Places to go for help Domestic Violence, Intimate Partner Violence Agencies

Assaulted Women's Helpline

<http://www.awhl.org/>

An anonymous and confidential service that does not require you to give a name. Their toll-free number does not show up on your phone bill and they do not have call display.

- GTA 416-863-0511
- GTA TTY 416-364-8762
- Toll Free Ontario 1-866-863-0511
- Toll Free TTY Ontario 1-866-863-7868
- **#SAFE** (#7233) on your Bell, Rogers, Fido, Telus phone.

Women's Shelters

- Looking for a women's **Shelter** in Toronto?
Call **Central Family Intake** at 416-397-5637
- Looking for a women's shelter across Canada?
<http://www.shelternet.ca/splashPage.htm>
(Available in 10 languages)
- To find out what women's shelter services are available for Francophones in your region, please call:
1-877-FEMAIDE or 1-877-336-2433 (French only).

Toronto Police Services

<http://www.torontopolice.on.ca/communitymobilization/domesticviolence/> or contact your **local Police Services Domestic Violence Response Unit**.

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres

<http://www.satcontario.com/en/home.php>

Established by the Ministry of Health & Long-Term Care in 1993, the Network provides leadership and support to 35 hospital-based sexual assault and domestic violence treatment centres across Ontario. Website links to services across Ontario. Serves any gender.

Anduhyun for Aboriginal Peoples

<http://www.anduhaun.org> (Toronto)

Shelter 416-920-1492 x221

Nekenaan Housing 416-243-7669 x226

Anduhaun means "Our Home" in the Ojibwa language. Anduhaun Shelter is the second oldest shelter in Canada providing unique programs and services to Aboriginal women with or without children leaving abusive situations. Provides crisis counseling and shelter services for Aboriginal women; second stage housing; and counseling and crisis intervention for Aboriginal men. All of Anduhaun's programs and services are based on Aboriginal cultural traditions and are staffed by Aboriginal women and men.

Barbra Schlifer Commemorative Clinic

<http://www.schliferclinic.com/schliferClinic.html>

Counselling Department 416-323-9149, ext. 234

(Multiple languages available)

TTY: 416-323-1361

Provides free and integrated legal, counselling, interpretation, information and referral services for women who have experienced violence – including partner assault, incest / childhood sexual abuse and sexual assault. Including support and guide to developing a safety plan. The clinic is involved in public education, training, community development and advocacy and takes multi-faceted approaches to achieve freedom from violence for all women.

YWCA Toronto

<http://www.ywcatoronto.org/index.htm>

Programs and services which help women and girls escape violence and rebuild healthy lives, while offering a range of housing options, employment and skills development, as well as girls' and family programs throughout the city. Welcomes women of all faiths, sexual orientations, races, cultural affiliations and creeds. NOTE there are YWCA's in many regions of Canada.

The National Lesbian, Gay, Bi Youthline

1-800-268-9688 / www.youthline.com

Confidential brief counseling and referrals on a range of issues.

Family Services Association of Toronto

<http://www.familyserVICEToronto.org/>

416-595-9618

Short term, individual and couple counseling, including LGBTQ people. (Fee for service). Also provides Partner Assault Response services (programs for men who have been convicted of abuse) for men in same sex relationships. Website has annotated bibliography on same sex partner abuse research articles.

Women's College Hospital: Women Recovering from Abuse Program WRAP

<http://www.womenscollegehospital.ca/programs/program126.html>

email wrap@wchospital.ca

416-323-6400 x4863

An eight-week half-day group therapy and individual counseling program for women who have experienced childhood abuse, who suffer from mental health problems and who have sought traditional forms of psychiatric treatment in the past. WRAP is part of the Trauma Therapy Program.

The London Abused Women's Centre

<http://www.lfcc.on.ca/index.htm>

Offers abused women hope and help for their hurt through the provision of advocacy, counselling and support services in a safe, non-crisis, non-residential setting. The website provides information about the Centre's services as well as educational information about woman abuse.

Education, Prevention & Legal Information

Ontario Women's Directorate

(Ontario government):

<http://www.citizenship.gov.on.ca/owd/english/women/need.shtml>

Extensive list of services (site is in English and French).

www.211toronto.ca or call **211**; lists many kinds of services including those related to abuse.

<http://neighboursfriendsandfamilies.ca/>

(Includes specific resources for Aboriginal women) Warning Signs of Abuse; Signs of High Risk; Ways to Support Her; Overcoming Your Hesitation to Help; Where to Get Information. Includes resources for men breaking the cycle of violence.