

Intimate Partner Violence DROP-IN GROUP

For women who have experienced abuse in their intimate partner relationships

NO FEE

Childcare & snacks provided

Different topics each week

Just drop in for a session

COVID restrictions can alter whether group is virtual or in-person and whether registration is required, so for the most current information, please contact (306) 244-0127 or check out our website at <https://familyservice.sk.ca/news/fall-womens-ipv-weekly-group-starts-september-14/>

Intimate Partner Violence Registered Groups

NO FEE

Pre-registration is required (Ongoing)

Childcare & snack provided

For more information call (306) 244-0127

Abuse and Beyond

This 8-week group provides women the opportunity to consider the impact of abuse in their lives and move toward healthy and positive relationships.

Invisible Scars

This 8-week group explores the impact of emotional, psychological, and verbal abuse on women's lives, and provides support in healing the "invisible scars."

WHEN: 3 – 4 times per year

WHERE: Family Service Saskatoon
102 – 506 - 25th Street East

Intimate Partner Violence Information Handbook



family
service
SASKATOON

www.familyservice.sk.ca

**Strengthening People, Nurturing
Relationships, Building Communities...**





This booklet is intended to provide education and information to individuals experiencing intimate partner violence.

For additional resources please see the contact numbers at the back of this booklet. This list does not represent all the helping agencies in Saskatoon and area.

While reading this booklet remember, **YOU DID NOT CAUSE THE ABUSE and YOU ARE NOT RESPONSIBLE FOR THE ACTIONS OF ANOTHER PERSON.**

You are not alone.



Emergency Services

EMERGENCY.....	911
Haven Kid's House (Formerly Crisis Nursery).....	(306) 242-2433
Family Service Saskatoon Intimate Partner Violence Outreach..	(306) 244-0127
Mobile Crisis.....	(306) 933-6200
Rural RCMP.....	(306) 975-5173
Saskatoon Police (non-emergency reporting line)	(306) 975-8300

Emergency Shelters

Adelle House.....	(306) 668-2761
Interval House.....	(306) 244-0185
SPCA Animal Safekeeping.....	(306) 374-7387
YWCA Shelter.....	(306) 244-2844

Abuse and Support Hotlines (www.abusehelplines.org)

Abused Women's Info Line (24 hrs).....	1-888-338-0880
Parent's Help Line (24 hrs).....	1-888-603-9100
Saskatoon Sexual Assault (24 hrs) Crisis Line.....	(306)-244-2224
Wellness Together Canada (24 hrs).....	1-866-585-0445
Hope for Wellness Hotline (24 hrs; Available in Cree, Ojibway, Inuktitut).....	1-855-242-3310

Counselling and Support Services

Saskatoon Indigenous Resource Officer Program.....	(306) 975-8400
OUT Saskatoon.....	(306) 665-1224
CFS Saskatoon.....	(306) 244-7773
Community Mental Health Services (Child and Youth/Adult Intake).....	(306) 655-7777
Family Service Saskatoon	(306) 244-0127
Global Gathering Place.....	(306) 665-0268
Saskatoon Indian Métis Friendship Centre.....	(306) 244-0174
International Women of Saskatoon.....	(306) 978-6611
Newcomer Information Centre.....	(306) 343-1744
Saskatoon Open Door Society.....	(306) 653-4464
Saskatchewan Intercultural Association.....	(306) 978-1818
Youth Exposed to Violence.....	(306) 244-0127
Saskatoon Sexual Assault and Information Centre.....	(306) 244-2294

Legal Services

CLASSIC.....	(306) 657-6100
Domestic Violence Court Case Workers.....	(306) 975-8212
Elizabeth Fry Society.....	(306) 934-4606
Family Law Information Center.....	1-888-218-2822
Legal Aid (urban).....	(306) 933-7820
Legal Aid (rural).....	(306) 933-7855
Provincial Court Clerk.....	(306) 933-7052
Public Legal Education Association.....	(306) 653-1868
Saskatoon Police Service Victim Services.....	(306) 975-8400
Victim Witness Services.....	(306) 933-5173

Intimate Partner Violence Outreach Program

Family Service Saskatoon, funded by the Saskatchewan Ministry of Justice and the Attorney General, offers support through short-term crisis intervention and counselling to individuals who are currently experiencing violence in their intimate partner relationships. This is a **free and voluntary program** for those who require assistance in establishing and maintaining safe and healthy partner relationships. Support groups and weekly drop-in groups are offered to provide information and education on issues related to violence. To access this program, please phone Family Service Saskatoon at (306) 244-0127.



“We can embrace the challenges and changes in our lives, and discover the seeds of courage, wisdom, and joy that lie within us, waiting to blossom.”

- **Melissa Merz**



Funding provided by:

Department of Justice Canada

Government of Saskatchewan - Ministry of Justice

Intimate partner violence, also known as domestic violence, is an escalating pattern of abuse where one partner in a relationship, past or present, controls the other through force, intimidation, or the threat of violence. Abuse comes in many forms:

Physical: Slapping, punching, spitting, choking, pushing and any other acts which hurt your body.

Sexual: Sexual harassment, sexual exploitation, rape, or any unwanted sexual touching. Even if you are intimate with your partner, NO is NO.

Emotional/Psychological: Name calling, belittling, shaming, blaming, isolating, threatening to leave, threatening to kill themselves, causing you to feel as if you are “going crazy”, stalking, making unwanted repeated phone calls, texts or emails.

Financial/Economic: Withholding money, credit cards, debit cards; Withholding necessities (food, medicine), Preventing you from working; Sabotaging jobs; Restricting you to an allowance.

Homophobic: Threatening to “out” you to people who do not know your sexual orientation.

Immigration: Using your immigration status or language barriers to control you.

Destructive Acts: Actual or threatened assault of your property or pets. Any attempt to intimidate and control you.

Spiritual: Attacking or denying your religious or spiritual beliefs.



“You can ask someone to listen to you, without judging or offering advice, as often as you need.”

-Unknown



“You are entitled to heal and to stop hurting. You did not do anything to deserve the pain you are experiencing.”

-Unknown



Safety Plans are Different for Each Person

Examples of safety planning might be:

- Decide ahead of time where you will go in case of an emergency; talk to your children about this plan
- Note the escape routes in your home (doors, windows, stairwells, etc.)
- Try to be aware of your partner’s abusive cues and teach your children or friends a CODE WORD to let them know when to call for help
- Keep emergency phone numbers nearby
- Practice getting out of your home quickly
- Make copies of identification such as health cards, driver’s license, birth certificates, passports, treaty cards, immigration/citizenship papers, etc. for you and your children and store in a safe place
- Have a spare set of car and house keys and an extra bag of clothes for you and your children in a safe accessible place (at a trusted friend’s home or at your workplace)
- Get your own credit card and bank account
- Keep some cash and/or credit card where you can get to it in an emergency
- Get a second mailing address
- Get your own cell phone and keep it close by
- Have a plan for your pets
- Know who you can call for support

Once separated you may need to:

- Inform others such as family, friends, daycare providers and coworkers that you no longer live with your partner and that your ex-partner is not allowed at your residence
- Change your routine, such as where you shop or how you get to work/school
- Replace locks on doors and windows
- Change your phone number and have it unlisted

What is Safety Planning?

Safety planning is important if you are experiencing Intimate Partner Violence. A Safety Plan is when you develop ways to increase you and your children's safety. Although you do not have control over your partner/ex-partner's actions, you do have a choice about how to respond and how best to get yourself and your children to safety. It is important to develop a safety plan whether you plan to stay, leave, or have left the relationship. It is important to plan ahead and be prepared. Think about what has and has not worked in the past. Have a safety plan in place for many different situations:

- When you are living with the abusive partner
- Before and during an assault
- When preparing to leave an abusive partner
- When living on your own
- If a No-Contact, Emergency Intervention Order, or Peace Bond is in place
- When you are arriving, leaving, and at work
- Around the neighbourhood and out in public

It is extremely important for children who live in abusive homes to have a safety plan of their own:

- Warn children to stay out of adults' conflicts
- Make a list of people the children can trust and talk to when they feel unsafe
- Decide ahead of time on a safe place children can go when they feel unsafe
- Teach children how to use police and other emergency phone numbers

No one deserves to be hurt—physically, emotionally, or spiritually. If you are in an abusive relationship, know that you are a strong and valuable human being. You do not cause the abuse or deserve the abuse. You can take steps to break free and end the cycle of violence. It is important when you make this choice that you plan as best as you can to leave as safely as possible. There are people and organizations that are here to help you—you just have to ask.

For more information on how to develop your personal safety plans, please see the contact information at the back of this booklet.

A Few Facts about Intimate Partner Violence

FACT: Intimate Partner Violence does not discriminate. It happens in heterosexual and same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, education & economic levels and in all types of families.

FACT: There were over 99,000 victims of IPV aged 15 to 89 in Canada in 2018, representing close to one-third (30%) of all victims of police reported violent crime.*

FACT: 2018 Stats showed the highest rates of IPV among the provinces being in Saskatchewan (655 victims per 100,000 people) and Manitoba (592).*

FACT: Of the 945 intimate partner homicides which occurred between 2008 and 2018, a large majority (79%) involved female victims.*

FACT: While men also experience abuse, Women were overrepresented as victims of IPV, accounting for almost 8 in 10 victims (79%) in 2018.*

FACT: In 2018, among victims of IPV, violence was twice as common between current partners (20%) than former partners (10%)*

FACT: Mental health issues are not a determinant for abuse to occur. An extremely small percentage of abusers suffer from mental health issues. The use of personal power to control others is a behavioural choice.

FACT: A person who is being abused may endure the violence for a long time before seeking support or they may never tell anyone.

FACT: Only the abuser has the ability to stop the violence. While many victims attempt to change their behaviour in hopes of stopping the violence, the abuser must be the one to change.

* Conroy, S., Burczykca, M., & Savage, L. (2019, December 12). Family violence in Canada: A statistical profile, 2018. Retrieved December 08, 2020, from <https://www150.statcan.gc.ca/n1/pub/85-002-x/2019001/article/00018-eng.htm>



“If your compassion does not include yourself, it is incomplete.”

-Jack Kornfield



**“I am not what happened to me.
I am what I choose to become.”**

-Carl Jung



**“Every day is a new beginning.
Take a deep breath and start
again”**

— Ain Eineziz



Your Rights

It is a crime if someone physically hurts or threatens you. No one has the right to hurt you, physically or emotionally, even if they say they love you. In Canada, victims of Intimate Partner Violence are protected under the Criminal Code of Canada. The police can arrest the abuser if the incident involves:

- An assault
- Threats of violence
- Use of a weapon
- Destruction of your personal property
- Harassment or stalking
- An abuser in violation of a no-contact order

When the police have been called to an incident, whether by you or someone else, the police are mandated to press charges if there is sufficient evidence that an act of abuse has occurred. **In Canada, charges are laid by the police, not the complainant and only the Crown has the authority to withdraw criminal charges.** At the time of arrest, police also typically put in place no-contact orders for the protection of the victim and family members. **Only the court has the authority to make changes to these orders.**

When Dealing with Police

It is important to be as detailed as possible in your statement of events. If there is any damage to property or any physical injuries, it is important that the police take pictures. When dealing with police ask for the officer's name, badge number, case number, and contact number. Ensuring everything is well documented will help you in any future dealings with the court and police.

Who are the Domestic Violence Court Case Workers?

The Domestic Violence Court (DVC) Case Worker Program is a program of Family Service Saskatoon. The DVC Case Workers understand that victims of Intimate Partner Violence may feel confused, angry or neglected by their situation and the justice system. DVC Case Workers are available to provide you and your family with information and support, along with referrals, information regarding the case, court preparation and accompaniment. DVC Case Workers also work with you in order to make recommendations to the court regarding changes to existing conditions. DVC Case Workers contact all victims in all domestic violence cases either by phone or mail to offer their services.

Victims of Interpersonal Violence Act

In Saskatchewan, the **Victims of Interpersonal Violence Act** provides extra-legal tools, in addition to the Criminal Code of Canada, to assist victims of domestic violence. This act covers **Emergency Intervention Orders, Victim's Assistance Orders, and Warrants Permitting Entry.**

Emergency Intervention Orders (EIO) are available 24 hours a day in emergent cases. Mobile Crisis, police officers, or victim assistance workers can help you apply for an EIO. These orders are effective upon notice to the abuser and remain in effect for as long as the Justice of the Peace directs. EIOs, among other things, can restrain the abuser from communicating with or contacting the victim or victim's family and give the victim exclusive occupation of the home.

The **Victim's Assistance Order** is very similar to the EIO except it deals with non-emergency situations. This legal tool can also order monetary compensation from the abuser for losses suffered as a result of the domestic violence.

A **Warrant Permitting Entry** is used where there is cause for concern that a person who is unable to act on his or her own behalf is suffering from domestic violence and the abuser is not allowing others to see that person. The warrant allows police to enter the home and assist the victim where necessary.

In Saskatchewan, there is also the **Critical Support for Victim's of Domestic Violence (Amendment) Act** which allows for paid and unpaid employment leave and termination of tenancy due to domestic violence. Supporting this is the **Saskatchewan Employment (Support for Victims of Domestic Violence) Amendment Act.**

For further information on these legal tools, please contact the police, Victim Services, or Mobile Crisis, whose phone numbers are listed in the back of this booklet.

Are Children Affected by Intimate Partner Violence?

Children who live in a home where intimate partner violence occurs are likely to experience a variety of negative effects. Children who witness Intimate Partner Violence are at a greater risk of:

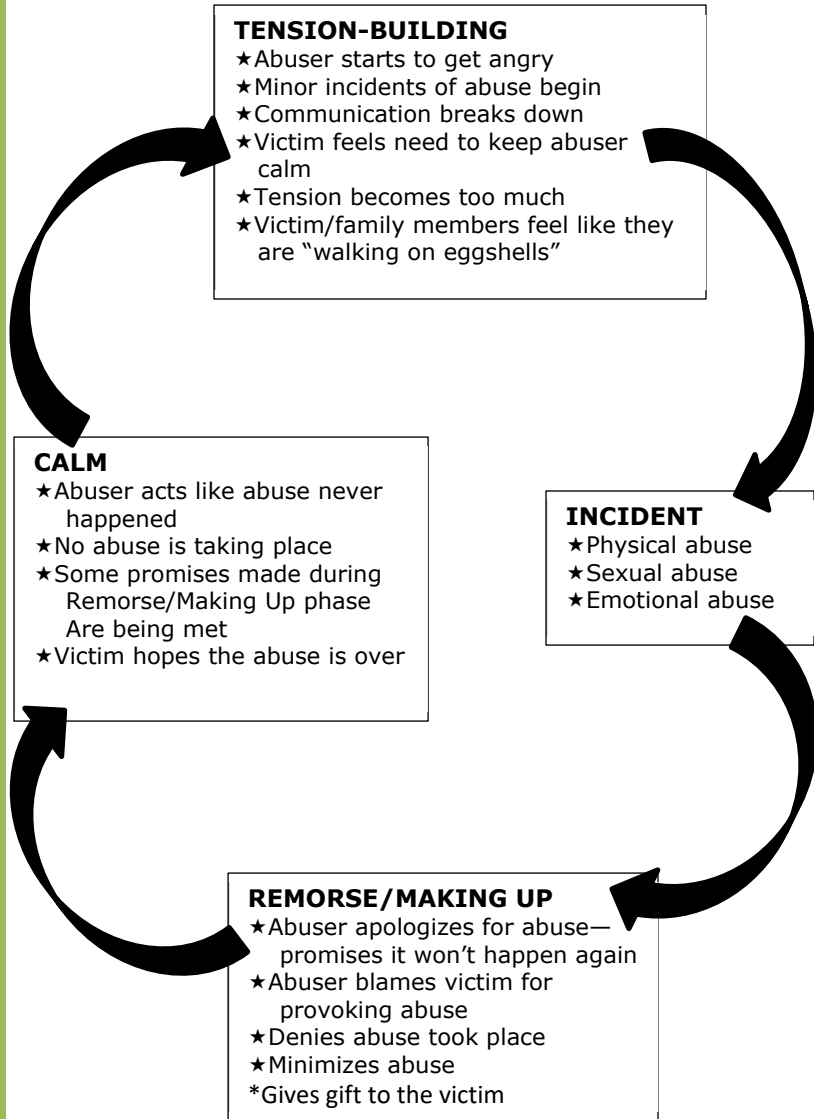
- Suffering from feelings of guilt, hopelessness, depression, and unnaturally high levels of anxiety
- Experiencing difficulties in school (social or academic)
- Having higher rates of sleeping & eating problems
- Temper tantrums, and aggression towards others

These negative effects may continue into adulthood and become part of an intergenerational cycle of violence. In addition, children exposed to IPV are more likely to experience violent dating and intimate relationships as adults (either as victims or perpetrators).*

Unhealthy lessons children may learn:

- Violence and threats get you what you want
- A person has only two choices: To be the aggressor or to be the victim
- Victims are to blame for violence
- When people hurt others, they do not get in trouble
- Anger causes violence or drinking causes violence
- People who love you are allowed to hurt you
- Anger should be hidden because it can get out of control
- Unequal or unhealthy relationships are to be expected or are normal
- Women/men do not deserve to be treated with respect

*Wathen, C., & Macmillan, H. (2013, October). Children's exposure to intimate partner violence: Impacts and interventions. Retrieved December 10, 2020, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3887080/>



What is the Cycle of Abuse?

Many individuals in abusive relationships may experience a cycle, or pattern of abuse. Not all individuals have this experience, but it is quite common. The cycle of abuse may speed up during the course of a relationship and the calm stage may become shorter. As the cycle continues, the abuse will likely become more extreme.

There are many reasons people live with partners that are abusive and violent. **Love**, **hope**, and **fear** are three emotions that keep the cycle in motion and make it hard to ask for help or end an abusive relationship.

Love for your partner; The relationship has its good points; It’s not all that bad.

Hope that it will change; The relationship didn’t begin like this.

Fear that the threats to harm you or your family will become a reality; A fear of economic instability; A fear of being alone.

There are also other factors that impact a decision to leave an abusive relationship. Lack of money, housing, or support are common. Facing judgment and shame can keep victims of abuse from reaching out for support and breaking free from the cycle of abuse.