

## 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 and body, spirit and emotions.

### Talk to someone.

- Family Violence Worker
- RCMP
- Minister
- A friend, family or extended family member
- A community leader or an elder
- Your village or First Nations community service
- Community Health Resource, public health nurse or social worker
- A doctor, counselor or teacher
- A member of a Metis local or First Nations support group

If you or someone you know is in immediate danger, call 9-1-1.

### Safe Shelters for Women and Children:

*Shelwin House — Yorkton*  
1-888-783-3111

Yorkton Project Safe Haven-Yorkton  
1-877-444-2836



### Family Violence Program

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## Family Violence Program



**306-782-0673**

## WHAT IS FAMILY VIOLENCE?

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

There are many forms of violence:

**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.

**Emotional** - is a sequence of repeated occurrences that insults, threatens, isolates, degrades, humiliates, and/or controls another person.

**Financial** - involves the improper, illegal or unauthorized use of an adult's resources for the benefit of another.



## ABUSE CAN HAPPEN TO ANYONE:

- Children
- Youth
- Adults
- Elders

## FAMILY VIOLENCE IS:

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

The Family Violence Program is available to youth, adults as well as couples for one on one counseling. **There is no fee for this service.**

Self referral as well as agency referrals are accepted.

Ongoing education and appropriate agency referral is provide as needed or requested.

Cultural programming is available.

Family Violence presentations provided as requested.

Please call 306-782-0673

Family Violence includes many different forms of physical and emotional abuse, as well as neglect carried out by family members or intimate partners. It may include a single act of violence or a number of acts that form a pattern of abuse. Family violence can have serious consequences for victims and those who see or hear the violence.

Abuse happens in all kinds of families. It happens to Canadian citizens, refugees, and immigrants. It happens to men and women with or without children, who are rich or poor, professionals, labourers, stay at home parents, people who are young or old. It happens to individuals of all race, religion, cultures, backgrounds, ethnic origins and sexual orientations. Abuse can also happen at any stage, of any relationship.

Help is available to those who are being abused.