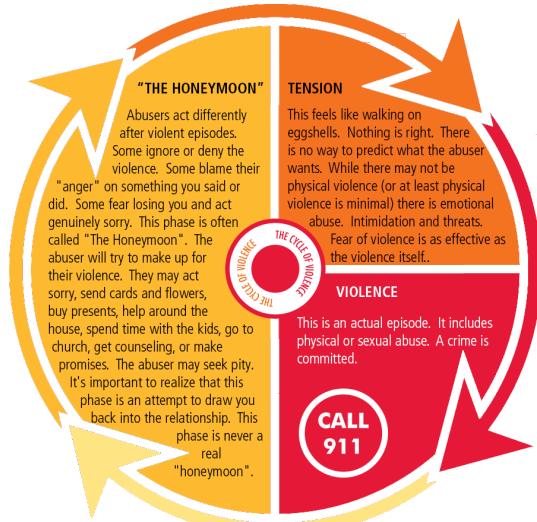


## BREAK THE CYCLE OF VIOLENCE REACH OUT FOR HELP



## What is Intimate Relationship Abuse?

Intimate relationships between the opposite sex or same sex partners can vary in duration and legal description, but generally includes current and former dating partners, common-law partners or married couples.

Intimate relationship abuse refers to acts of physical, sexual and psychological maltreatment in which one person controls or intends to control another person's behaviour.

The misuse of power and control is usually involved and often results in some type of harm to the family members involved.

It is important to remember that abuse is not your fault, even though your abuser will say it is. You are not responsible for the actions of others, including your intimate partner.

Every person has the right to a safe and violent free life.

Calling the police is a positive step forward to prevent further violence.

## Safety Planning

Preparing in advance for the possibility of future violence is important, whether you choose to remain in the home or leave. Making a safety plan involves identifying actions to increase your and your children's safety. Victim Services can assist you in creating a personal safety plan, please contact a team member at 905-825-4747 ext. 3232 (or general VSU Line).

Some general safety tips include:

- Trust your instincts. Be vigilant at all times.
- Be aware of your surroundings and create new routines that are not predictable.
- Try not to be alone.
- Carry a charged cell phone. Even if you do not have minutes or a plan, you will still be able to call 911.
- Change/add locks on doors and windows, add a peephole, install an alarm and keep outside lights on at all times. Funding may be available through HRPS Victim Services Unit.
- Teach your children to call 911 in an emergency.
- Tell someone you trust about what is going on. Family, friends and co-workers can help protect you.
- Keep copies of important documents, money, keys, prescriptions and clothes at a safe place in case you need to flee your home.
- Become familiar with the services of your local shelter.

# ASSISTANCE GUIDE

## INTIMATE PARTNER VIOLENCE

RECOGNIZING, REPORTING & ASSISTANCE SERVICES



POLICE, FIRE, AMBULANCE (EMERGENCY)	CALL 911
HALTON REGIONAL POLICE SERVICE	
<a href="http://WWW.HALTONPOLICE.CA">WWW.HALTONPOLICE.CA</a>	905.825.4777
Intimate Partner Violence Unit	905.825.4777 x8799
Intimate Partner Violence Coordinator	905-825-4747 x3232
Victim/Witness Assistance Program	905.878.6292
Victim Services Unit	905-825-4747 x5239
Victim Support Line	1.888.579.2888
Victim Quick Response Program+	905.825.4810

## Behaviour Checklist

The following checklist includes behaviours that may help you decide if you or someone you know is being abused.

### EMOTIONAL OR PSYCHOLOGICAL CONTROL

- Calls you names, puts you down, criticizes or humiliates you
- Makes it difficult for you to go out or visit family and friends
- Behaves in an overprotective way or becomes extremely jealous

### ECONOMIC CONTROL

- Denies access to family assets like bank accounts or credit cards
- Forces you to account for what you've spent or takes your money
- Prevents you from getting or keeping a job or education

### MAKES THREATS

- Threatens to report you for something you didn't do
- Threatens to harm or kidnap the children
- Threatens you with weapons to promote fear

### COMMITS ACTS OF PHYSICAL VIOLENCE

- Destroys personal property or throws things around
- Grabs, pushes, hits, punches, slaps, kicks, chokes or bites
- Forces you to engage in sexual activities that you don't want to do
- Carry out threats to hurt you, your family, pets or themselves

## Victim Quick Response Program+

The Victim Quick Response Program+ provides limited financial assistance to individuals who have suffered physical or emotional harm as a result of specific crimes, one of which is intimate partner violence. This limited short-term assistance is available under the categories of immediate needs, home safety and counselling with a goal to lessen the impact of the crime and to help break the cycle of violence whether or not charges have been laid. To find out if you are eligible, please contact the Halton Regional Police Victim Services Unit at 905-825-4777 ext. 4810 or through email at [VictimServices@haltonpolice.ca](mailto:VictimServices@haltonpolice.ca).

Attending Officer

Badge No.

Telephone

Incident No.

[WWW.HALTONPOLICE.CA](http://WWW.HALTONPOLICE.CA)



HALTON REGIONAL POLICE SERVICE  
**905.825.4777**  
[WWW.HALTONPOLICE.CA](http://WWW.HALTONPOLICE.CA)

## 24 HOUR CRISIS NUMBERS

Assaulted Women's Helpline	1-866-863-0511
COAST (Mental Health)	1-877-825-9011
Distress Centre Burlington	905-681-1488
Distress Centre North Halton	905-877-1211
Distress Centre Oakville	905-849-4541
Halton Women's Place, Burlington	905-332-7892
Halton Women's Place, Milton	905-878-8555
Kids Help Phone Text: CONNECT to 686868	1-800-668-6868
Nina's Place - Sexual Assault and Domestic Violence Treatment Centre	905-632-3737 ext. 5708
Reach Out Centre for Kids (ROCK)	905-878-9785
Sexual Assault and Violence Intervention Services (SAVIS)	905-875-1555
SAVIS Text Support	1-877-268-8416 905-691-4873

ALL THE CENTRES LISTED ABOVE PROVIDE **24-HR**

## REPORTING

When an incident is reported, the Halton Regional Police Service (HRPS) investigates and a report will be filed. The officer in charge determines if a crime has occurred and if an arrest is required. Make sure you obtain your incident report number and the officer's name and badge number.

### REPORT RESULTING IN NO CHARGES

If the responding officers do not form reasonable grounds that a criminal offence has occurred, the incident will be documented but no charges will be laid by police. You may receive follow up from Victim Services offering support and referrals. You can also contact Victim Services directly at 905-825-4747 ext. 3232 (or general VSU Line).

### IN THE EVENT OF AN ARREST

If the responding officers form reasonable grounds that an offence has occurred and the accused is on scene, the accused will be arrested.

- If the accused is not present, attempts will be made to locate and arrest the accused. If the accused cannot be found, a warrant for their arrest will be obtained. The victim will be advised by police when the accused has been arrested.

## WOMEN'S SHELTERS (FOR ABUSED WOMEN AND CHILDREN)

Halton Women's Place, Burlington	905-332-1593
Halton Women's Place, Milton	905-878-8970

## YOUTH SHELTERS

Ready4Life Burlington (youth only)	905-699-7743
Ready4Life Oakville (youth only)	905-699-9332

## SINGLE ADULT SHELTERS

Lighthouse	905-339-2918
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## HOUSING

Housing Help Halton	Dial 311
Support & Housing Halton	905-845-9212

## COUNSELLING SERVICES

Thrive Counselling	1-866-457-0234
Oakville/Milton	905-845-3811
Burlington	905-637-5256
Halton Women's Place, Burlington	905-332-1593
Halton Women's Place, Milton	905-878-8555
Women's Centre of Halton, Oakville	905-847-5520

- The accused will be taken into custody and a determination made regarding release conditions. The accused may be released with conditions they must follow or held for a bail hearing.
- Release Order: If released on conditions, the accused will be given a court date to appear before Judge at a later date.
- Bail Hearing: In other cases, the accused is arrested and held in custody until a bail hearing before a Justice of the Peace. The release conditions are determined by the court.

When charges have been laid, it is extremely important that all victims and witnesses keep police and the Crown Attorney's office updated on any new contact information. Please call HRPS at 905-825-4777 ext. 8799 and Crown Attorney's Office at 905-878-7291.

### PROCEDURE FOR REPORTING A BREACH

The Criminal Code of Canada states that any person who violates or assists anyone in committing a violation of a condition of any release, may be charged with a criminal offence.

- Contact HRPS immediately by phone or attend a local station.
- Supply any relevant information and documentation.
- HRPS will investigate to determine if there is a criminal offence.

### RESTRANING ORDERS

## HOUSING

Housing Help Halton	Dial 311
Support & Housing Halton	905-845-9212

## CHILDREN & YOUTH SERVICES

Halton Children's Aid Society	905-333-4441 1-866-607-5437
Reach Out Centre for Kids (ROCK)	905-634-2347
Supervised Parenting Time Program (Thrive)	905-637-5256 1-866-457-0234

## LEGAL SERVICES

FREE LEGAL ADVISE	905-693-6539
Family Law Information Centre	
Milton Courthouse	
491 Steeles Avenue East, Room 216	
Halton Community Legal Services	905-875-2069
Legal Aid Ontario	1-800-668-8258

## PROBATION & PAROLE

Halton (Milton)	905-878-7259
Halton, South Oakville	905-845-8571

- Restraining orders are obtained through the Family Court system against spouses, for spouses, cohabiting partners or former cohabiting partners.
- The court may issue a restraining order based on an applicant's reasonable grounds to fear for his or her safety or the safety of any child(ren) in their lawful custody.
- The order may specify that an individual not contact or communicate with you or your child(ren), not come within a specified distance of one or more locations and any other conditions the court considers appropriate.
- You may apply for a restraining order through a family law lawyer or by attending family court (491 Steeles Avenue East, Milton).
- It is now a criminal offence to breach the conditions of a restraining order if the order was issued on or after October 15, 2009.

## PEACE BONDS

- A peace bond is a court order requiring the person who it is directed to keep the peace, be of good behaviour and comply with other conditions.
- A peace bond can be obtained to protect you against anyone who makes you feel threatened.

## INCOME SUPPORT

Social Assistance	311 or www.halton.ca
	905-825-6000 1-866-442-5866

## NEWCOMER INFORMATION

Newcomer Information Centre (Achev)	905-875-3851
Halton Multicultural Centre	
North Oakville	905-842-2486 ext. 271
Milton	905-842-2486 ext. 281
Burlington	905-842-2486 ext. 291
Georgetown	905-873-6502 ext. 174

## THE CENTRE FOR SKILLS DEVELOPMENT AND TRAINING NEWCOMER SERVICES

Oakville	905-333-3499 ext. 460 1-888-315-5521
Milton	905-333-3499 ext. 201 1-888-315-5521 ext. 201
Burlington	905-333-3499 1-888-315-5521

- In some minor domestic cases, the Crown Attorney may withdraw a criminal or provincial charge upon the accused person entering into a peace bond with specific conditions.
- A peace bond is not a criminal record. Breaching a condition of a peace bond is a criminal offence.
- A person may apply for a peace bond without police involvement by making an appointment with a Justice of the Peace at Provincial Court (491 Steeles Avenue East, Milton). If the Justice of the Peace agrees with your concern, they will issue a summons requesting the other person to appear in court on a specific date to determine if a peace bond is required.

## CHILD CUSTODY

Be aware that police may be limited when it comes to child access and custody disputes. Assist officers by providing them with the most recent court orders for their review. If an order is not specified to be police enforceable, the parties will be directed to go back to family court or to seek guidance from a family law lawyer. If no court order exists, police have no authority to intervene with access issues unless a child is in need of protection.