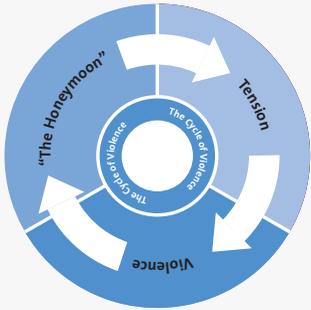


WHAT IS DOMESTIC VIOLENCE?

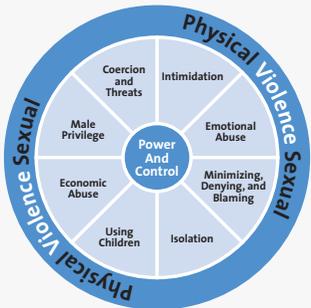
There are many forms of domestic violence, all of which include attempts to maintain power and control over the thoughts, beliefs and behaviour of a person by creating fear and/or dependency. All forms of abuse result in the person feeling powerless, unequal and unsafe.



FORMS OF ABUSE

Domestic abuse includes but is not limited to:

- Emotional
- Psychological
- Sexual
- Spiritual
- Physical
- Financial
- Verbal



SIGNS OF VIOLENCE

Signs of domestic violence include:

- Insults or put downs, name calling
- Violent outbursts
- Threats of violence or harm
- Threats to destroy property or harm pets
- Forced sexual acts
- Physical assault
- Control over finances
- Makes you feel guilty or worthless

GET INVOLVED

- Become a volunteer
- Host a fundraiser
- Make a donation
- Become a monthly donor
- Connect with us on social media

@WomensCrisisSWR   

For more information on how to get involved visit www.wcswr.org.

QUICK FACTS

276
calls

Average number of support line calls each month.

90
clients

Supported through Outreach each month.

90
beds

Total number of beds between the two shelters.

8
weeks

Average length of stay in shelter.

40%

Almost half of shelter residents are children.

\$100

Cost to provide 24 hours support to one client.



SUPPORT

24/7 Support
via phone and online chat

 519.742.5894
519.653.2422

 www.wcswr.org

LOCATIONS

ANSELMA HOUSE (head office)

700 Heritage Drive,
Kitchener, ON N2A 3N9
Office Phone: 519.741.9184

HAVEN HOUSE

10 Acorn Way,
Cambridge, ON N1R 8M5
Office Phone: 519.653.2289

SOCIAL MEDIA

Connect with Us

@WomensCrisisSWR



Women's Crisis Services
OF WATERLOO REGION



EMPOWERING WOMEN AND CHILDREN TO MOVE BEYOND VIOLENCE

Women's Crisis Services
OF WATERLOO REGION



24-hour Emergency Shelters
& Outreach Services



#SHE IS YOUR NEIGHBOUR

We all have a role to play in ending domestic violence.

SERVICES

Emergency Shelter

- Anselma House, Kitchener
- Haven House, Cambridge

Outreach Services

- Supporting women in the community

24/7 Support via phone and online chat

- 519-742-5894
- 519-653-2422
- www.wcswr.org

Women's Crisis Services provides services to all cities and townships within Waterloo Region.

PROGRAMS

- Child & Youth Program
- Food & Nutrition Program
- Nurse Practitioners
- Music Therapy Program
- Moving Beyond Group
- Individual Counselling
- Clinical Psychologist
- Integrated Service with Family and Children's Services
- Trusting Loving Connections Group
- Safe Steps Group
- Youth Education Program
- Rural Connections
- Addictions Support

PROJECT BACKGROUND

She Is Your Neighbour is an awareness project and storytelling series created by Women's Crisis Services of Waterloo Region. The project aims to explore the realities and complexities of domestic violence by sharing stories from people of all walks of life.

For too long domestic violence has been viewed as a personal and private issue rather than a societal problem. There is often shame and stigma associated with domestic violence which can make it difficult to talk about.

Unfortunately, avoiding it won't make it go away. The reality is: domestic violence is happening. It impacts many different people, in many different neighbourhoods.

That is why WCSWR developed this awareness project to emphasize that **she is your neighbour** and we all have a role to play in ending domestic violence.

JOIN THE CONVERSATION!

Visit www.sheisyourneighbour.com to learn more. You will find variety of resources including podcast episodes, blog stories, tips on how you can help, and more.

We encourage you to join the conversation by using the hashtags #ShelsYourNeighbour and #SIYNpodcast on social media.

#ShelsYourNeighbour | #SIYNpodcast
www.sheisyourneighbour.com

#SHE IS YOUR NEIGHBOUR

podcast

The *She Is Your Neighbour* podcast is available on Apple Podcasts, Spotify, or wherever you get your podcasts.



ABOUT WOMEN'S CRISIS SERVICES OF WATERLOO REGION

In partnership with our community, Women's Crisis Services of Waterloo Region (WCSWR) empowers and supports women* and children to move beyond violence and abuse through the provision of safe shelter, education and outreach services.

WCSWR operates two emergency shelters for women and children experiencing domestic violence: Anselma House in Kitchener and Haven House in Cambridge. In addition to providing safe shelter, WCSWR offers a free, confidential, outreach program for women who are experiencing domestic violence but do not require emergency shelter. The program is flexible, accessible and has no wait list.

Support workers assess risk and work with clients to develop safety plans, navigate the legal system, provide mental and emotional support, review options for financial support, and find safe, affordable housing. Shelter and outreach services can both be accessed by calling WCSWR's 24/7 support lines via phone or online chat.

*WCSWR supports women, transgender and gender-diverse individuals.

