

## DOMESTIC VIOLENCE CARE CENTRES

**The Scarborough Hospital**  
Grace Division 416 495-2555

**Sunnybrook & Women's College Health Sciences Centre** 416 323-6040

Medical and emotional care  
24 hours a day, 7 days a week  
Photographs and written recording of injuries  
Safety planning  
Referrals to shelters and counselling services  
Follow-up contact and care within days of a client's visit

## KIDS HELP PHONE

1-800-668-6868  
kidshelp.sympatico.ca

## RAPE CRISIS CENTRE

416 597-8808

## SHELTERNET

[www.shelternet.ca](http://www.shelternet.ca)  
Connections to local shelters  
Important information for women leaving an abusive relationship

## THE 519 ANTI-VIOLENCE PROGRAMME

416 392-6874 Ext.117  
Lesbian, Gay, Bisexual, Transgender

## TROPICANA COMMUNITY SERVICES

416 439-9009  
African and Caribbean Communities

## INFORMATION AND SUPPORT IN YOUR LANGUAGE

### ABRIGO CENTRE

Portuguese  
416 534-3434

### ARAB COMMUNITY CENTRE

Amharic, Arabic, Armenian, French, Hebrew, Kurdish, Somali, Urdu  
416 231-7746

### CANADIAN TAMIL WOMEN'S COMMUNITY SERVICES

Tamil  
416 289-2099

### CENTRE FOR SPANISH SPEAKING PEOPLES

Spanish  
416 533-8545

### COSTI

Italian  
416 244-7714

### FAMILY SERVICE ASSOCIATION

Farsi, Greek, Hindi, Punjabi, Somali, Tamil  
416 595-9618

### JEWISH FAMILY & CHILD SERVICE

French, Hebrew, Hungarian, Russian, Yiddish  
416 638-7800

### KOREAN CANADIAN WOMEN'S ASSOC.

Korean  
416 340-1234

## NATIVE CHILD AND FAMILY SERVICES

Ojibway, other native interpretation  
416 969-8510

## OASIS CENTRE DES FEMMES

French  
416 657-2229

## POLYCULTURAL IMMIGRANT AND COMMUNITY SERVICES

Polish, Russian, Ukrainian  
416 533-9471

## SOUTH ASIAN FAMILY SUPPORT SERVICES

Bengali, Dari, Farsi, Gujarati, Hindi, Pashto, Punjabi, Tamil, Urdu  
416 431-4847 Ext. 227

## SOUTH EAST ASIAN SERVICES

Cantonese, Mandarin, Vietnamese, Filipino  
416 362-1375

## VIETNAMESE ASSOC. OF TORONTO

Vietnamese  
416 536-3611 Ext. 224/225

## TORONTO POLICE CONTACT

OFFICER:

DIVISION:

PHONE#:

DATE:

OCCURRENCE#:



**ARE YOU IN AN  
ABUSIVE  
RELATIONSHIP?**



**The Toronto Police Service  
in partnership with our  
communities is committed  
to helping you break the  
cycle of violence**

## SAFETY PLAN

- Call **9-1-1** if you or a household member is in immediate danger
- Talk to trusted friends and family members about your situation
- Memorize emergency numbers or keep a list in a safe and accessible location
- Have a safe room in your home, preferably with a lock on the door and a phone or cell phone
- Create a code word or signal with your children and neighbours to call the police if you need help
- Make sure you and your children are familiar with all possible exits from your home
- Make arrangements for places you can go if you need to leave, safe locations where you and your children can go in a crisis
- Duplicate your house and car keys and keep them in a safe place
- Open a bank account or credit card in your own name and arrange that bank statements or other calls be forwarded to a trusted friend or family member

- Save and set aside as much money as you can for an emergency situation
- Make sure that the school and day care have a copy of all court orders, including restraining orders, custody and access orders, as well as a picture of the abusive partner
- Copy and have at hand your important documents such as birth certificates, driver's licence, insurance, bank records, school and health records, passports, immigration documents, mortgage or lease papers, divorce or other court documents, address and telephone book

## INFORMATION AND SUPPORT

Call the telephone numbers listed in this brochure for information on

- ▶ Developing a safety plan
- ▶ Shelters
- ▶ Counselling
- ▶ Legal Options

## EMERGENCY 911

### TORONTO POLICE SERVICE

Non-emergency

**416 808-2222**

### COMMUNITY INFORMATION

**TORONTO 211**

## VICTIM SERVICES

**416 808-7066**

Crisis intervention and referral

## VICTIM / WITNESS ASSISTANCE PROGRAM

**416 326-2429**

Support and assistance through the court process

## VICTIM SUPPORT LINE

**416 314-2447 1-888-579-2888**

Information on the criminal justice system  
Referrals

Automated victim notification system

## ASSAULTED WOMEN'S HELPLINE

**416 863-0511**

Toll Free **1-866-863-0511**

Toll Free TTY **1-866-863-7868**

24 hours a day, 7 days a week

Anonymous and confidential

Crisis counselling

Emotional support

Safety planning

Translation in up to 154 languages

Referrals to shelters, legal services,

counselling and support groups

## LEGAL ADVICE

**Lawyer Referral Service Toronto**

**416 947-3330 1-800-268-8326**

**Legal Aid**

**416 598-0200**

**Barbra Schlifer Clinic**

**416 323-9149**

## DOMESTIC VIOLENCE IS A CRIME.

It is against the law for a person to assault or threaten another person in an intimate relationship. Violence in relationships can lead to serious injury, suicide and homicide.

**DOMESTIC VIOLENCE** includes acts used to maintain power and control over a person by creating fear and isolation. Abuse can take many forms, including physical, sexual, emotional, psychological and financial.

**VICTIMS ARE ABUSED** in all social, religious, racial, cultural, income and educational groups regardless of age, sex, sexual orientation, marital or relationship status.

## THE TORONTO POLICE SERVICE

is committed to assisting with the prevention and reduction of domestic violence through intervention and by holding offenders accountable for their actions. The police are required to lay charges when there are reasonable grounds to believe an offence has occurred.