

## If You Are Experiencing Domestic Violence, There Is Help.

### You | Make a Safety Plan

A safety plan is a plan specialized to each individual person and situation that will help keep you, your children, and your pets safe. You can use a safety plan whether you plan to stay in the relationship, are thinking of leaving, or have left the relationship.

**Review and practice your safety plan** on your own and, if you have any, with your children.

### Your Children | Apply for Custody

If you can, **take your children with you** when you leave to protect them. Make arrangements to apply for custody, and consider legal advice to assist you with this process.

If your partner refuses to let you take the children or has a court order giving your partner custody, seek legal advice right away. Call 911 or the Children's Services 24-Hour Crisis Unit if you feel that your children are in immediate danger; otherwise, you can call your local Children's Services to connect with a social worker.

If you have to return home for your children, be aware of your own safety. You may contact the police to meet you at your home.

### Your Finances | Access Financial Supports

Put money in a safe place and, if you decide to leave, cancel any joint credit cards. You may also **qualify for financial supports** through Alberta Works, such as:

- **The "Fleeing Abuse Fund"**
- **Getting to Safety** | Emergency transportation, emergency accommodation, help for emergency needs and relocation costs
- **Setting up a New Household** | \$1,000 to help set up a new home, damage deposit, financial help for needs
- **Starting a New Life** | Employment and training support services, health benefits

Contact the 24-Hour Emergency Income Support Contact Centre for more information.

### Your Pets | Arrange for Temporary Care

The Alberta SPCA has a Pet Safekeeping Program that offers **free, temporary care** for pets if you need to leave an abusive situation and have no other place for your pets.

Call the Pet Safekeeping Program to make arrangements.



### A safety plan can include:

- Telling neighbours or friends to call the police if they hear frightening or loud noises, or if they see anything suspicious. (If you have children, teach them how to call the police too.)
- Memorizing the telephone number of an agency that can help.
- Putting 911 on speed dial and making sure your cell phone is always charged.
- Planning a safe place where you can go if you decide to leave (e.g. an emergency shelter).
- Packing a suitcase for you (and your children, if any) and leaving it with a trusted friend.
- Putting an extra set of keys for the car and the house in a safe and easily-accessible place.
- Seeking legal advice about your situation.
- Putting IDs, passports, and other important papers for you and your children in a safe place. (If keeping original documents is a problem, call the Legal Aid Society of Alberta to get certified photocopies.)

## Contacting Supports Available

### Emergency Lines

Ambulance, Fire, Police (Emergency)	911
Northern Alberta Child Intervention Services (24 Hours)	780-422-2001 or 1-800-638-0715

### Non-Emergency Lines

Edmonton Police Services Switchboard	780-423-4567
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### Crisis

24-Hour Distress Line	780-482-4357
Edmonton Women's Shelter (WIN House)	780-471-6709
A Safe Place (Strathcona County)	780-464-7233
Kids Kottage Crisis Nursery (24 Hours)	780-944-2888
Mental Health Help Line	1-877-303-2642
Sexual Assault Centre Crisis Hotline	780-423-4121
Children's Services 24-Hour Crisis Unit	780-422-2001 or 1-800-638-0715
24-Hour Emergency Income Support Contact Centre	780-644-5135 or 1-866-644-5135
Addiction Helpline — AHS (24 Hours)	1-866-332-2322
Youth Empowerment & Support Services	780-468-7070

### Family Violence Information

Family Violence Info Line (24 Hours)	310-1818 (area code not required)
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### Counselling Services

City of Edmonton — Individual and Family Well-Being	780-496-4777
YWCA Counselling Centre	780-423-9922
Sexual Assault Centre Counselling	780-423-4102
Aboriginal Consulting Services of Alberta	780-448-0378
Community Urgent Services and Stabilization Team (Mental Health Crisis Unit)	780-342-7777

### Legal Services

Resolution Services	780-702-1725 or 1-855-738-4747
Emergency Protection Order Program (EPOP)	780-422-9222 or 1-866-845-3425
Edmonton Community Legal Centre (ECLC)	780-702-1725
Legal Aid Society of Alberta	780-427-7575 or 1-866-845-3425
Crown Prosecutor's Office (Edmonton)	780-422-1111
For legal information regarding family violence	<a href="http://www.willownet.ca">www.willownet.ca</a>

### Community Services

Pet Safekeeping Program	780-447-3600 ext 3750
The Family Centre	780-423-2831
Catholic Social Services Immigration & Settlement	780-424-3545
Bent Arrow Traditional Healing Society	780-481-3451
Pride Centre of Edmonton	780-488-3234
Elder Abuse Resource & Support (EARS)	780-477-2929
<a href="http://www.linkyeg.ca">www.linkyeg.ca</a>	

This resource was developed in partnership with **Today Family Violence Help Centre**. For more information on resources and support, please visit [www.thetodaycentre.ca](http://www.thetodaycentre.ca) and click on the 'IT STARTS TODAY' button.